FORM CHILD HEALTHY LIVING BEHAVE

By:
Sriawan
Lecture, Sports Sciences Faculty of Yogyakarta University State

Abstract
The children are the generation at the school gathered they mix among each other, learn, play together, indirectly affect the development of health behavior.

At this age children is a great group of people who have better health levels compared with other groups based on the level of pain. Yet a group that is vulnerable to disease and is the basis for health education to be filled with various things about the behavior of healthy living.

Efforts to improve the health and hygiene practices through management of the school nurse with three program, establishing health knowledge and healthy living habits for themselves and their environment especially themselves health. Health services in the form of disease prevention, treatment and recovery. Create a healthy school environment in extracurricular activities.

Keywords: behavior, children, healthy

Introduction

Organization of health efforts aim to achieve a healthy life skills for every human being. The ability to live healthy, is the main requirement for achieving optimal health degree, the next will produce an effective workforce.

Children of elementary school age group includes people with age between 7 years to 12 years, a group of high exposure levels, especially because of the growth process. The intensity of training towards the formation of healthy behaviors is an important part of the health coaching of elementary school age.

Through health education teachers who understand and have the ability of health and the implementation of the guidance and supervision during the learning process correctly, it is expected that goal can be achieved. For healthy it is necessary to increase sought a healthy life skills and health degree of learners, enabling can grow and develop a harmonious and optimal. Guidance and supervision in them include understanding and knowledge, attitudes and skills to implement the principles of healthy living, and active participation in health improvement efforts in schools. Also has a life force and deterrent power against the bad influences. Health efforts to achieve these goals by Mu’rifah (1991: 252) is known as the Three nurse program, they are:

1. Health Education
2. Health services in schools
3. Environmentally healthy school life

Living Healthy Behavior
Hygiene practices are all of one’s actions in maintaining and improving health. Own behavior categorized with covert behavior and uncovert behavior.

Such covert behavior of one’s knowledge and attitudes toward an object, whereas covert behavior is behavior that is an act or acts, Made Mangku Pastika et al, (2007: 65). Efforts are most effective in changing behavior from behavior that is detrimental to the health of the beneficial health behavior is through health education. The path can be passed to change health behavior with Tri Center for Health Education, namely:

1. Health education in the family entirely the responsibility of parents, with emphasis on investment habits, norms, and attitudes of healthy living.

2. Health education in schools is the responsibility of the teachers at the school. This is manifested in the school health efforts (UKS). The purpose of health education in schools in addition to continued investment habits and norms of a healthy life also provides health knowledge.

3. Health education in communities that can be done through various agencies and community organization. So is health education is an application of the concept of education in the areas of health, the health education defined as business or activities to help individuals, groups or communities in improving the ability of behavior to achieve optimal health. The results of these health education in the form of behavioral health benefit. Whether in the form of knowledge and understanding of health, followed by the Consciousness of a positive attitude toward health is finally applied in the health beneficial action.

Educational mistakes often occur

Appropriate family education will enable children develop into adults. He will have a stable psychological, not involved in matters that violate laws or norms that apply, productive and consumptive. Children are also able to work together creatively as he entered the community center, he was responsible for everything he does.

Mistakes are often made by parents in educating according Made Mangku Pastika et al, (2007: 15), the children of a conceptual error, namely due to the attitudes, perspectives, and understanding of the meaning and purpose. Children forced to comply with the wishes of parents, is still stupid, afraid of making mistakes. The next technical error that authoritarian attitudes of parents much advice, prohibition, or command. Parents should consider the child as a human being who has self-esteem, and have their own opinions and will thus force the model can not be justified.

The third was a mistake based on the personality of the parents whose effect will impede the child’s maturing process, stern, cruel, cold, always giving advice or nagging and scolding the child. Disregard for busy parents or vice versa with the spoil that child’s needs indulged to excess, although the children themselves do not ask. Attitudes toward children are always concerned about how later if an accident on the road, concerned if a child is sick, eat foods that are less sterile.

Maintain personal health

Healthy living starts from ourselves, to say that health is owned by the effort yourself. Therefore the health of individuals / private key role. Personal health is the health of the body
parts of each of us that includes healthy skin, hair, nails, healthy eyes, nose, ears, mouth and teeth, hands and feet, wear clean clothes and exercise and get enough rest. Various kinds of diseases can be prevented by good personal hygiene. Therefore, maintaining personal health begins with maintaining cleanliness of the parts of our body and begins from the children. It should be noted also the influence of sunlight problems on our skin.

At a time when the morning sun is useful for the skin, which is changing the pro-vitamin D into vitamin D is important for the skin. But to stand in the sun with excessively hot is not good for skin and health. In the long term ultraviolet rays in sunlight can penetrate to the epidermal layer and can cause skin cancer.

Eat healthy foods

Eating is an important need, not only for our body’s energy supply, but also an essential requirement for health and survival. Food provides the nutrients needed for various processes in the body. Please note that no food containing artificial nutrients are complete. Therefore it is necessary to consume a variety of food to guarantee adequate nutrients we need, namely substance energy, building materials, and substances control. This is where the need for each person applying balanced nutritional meals that must be met for each day.

The body requires nutrients in the form of food ingredients derived from plants or from animals. The need for nutrients can not filled only with one or two kinds of food, because in general there is no one food materials containing nutrients completely. Each food contains different nutrients, both in number and colors. That is why to meet the body’s nutritional needs, should eat a variety of foods every day. In this highly varied diet plays an important role.

Here is to the food and nutrients needed by Mu’rifat (1991: 62), namely to build on the growth and maintenance and repair body parts lost and damaged consist of proteins, minerals and water as a source of energy is carbohydrates, protein and fat; as a regulator of body physiology processes are proteins, vitamins, minerals and water.

