

SINGING METHOD IN IMPROVING PERSONAL HYGIENE INDEPENDENCE OF SCHOOL-AGE CHILDREN

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ABSTRACT

This study aims to understand the effect of the singing method on independence in the personal hygiene of school-age children in Leuwikidang Village, Majalengka Regency, in 2022. The technique used is a quantitative and cross-sectional approach using a purposive sampling technique. The results showed that the percentage of independence in personal hygiene for children was carried out before carrying out health education using the singing method (53.3%) and after carrying out health education using the singing method (60.0%). In conclusion, there is a significant influence on the personal hygiene independence of school-age children in Leuwikidang Village with health education and the singing method.

Keywords: School Age Children, Personal Hygiene Independence, Singing Method

INTRODUCTION

The World Health Organization (WHO) defines health as complete mental, bodily, and social well-being compared to the absence of disease and disability. Health is a condition of well-being in all fields—physical, psychological, spiritual, and social—that allows everyone to lead an economically and socially productive life (Putri, 2022).

Children old enough to attend school are between 7 and 12 (Ministry of Health, 2021). The period of cognitive development between the ages of 7 and 11 is known as the concrete operational stage. When young people face new problems, this phase of life is often called the latent period or middle childhood. Children's capacity to remember information, think logically, and understand the relationship between cause and effect grows, and they can carry it out reasonably and methodically. During this stage of development, children often like to play, be active, cooperate with others, and do assignments alone or in small groups. The growth and development of children will be influenced by the risk factors that exist in children aged 7 to 12 years who are still in school. Throughout the maturation and development process that children go through, the family unit, especially parents, plays an important role (Aminingsih & Warsini, 2021).

The process of holistic growth and development of children from birth to the age of six, both physical and non-physical, allows children to grow by providing appropriate stimulation for physical, mental, motor, intellectual, emotional, and social development so that children get proper growth and development. optimal (Murni et al., 2020). Education and learning for children are critical because childhood is in the age range which is called the golden age, which is when children grow and develop quickly and are very decisive for further growth and development in periods of human life (Wicaksono et al., 2022; Syaikh & Napis, 2020).

At the developmental stage, school-age children aged 7–12 years are expected to be able to meet their self-care needs independently, one of which is the basic need to carry out excellent and correct personal hygiene independently. This is one of the tasks included in the category of personal hygiene. The capacity to manage and regulate one's thoughts, emotions, and actions freely and do their best to overcome guilt and doubt is essential to independence (Widiari et al., 2023).

A child's healthy physical condition can positively influence academic achievement at school and outside academics, such as in the arts and sports. This contributes to forming future generations with good health, intelligence, creativity, character, and excellence. To achieve this, the implementation of the healthy school program aims to increase understanding of essential health and teach children clean and healthy behavior habits from an early age (Hinga & Ad, 2021).

Children need to receive instruction from a young age so that they can carry out their hygiene tasks independently and not rely on the help of others. Personal hygiene refers to maintaining good personal hygiene and health to improve physical and mental health and well-being (Listiadesti et al., 2020). Children can maintain personal hygiene by carrying out tasks such as brushing their teeth, cutting nails, washing hair, and washing hands.

According to the Indonesian Ministry of Health (2021), the behavior of clean living in school-age children 7-12 years still needs to be deeper, namely by washing hands properly and correctly, only 17.2%. According to Riskesdas (2021), in West Java, the habit of washing hands properly is 56.8%. Moreover, data was obtained regarding children's behavior in Indonesia; 95.7% of children have brushed their teeth, but only 1.7% have done it correctly. By independently maintaining excellent and correct personal hygiene, the child has achieved welfare by avoiding disease germs in his environment. Vice versa, a child will coexist closely with disease germs when he does not maintain personal hygiene properly and independently. The child's body will quickly be attacked by scabies, skin diseases, infectious diseases, mouth and dental diseases, and gastrointestinal diseases such as diarrhea (Ministry of Health, 2021).

