

THE INFLUENCE OF ROLE PARENTS IN HABITUATION GRADE IV ELEMENTARY SCHOOL STUDENTS IMPLEMENT CLEAN AND HEALTHY BEHAVIOR

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Abstract

The fact that the educational role of parents is lacking in forming clean and healthy living habits is the background of this research. As subjects of formal education for students, parents must be able to develop practices that prioritize cleanliness and health. During the Covid-19 pandemic, instilling clean and healthy living habits became very important for students in the world of education. The study was conducted by involving fourth-grade elementary school students as participants to determine how effective parents' role was in influencing the development of clean and healthy living habits by using a quantitative cross-sectional design approach based on survey analysis. The research findings show that simple linear regression analysis shows a parental influence coefficient of 1.106 which gives a positive value. The t-test also showed that the parental role variable had a higher t count, namely 17.581, than t table 1.993, along with a Pearson value of 0.902 and a significance value of 0.000, less than 0.05. From the R2 test, parental influence gives a value of 0.813 or 81.3%, and other variables provide a value of 0.187 or 18.7%. Therefore, the conclusion is that the role of parents is very influential and has a strong relationship in forming clean and healthy living habits for fourth-grade elementary school students.

Keywords: role of parents; clean; healthy; habituation

Abstrak

Fakta bahwa peran edukatif orang tua yang kurang dalam membentuk kebiasaan hidup bersih dan sehat menjadi latar belakang penelitian ini. Orang tua, sebagai subjek pendidikan formal bagi siswa, harus mampu membentuk kebiasaan yang memprioritaskan kebersihan dan kesehatan. Selama pandemi Covid-19, menanamkan perilaku hidup bersih dan sehat menjadi sangat penting bagi siswa dalam dunia pendidikan. Penelitian dilakukan dengan melibatkan siswa kelas IV sekolah dasar sebagai partisipan untuk mengetahui seberapa efektif peran orang tua dalam mempengaruhi perkembangan kebiasaan hidup bersih dan sehat dengan menggunakan pendekatan kuantitatif desain cross-sectional berbasis analisis survei. Temuan penelitian menunjukkan bahwa analisis regresi linier sederhana menunjukkan koefisien pengaruh orang tua sebesar 1,106 yang memberikan nilai positif. Pada uji t juga dihasilkan bahwa variabel peran orang tua memiliki t hitung lebih besar yaitu 17,581 dari t tabel 1,993 beserta nilai pearson sebesar 0,902 dan nilai signifikansi 0,000 lebih kecil dari 0,05. Dari uji R2 bahwa pengaruh orang tua memberikan nilai sebesar 0,813 atau 81,3%, dan variabel lain memberikan nilai sebesar 0,187 atau 18,7%. Oleh karena itu, kesimpulannya adalah bahwa peran orang tua sangat berpengaruh dan memiliki hubungan yang kuat dalam membentuk kebiasaan hidup bersih dan sehat bagi siswa kelas IV sekolah dasar.

Kata Kunci: peran orang tua; bersih; sehat; pembiasaan

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Introduction

A pandemic caused by a virus called Coronavirus disease which began to occur in 2019, known as Covid-19, has made various changes to the order of people's lives both in the fields of education, health, social culture, politics, economy, and various other areas. The government

issues different policies to build health-good governance. The implementation resulted in many crucial actions taken by the entire community (Marzuki et al., 2021) One of them is hyper-reality which arises because of the encouragement of people's concerns about the existence of Covid-19. The hyper-reality at the time pushed people to take many irrational actions, such as hoarding masks and hand sanitizers, panic shopping, and other activities that even led to the disintegration of society. This is a form of community survival amid community life due to Covid-19 (Burhanuddin et al., 2020).

During the pandemic, one of the intensities of community activities that increased was the adoption of clean and healthy behavior (Rohdatul, & Ais, 2020) Everyone should adopt a clean and healthy behavior. When an activity is performed often, it becomes a habit. Clean and healthy is a powerful combination of the terms clean and health (Aminah et al., 2021). The strong association between the two demonstrates that an individual's health improves as a result of the considerable influence of someone who promotes healthy lifestyle choices (Suharyanto, 2020).