Health Knowledge

Health education aims to instill the knowledge, views and healthy living habits for healthy living and behavior can be partly responsible for own health and the environment, have a deterrent power against the bad influences like drugs, alcohol and harmful substances other.

Matters related to health education include:

a. Having knowledge of the health sciences, including healthy living and regular
b. Has a value and a positive attitude toward the principles of healthy living
c. Having skills in carrying out matters related to maintenance, assistance, and health care
d. Has a habit of daily life in accordance with health requirements
e. Have the ability and skills (life skills) to behave in a healthy living everyday life
f. Growth has included increasing the height and weight in harmony
g. Understand and can apply the principles of disease prevention preferential treatment in relation to health and safety in daily life

h. Have a deterrent power against the bad influences from the outside

i. Have high levels of adequate physical fitness and optimal health degree and has an endurance of both body against disease

According to Ida Bagus Tjitarsa (1992: 13) that provided health education can help improve children’s abilities in terms of: (a) determine problems and their needs; (b) understand what they can do about the problem, (c) determine the activities that best to improve the standard of living healthy.

Personal Health

Modern life demands that always seeks to maintain and improve personal health and the health of the place where to live. With the increasing public health, it is also expected to improve community health degree in achieving optimal health levels.

The elements included in personal health is the maintenance of cleanliness of the skin, nails, hair, eyes, nose, ears, mouth and teeth, and clothing. Basically, many diseases will attack anyone of them because of the elements of the body that is not guaranteed cleanliness. Nails dirty and unkempt as it will become a medium for germs can enter the human body, for example, it is a disease that attacks the digestive equipment such as cholera, dysentery, typhoid, etc.

Organized Living

Daily activities must be conducted properly and naturally, arranged so that there is a balance game, the physical work, rest and sleep. The balance between physical and spiritual closely related and mutually affect each other. Therefore, maintaining physical, regardless of spiritual health is useless. Someone old child who has suffered pain does not heal (TBC), over time may be apathetic, hope for the future becomes blurred and despair, as earlier as an example. According to Mu’rifah (1991: 49) the benefits of enough sleep and rest are as follows:

a. Eliminate waste substances accumulated in the body tissue.

b. Improving body parts are worn / damaged.

c. Cessation of activities that are not essential (the body motion, thinking, etc.)

d. Reduce / slow down the activities of the principal (cardiac, respiratory, etc.)

e. Neural activity during sleep and the soul is reduced, because the blood flow to the brain decreases.

f. Decreased body temperature.

Adults vary greatly in bed every day, less than eight hours of sleep is enough. However, there are also adults who sleep less than eight hours, or some are even more than the number of hours. However, some things that can disrupt sleep in the atmosphere are:

a. The voices are loud
b. The lights are too bright

c. Thoughts that are not quiet

d. Work physical or spiritual work too hard

e. Stomach empty or too full

Maintain environmental hygiene

Environmental health should be maintained to support the health of everyone who lives nearby. Maintain means maintain hygiene involved. Dirty environment can be a source of disease. There are 3 things that must be considered in maintaining hygiene and health

a. Availability of clean water

b. Waste disposal and clean water

c. Maintain cleanliness and health of the bathroom, toilet, WC

From each of the above situation is the need for all people therefore start from the family of parents and children feel partially responsible to provide, manage and maintain to be resolved.

Maintenance effort and development environment can be incorporated into hygiene education programs, among others:

1. Involve children in cleaning and maintenance classrooms, which include floors, walls, furniture, decorative walls and bookcases;

2. Involve children in cleaning and maintaining cleanliness of the yard, gutters, garbage shelters, playground space, sports fields, and flower garden;

3. Involve children in cleaning and maintaining cleanliness of bathrooms, toilets, clean water sources (wells, etc.);

4. Cleaning and maintenance of cleanliness of school gardens.

Management principles such as planning, supervision, organize and should be applied in the maintenance and development of the school environment clean, healthy and safe. The formation of working teams, each class for cleaning and maintenance of necessary classrooms. Organization of mutual cooperation that involves all the students for the cleaning and maintenance yard, playground, toilets, bathrooms should also be done.

This method can be viewed as educational efforts, in addition to having practical value in terms of environmental cleanliness, also has high value for the formation of brotherhood, cooperation and spirit of mutual cooperation.

Development of a healthy school environment that is one important element in building the resilience of the school should be done, because a healthy living environment is necessary to improve the health of students, teachers, and school employees, and increased absorption of students in teaching and learning. So school life coaching healthy environment implemented through the concept of 5 K, namely:
Avoiding bad habits that harm

a. Smoking, as the reason why the use is considered as a means of associating with peers, as a symbol of maturity, as a symbol of virility, increase social status, escape from boredom, failure, despair

b. Drinking alcohol and drugs, resulting in lost ability to control his emotions, the chaos and traffic accidents.

c. Habits that enable forced disease, how germs enter the body causing disease can pass through the skin surface, the airway, and the way the digestive tract.

Conclusion.

Children who are growing and developing them vulnerable to health problems, therefore it needs coupled with knowledge about health, healthy living habits, immediately get medical care if you have health problems and is directly involved in the effort to create a healthy environment.

Both schools and families is a key element in order to create the children can grow with the knowledge of health, nutritional needs for himself, able to maintain personal health, leaving the things that conflict with the health, life regularly, take responsibility for environmental hygiene, high health status, by optimizing the role of himself in order to behave well.

Efforts to improve the health and hygiene practices through management of the school nurse program with three, namely eyes instill health knowledge and healthy living habits for themselves and their environment especially personal healthy defence. Health services in the form of disease prevention, treatment and recovery. Creating a healthy school environment in extracurricular activities.

References