According to WHO data (2020), around 760,000 people die yearly from diarrhea; one of the factors is the lack of knowledge about prevention against children's health. WHO data (2020) shows that around 150,000 children in Indonesia died of diarrhea. Including in West Java Province, the prevalence rate of diarrhea has yet to be resolved entirely, such as in Majalengka Regency. According to Riskesdas data (2021), the prevalence of diarrhea is 10.52%. It is still unclear what factors caused this to happen. One of the causes of diarrhea is the lack of personal hygiene that is carried out properly and correctly independently. The role of parents can also influence. Therefore, there are several ways to educate children to be more independent in personal hygiene.

The proportion of dental problems, according to Riskesdas data (2021), in West Java is 45.7%. The proportion for mouth problems has several problems, such as swollen gums, bleeding gums easily, recurrent canker sores at least four times, and canker sores that persist or never heal for at least one month with a prevalence rate according to Riskesdas data (2021) in West Java for swollen gum problems worth 15, 4%, gums bleed easily 13.8%, canker sores recur at least 4x 7.6%, canker sores that persist or never heal for at least one month 0.9%.

According to information provided by the Indonesian Ministry of Health in 2021, the prevalence rate for scabies in Indonesia ranges from 5.6% to 12.95%. This places scabies as the third most common skin condition out of the top 12. The high incidence of scabies is caused by several factors, including excessive humidity, inadequate sanitation, hunger, and

inadequate personal hygiene, as well as information, attitudes, and behaviors that cause scabies not to promote a healthy lifestyle (Ministry of Health, 2021).

One of the villages in Majalengka Regency, namely Leuwikidang Village, has data on a population of 4,475 people and data on the number of school-age children 7-12 years of 481 children—the majority of the population work as farmers, traders, and workers. Data on school-age children 7-12 years who experience diarrhea has not been fully resolved. Factors that can make children susceptible to diarrhea include children still ignoring personal hygiene, which can be caused by environmental factors, or education about health, which is still inadequate. Following the above phenomenon, the authors became interested in carrying out research on personal hygiene in the villagers of Leuwikidang, and it refers more to school-age children 7-12 years due to the habit of being independent to maintain personal hygiene correctly and adequately should be carried out and accustomed to since childhood.

Following the results of the author's observations, as the initial data of the study carried out in Leuwikidang Village, by using a questionnaire and debriefing the children, the results were found that school-age children 7-12 years had yet to implement excellent and correct personal hygiene. This can be seen from the number of children who, after playing dirty, such as playing on the ground, did not wash their hands properly and then used these hands to eat without paying attention to personal hygiene. The initial research on child independence also needs to include the number of children still practicing personal hygiene, such as bathing, who are still fully assisted by their parents. While maintaining personal hygiene is necessary, even though small, the impact is very significant for personal health. Especially during the current pandemic, it is necessary to discipline good personal hygiene to avoid viruses and other diseases, including diarrhea. Children should be as independent as possible about their hygiene, wash their hands diligently, and carry out personal hygiene such as bathing, brushing their teeth, washing their hair correctly and adequately, and cleaning dirty nails. This can reduce infection from viruses and germs.

A technique that can regulate and supervise the growth and development of children, such as verbal development, auditory comprehension, motor skills, imitation, and so on, is called the singing method. Singing will make the child's learning process more enjoyable, and the child will not get bored quickly; As a result, the information communicated will be easily understood and remembered by children. Singing can improve the function of the right brain hemisphere, allowing the storage of information conveyed to children longer. Memory is formed in children primarily by running (60%), seeing (40%), and hearing (30%), as shown by the findings of psychologists specializing in child education. Meanwhile, if all three are combined simultaneously using how to hear, see, and do it yourself, it will develop 90% of the child's memory.

So, in this study, the authors are interested in using the learning method with the singing method to find out how influential learning is by using the singing method. The author is a nursing student who studies independence in personal hygiene for school-age children 7-12 years who will carry out further research so that children get health education from an early age with the title "The Effect of the Singing Method on Independence in Personal Hygiene in School-Age Children 7-12 Years in the Village" Leuwikidang Majalengka Regency in 2022". In this study, the authors hope it will positively impact the environment and the surrounding community.