Each individual's clean and healthy lifestyle is not only a response to the assertion that a pandemic breakdown or health concerns are occurring. But, it must be implanted in every person, beginning with those who comprehend social life in society. Psychologically, a person will begin to understand an order of life when entering an early age or with children. Early childhood is elementary to form from impulses produced from interactions with various experiential processes. One of the experiences that can have quality output is education. Education is a process of humanizing humans or humanization. Education will create ideal, intelligent individuals who become the output of the next generation and be able to realize the ideals of the nation and state. The link between education and clean and healthy living behavior is that education intervenes in various factors influencing individual behavior. This education will encourage various educative efforts for children to live clean and healthy life (Nugraha et al., 2020).

Education, in general, is carried out formally through schooling activities. However, education also needs to be done informally with the family (parents) (Ruli et al., n.d.) This informal education makes a child grow and develop well until adulthood. The role of parents is to be a good and noble example by providing a positive environment. Furthermore, informal education (family or parents) and formal (school) are a source of children's education (Rozi et al., 2021). Schools and parents also integrate to carry out children's education to achieve educational goals. Families, communities, and schools work together to build an education that will help produce educated student output (Wulandari, & Pertiwi, 2018).

In constructivism, the manifestation of clean and healthy conduct is interwoven into the family, which children realize as students in schools and society. Instilling in students a clean and healthy habit is an approach that provides students with a clean and healthy behavior (Julianti, & Nasirun, 2018). Parents provide capital to students by transforming their attitudes and knowledge about students. This clean and healthy lifestyle is not only implemented in the current post-pandemic era but must become a part of life to be implemented as a habit (Rohartati, 2022).

Parents play a role in educating the family. Parents educate by example, manners and training, advice, and other ways. Parents, as educators, must first cultivate morality as people who become role models for children. Parents educate children with character attitudes that are naturally formed in them. Of course, these attitudes can be transformed into positive parenting for children (Aidah, 2021). Parents also educate children about habituation, which will cultivate good morality in children. Parents also educate children on life skills. Parents can also educate

children with supervision to see firsthand how the child's daily behavior is outside the family environment. Furthermore, based on that, parents as educators provide education for children to develop behavior, attitudes, and abilities in acquiring knowledge and skills.

Furthermore, the government has also begun to improve education facilities to continue supporting clean and healthy living behavior. Moreover, parents help implement appropriate behavior in students. Elementary school age is a golden period for individuals to understand social life. Character education is instilled at this time, which is formed from parental impulses that provide roles, parenting, and encouragement to early childhood (Kesehatan et al., n.d.). A good relationship between parents and students will produce positive results, especially for students. Parents are very attached to students to direct reciprocity in the form of behavior patterns that are formed in children. The role of parents as educators, caregivers, and protectors of children provides a sense of security, trust, warmth, positive affection, and responsiveness (Dewi Prigantini et al., 2022).

Parents become a vessel in shaping the personality of students. As an illustration, a father is patient and unemotional, and a mother has an obedient and disciplined personality. Thus, students as children become personal figures who will reflect the behavior of their parents amid community life. Related, when parents lead clean and healthy lifestyles, students will remember their parent's behavior. The following are the primary indications of clean and healthy living behavior: (1) Handwashing with clean water and soap in continuous action, (2) Consuming nutritious, healthy, and clean food, (3) Exercising regularly and regularly, (4) Using clean and healthy latrines or toilets, (5) Maintaining personal and environmental hygiene (6) Eradicating mosquito larvae or other sources of disease (Tabi'in, 2020).

Furthermore, elementary school students are considered to be entering a phase that can develop reasoning power toward everything that is concrete. Rapid cognitive development shapes concepts and ideas and can solve everything concretely (Julianti & Nasirun, 2018). Elementary school-age children have various interests, especially in dynamic activities that will be useful for their product. Elementary school-age children do something based on their experiences. Elementary school-age children become investigators to discover new things, are active in learning, have a strong interest in everything meaningful, and are also rich in imagination. So, from the above problems, a study was carried out to measure the effectiveness of parents in creating clean and healthy living habits in students.