RESEARCH METHODS

This research includes research with quantitative methods and with a cross-sectional approach using purposive sampling techniques. The number of samples used was 15 children of school age 7-12 years. This study was conducted in Leuwikidang Village, Majalengka Regency, from 24 April 2022 to 7 May 2022. An independent research instrument for health education on the singing method with counseling and observation of children was conducted four times in 2 weeks for 30 minutes. While the dependent research instrument for personal hygiene independence for school-aged children 7-12 years uses a questionnaire sheet. Data analysis included univariate analysis with frequency distribution, normality test, and bivariate analysis with Wilcoxon test.

RESEARCH RESULT

Univariate Analysis

Table. 1
Frequency Distribution of Independence in Personal Hygiene
in School-Age Children 7-12 Years
Prior to the Singing Method in 2022

Variable	Frequency (F)	Percentage %
Less Independent	8	53,3
Self sufficient	7	46,7
Independent	0	0
Total	15	100,0

Table 1 shows that the response before the singing method was carried out on independence in personal hygiene in school-age children 7-12 years in Leuwikidang Village. As many as 15 child respondents with independence experienced a level of lack of independence in personal hygiene (53.3%), who experienced a sufficiently independent level in personal hygiene (46.7%), as well as those who experienced an independent level in personal hygiene (0%). It can be concluded that more than half of the respondents in the level of independence in personal hygiene of school-age children 7-12 years are still experiencing a level of independence that is less independent (53.3%) before the singing method is carried out in the Leuwikidang Village area, Majalengka Regency in 2022.

Table. 2
Frequency Distribution of Independence in Personal Hygiene
in School-Age Children 7-12 Years After the Singing Method
is Performed in 2022

Variable	Frequency (F)	Percentage %
Less Independent	0	0
Self sufficient	6	40,0
Independent	9	60,0
Total	15	100,0

By table 2, it shows that the response after the singing method was carried out on independence in personal hygiene in school-age children 7-12 years in Leuwikidang Village as many as 15 respondents of children with independence who experienced a level of lack of independence in personal hygiene (0%), who experienced a sufficient level independent in personal hygiene (40.0%), and those who experience a level of independence in personal

hygiene (60.0%). It can be concluded that more than half of the respondents experienced a change in the level of independence in the personal hygiene of school-age children 7-12 years, showing a level of independence (60.0%) after the singing method was carried out in the Leuwikidang Village area, Majalengka Regency in 2022.

Bivariate Analysis

Data Normality Test Results

Table. 3
Data Normality Test Results

Variable	Shapiro-Wilk	df	Sig
<i>Pre test</i>	,643	15	,000
<i>Post test</i>	,630	15	,000

Table 3 above shows that in the significant column (Sig), the pretest data for the independence of the child's hygiene is .000, or the probability is less than 0.05. Ho fails to be rejected, which means the population is not normally distributed. In the significant column (Sig), the data posttest independence personal hygiene for children is .000 or a probability of less than 0.05. Then Ho fails to be rejected, meaning the population is not normally distributed.

The Effect of the Singing Method on Self-Reliance in Personal Hygiene in School-Age Children 7-12 Years

Because this study is a non-parametric study with an ordinal measurement scale, the Wilcoxon test was used to determine the effect of singing techniques on the personal hygiene independence of school-aged children 7 to 12 years. Participants in this study ranged in age from 7 to 12 years. The following is the result of processing carried out using SPSS with the following format:

Table. 4
The Effect of the Singing Method on Independence
in Personal Hygiene in School-Age Children

Variable	N	Mean	Median	Min	Max	SD	95 CI	p-value
Pretest	15	1,47	1,00	1	2	,516	1,18	
Posttest		2,60	3,00	2	3	,506	2,32	0,000

Table 4 shows that the pretest value has a mean value of 1.47; in the posttest, the mean value is 2.60. The pretest value is the median value of 1.00, while in the posttest, the median value is 3.00. The minimum value in the pretest is 1, and in the posttest is 2. The maximum value in the pretest is 2, and in the posttest is 3. The standard deviation in the pretest is .516, and in the posttest is .507. The 95% Confidence Interval value in the pretest was 1.18, and in the posttest was 2.32. As many as 15 respondents, after being given the singing method on the independence of personal hygiene of school-age children 7-12 years, experienced changes. The results of calculations using the Wilcoxon statistical test at $\alpha = 0.05$ obtained p value 0.000 or <0.05 , so that there is an effect of the singing method on independence in personal hygiene for school-age children 7-12 years in Leuwikidang Village, Majalengka Regency in 2022.

DISCUSSION

Description of Personal Hygiene Independence in School-Age Children 7-12 Years Before Given Health Education Singing Method

Following the results of the study, it was known that more than half (53.3%) of the child respondents, before being given the singing method in Leuwikidang Village, Majalengka Regency, experienced a level of independence that was less independent. The respondent's factor experienced a less independent level of independence which could be seen from the results of the questionnaire given, as some children had not bathed regularly, at least 2X a day, and still needed guidance, some children had not been able to choose clothes according to what they wanted independently, there were also children whom I have not brushed my teeth regularly. Furthermore, judging from the results of observations during the research, it can be seen that the nails on the hands and feet of children look dirty and long, and they do not wash their hands with soap after handling dirty objects and only wash them with water. The children's hair is also seen to be dull and untidy.

This study's results are lower than those of a study conducted by Aminingsih & Warsini (2021), which can be concluded if all respondents (100%) are at a less independent level. Likewise, in research (Mukaromah & Katharina, 2020) at SDN 016 Samarinda Ulu, which can be concluded if more than half of the respondents (54.5%) have a relatively independent level of independence, the research was carried out before being given personal hygiene health education using the singing method.

Personal hygiene independence can be defined as a condition in which a child is not dependent on others to carry out and maintain personal hygiene. Many factors can cause Independent behavior that is still lacking. The independence factor consists of internal and external factors. Internal factors are emotional and intellectual. While external factors, namely the environment, social characteristics, stimulation, parenting, love and affection, the interaction between parents and children, and education (Anhusadar & Islamiyah, 2020).

More than half of the child respondents, before being given health education using the singing method, experienced a level of independence that still needed to be improved. Independence. Therefore several efforts by parents could be carried out to provide health education, such as motivating and giving directions to children to maintain and carry out independent personal hygiene habits properly. Moreover, it is indeed carried out from small habits at home so that children become accustomed to it; it can also be supported by other parties such as village officials, health workers, at school teachers to support the directions and motivation given by parents. It is intended that children can carry out personal hygiene properly and correctly and benefit their body's health to achieve prosperity and be trained as early as possible so that they become accustomed and trained. Respondents and parents know and understand how to form independence in children, which in principle, is by giving children opportunities to be involved in various activities.

Description of Personal Hygiene Independence in School-Age Children 7-12 Years After Being Given Health Education by Singing Method

To the results of the study, it is known that more than half of the respondents (60.0%), after carrying out health education using the singing method in Leuwikidang Village, Majalengka Regency, in 2022, there will be an increase in personal hygiene independence at an independent level, this could be because respondents and parents follow good advice and direction in implementing independent personal hygiene in children.

This study's results are lower than those of a study conducted by Hinga & Ad (2022) at SD Negeri Tuadale, Kupang Regency, showing that most respondents (98.5%) have good independence. Moreover, research (Widyadhana et al., 2022) regarding personal hygiene through skills on brushing your teeth before counseling using the singing method. Get results if many students have a terrible category that is worth 25 students or 92.5%.

One of the health education programs to increase self-reliance in personal hygiene in school-age children 7-12 years is the singing method. The singing method is an option because this method can be carried out while playing, so children can remember quickly and not feel bored. Health education with the singing method can provide benefits to children, such as creating a feeling of joy and happiness, enriching imagination and increasing children's creativity, increasing and adding to the love of the soul of art and literature in children, improving language skills, and educating minds (Aminingsih & Warsini, 2021).