So, this research was conducted to determine how efficient parents are in building habituation in students in clean and healthy behavior. Parents are the main spearhead in practical efforts to shape clean and healthy behavior through education. The education parents provide in the form of role implications in building the inculcation of student behavior patterns will be integrated with other environments.

Research Methods

The quantitative technique was used in this research to assess the efficacy of the independent variables. This research method was carried out with a cross-sectional design because it can test the effect of variables collected in the same period (Nasiatin et al., 2019). The instrument used is a questionnaire variable X (independent), namely the role of parents, and variable Y (dependent), namely the implementation of clean and healthy living habits. This instrument has previously been tested with validity and reliability tests, thereby helping to improve the quality of research (Sugiyono, 2017). We tested this questionnaire on fourth-grade

elementary school students as a population. The sample in this study consisted of 73 fourth-graders from SDN Duren Tiga 09 and SDN Sumbangsih. The questionnaire contains 20 statements about the role of parents and 25 comments about implementing clean and healthy living behaviors. Questionnaires were delivered directly to students and filled in manually or not using Google Forms to ensure more accurate data. The research took place between September and December 2022.

This study's research procedure was carried out through 3 main stages. These stages include: (1) The preparation stage, namely the stage of compiling research instruments in the form of instrument grids and statements that material experts have evaluated, as well as conducting instrument trials on students and then calculating the validity and reliability tests using SPSS version 26, (2) The data collection stage, namely giving questionnaires to students directly in class in a cross-sectional manner, and (3) The final stage, namely the stage of calculating the data that has been collected. This stage also uses SPSS version 26.

Before the instrument was used for the study, a validity test was run to gauge and assess the statement items. SPSS version 26 is used for this validity test to relate the total score of each test item to the Pearson Product Moment correlation coefficient (r count) and made 20 statements of discussion about parental responsibilities and 25 statements about implementing healthy living behaviors and student education, totaling 45 statements. A susceptible score was assigned to the questionnaire, as follows: (1) Constantly results from 4 scores, (2) Often results from 3 scores, (3) Sometimes results from 2 scores, and (4) Never results from 1 score. This time, it passed the validity test. Twenty-nine children in class IV participated in the validity test at Pancoran 03 Elementary School this time. The validity test's findings demonstrate that every terminal is reliable and appropriate for use in research. All statement items have an r count larger than 0.367, evident from the validity test findings above, leading to the conclusion that the instruments employed in this study were reliable.

Table 1. Reliability Test

Variable	Alpha	Description
X	0,985	Instrumen is reliable
Y	0,984	Instrumen is reliable

The purpose of the reliability test in this research is to assess the accuracy and usefulness of the data gathered through a questionnaire. Cronbach's Alpha was calculated for each variable in the reliability test. A variable is dependable if its Cronbach's Alpha score exceeds dependability if its Cronbach's Alpha score is more significant than 0.60. The reliability test findings showed that each variable had a Cronbach's Alpha value of more than 0.60, confirming the dependability of the questionnaire employed in this research.

On the basis of these findings, the following research hypothesis might be formulated: (1) H_0 = The role of parents has no impact on the implementation of clean and healthy behavior among fourth-grade elementary school children, and (2) H_a = The role of parents has a significant impact on the implementation of clean and healthy behavior among fourth-grade primary school students.

Results and Discussion

The study's findings revealed how effective parental involvement in supporting clean and healthy living habits are. Several tests were carried out before examining the final results to establish if parental participation had a significant influence on the usage of clean and healthy living habits in grade IV elementary school students.

Table 2. One-Sample Kolmogorov-Smirnov Test

N		73
Normal Parameters ^{a,b}	Mean	0,0000000
	Std. Deviation	4,38257475
Most Extreme Differences Absolute		0,106
	Positive	0,057
	Negative	-0,106
Test Statistic		0,106
Asymp. Sig. (2-tailed)		,080 ^c
a. Test distribution is Normal.		
b. Calculated from data.		
c. Lilliefors Significance Correction.		