After being given health education using the singing method, more than half of the respondents in this study experienced increased independence at the independent level. Therefore, parents' efforts can apply this learning media as an alternative to handling personal hygiene independence in school-aged children 7-12 years. It can be applied at home in their daily activities. It can also be supported by other parties such as tutors or village officials—health workers and school teachers who provide early health education to children. For respondents, learning media using the singing method can be an easy and fun way of learning methods that are easy to apply and remember.

The Effect of the Singing Method on Independence in Personal Hygiene in School-aged Children 7-12 Years

By the results of the study, it shows that there is an effect of health education using the singing method on the personal hygiene independence of school-age children 7-12 years in the Leuwikidang Village area, Majalengka Regency in 2022 ($\rho = 0.000$). There is influence of this because health education using the singing method impacts the habit of maintaining health in carrying out independent personal hygiene properly and correctly in children who are educated as early as possible.

Singing is an activity that develops music in the early childhood learning process, a natural activity and a need for all children (Ansari, 2019). Through singing, children can express all their thoughts and feelings because singing is closely related to how they learn. Singing can be understood as an activity that identifies individual information-gathering skills (Hayati et al., 2019). In contrast to speech, singing has specific techniques for expressing thoughts and feelings because the brain's right hemisphere is more optimal for conveying specific messages, and it will take longer to enter into long-term memory (Wahyuni et al., 2021). Singing is closely related to reciting words with a tempo and rhythm to help children remember what they sing. This method is prevalent and loved by children because this method has been attached to children since birth. Hence, children tend to quickly memorize and feel every word sung to develop different aspects of perception so they do not get bored quickly—learning activities (Mariah & Ismet, 2021).

The results of this study are in line with a study conducted by Widyadhana et al. (2022) SDN Pekarungan, Sukodono sub-district, Sidoarjo district, which showed that the singing method influenced increasing independence in personal hygiene carried out by school-age children ($\rho = 0.000$). The findings of this study support Mukaromah & Katharina's (2020) assumption that health promotion can influence behavior change, especially regarding personal hygiene practices. Singing will also allow the right brain to

work more effectively, which will help children retain information for a more extended period after it has been presented to them.

According to Aminingsih & Warsini (2021) the singing technique is an educational medium that is very attractive to children, especially preschool and elementary school ages. Children's motor skills and their ability to recognize things effectively can benefit from learning the singing approach. The singing approach is often used with preschool-aged children and younger. However, in that case, the writer tries to make songs that contain information about personal hygiene using songs that are appropriate for school-age children and have a higher level of complexity than the approach often used for preschool-aged children. Khafifah (2020) says singing positively impacts children's cognitive development. Through singing activities, the learning atmosphere becomes more fun and exciting, increases children's happiness, reduces sadness, provides entertainment, and increases their enthusiasm. Apart from that, singing can also optimize the potential of the right brain so that the messages received are received. Fish will be embedded longer in the child's memory so that they will remember every word well.

It is proven in this study that health education using the singing method has an effect on school-age children 7-12 years and can be an effort to increase independence in carrying out personal hygiene so that it can prevent the adverse effects of not maintaining excellent and correct personal hygiene, such as being susceptible to disease: disease, physical health disorders, and psychosocial disorders. Therefore, according to the results of this study, it is hoped that the provision of health education using the singing method can add insight and become an alternative for parents, health workers as educators, school teachers, or/village officials to provide direction and support for children's health. Which can be run for school-age children 7-12 years and as a learning medium for dealing with health problems, especially on personal hygiene independence in children.

There were several obstacles when I carried out this study, including the children who were still shy during the research because there was still no emotional closeness with the children, the children who arrived late because the children forgot that there would be activities at a predetermined time, and when I distributed guidebooks containing research material on personal hygiene. Several children could not read, so I provided an alternative for this study by providing education through watching videos and songs.

CONCLUSION

Health education using the singing method influences the independence of personal hygiene for school-age children 7-12 years old in Leuwikidang Village, Majalengka Regency, in 2022.

SUGGESTION

It is hoped that this study can be a reference for future researchers by reviewing it and in addition also by adding other variables to enrich the discussion in the study.

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