The Kolmogrov-Smirnov test was used by the researchers to determine the normality of the data. The prior results resulted in a significance value of 0.080, which was more than 0.05. These results indicate the study data's regular distribution.

Table 3. Simple Linear Regression Test

Model	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	Std. Error	Beta	t	
1 (Constant)	10,244	4,570		2,241	0,028
ROLE OF PARENTS	1,106	0,063	0,902	17,581	0,000

a. Dependent Variable: IMPLEMENTATION OF CLEAN AND HEALTHY BEHAVIOR

As an analytical tool, simple linear regression is performed. SPSS 26 data management software was used to analyze this research. It is possible to develop the regression equation $Y = 10.244 + 1.106 X$. The former formula is written as follows: If the involvement of parents is 0, the constant value of 10.244 implies that the degree of implementation of clean and healthy conduct is 10.244. The parental role coefficient is 1.106, which is positive. For each increase in parental participation, the manifestation of clean and healthy behavior rises 1.106 times.

Table 4. t-test

Model	Unstandardized Coefficients		Standardized Coefficients		Sig.
	B	Std. Error	Beta	t	
1 (Constant)	10,244	4,570		2,241	0,028
ROLE OF PARENTS	1,106	0,063	0,902	17,581	0,000

a. Dependent Variable: IMPLEMENTATION OF CLEAN AND HEALTHY BEHAVIOR

To evaluate if one independent variable has a partial influence on the dependent variable, use the t-test. The t table distribution table in this research has a value of 1,993 and a significance level of 5%. This study is known to include two variables and 73 respondents. If $t_{count} > t_{table}$, the independent variables impact the dependent variable somewhat (by) (hypothesis accepted). If the t count is more than t table 1.993 and the significance level is 0.000 or less than 0.05, parents have a significant effect on the adoption of healthy living behaviors.

Table 5. Correlation Test

		ROLE OF PARENTS	IMPLEMENTATION OF CLEAN AND HEALTHY BEHAVIOR
ROLE OF PARENTS	Pearson Correlation	1	,902**
	Sig. (2-tailed)		0,000
	N	73	73
IMPLEMENTATION OF CLEAN AND HEALTHY BEHAVIOR	Pearson Correlation	,902**	1
	Sig. (2-tailed)	0,000	
	N	73	73

** . Correlation is significant at the 0.01 level (2-tailed).

The table above indicates a Pearson value of 0.902 and a significant value of $0.000 < 0.05$ for the Parental Role Model with Clean and Healthy Behavior Implementation. According to these studies, the involvement of parents and the adoption of clean and healthy conduct are highly associated.

Table 6. Coefficient of Determination Test

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	,902 ^a	0,813	0,811	4,413

The R2 test results produced a score of 0.813, or 81.3%. This finding indicates that the independent variable, parent role, can influence the adoption of Clean and Healthy Living Behavior by 81.3%. In the meanwhile, factors besides the independent variables included in this study account for 18.7% of the adoption of clean and healthy lifestyle behaviors.

This research was linked to previous studies that said it is the duty of parents to educate their children so that they can adapt to living together. Children must adapt to their surroundings in order to live with others in society. Parental engagement is vital in this case for teaching children about the environment (Ruli et al., n.d.). The following study was carried out by (Kesehatan et al., n.d.) which states that in everyday life, parents and teachers always accompany children when carrying out their daily activities.

As a result, parental involvement has a significant impact on children' future quality of life, and parents must be aware of the health issues that often occur in school-aged adolescents. Parents can help their children develop healthy lifestyle habits (Notoatmodjo, 2003). One of the

attributes that parents may instill in their children via their regular actions is clean and healthy conduct. Children in elementary school are still following the rituals taught in them by their families. Moreover, research shows a significant relationship between knowledge and the parental role in fostering clean and healthy habits. This study suggests that it is vital to expand knowledge through a variety of health education activities and to boost the number and quality of health promotion media (Wulandari, 2018).

This result might be taken as supporting the notion that parents play a crucial role in educating student from an early age by transforming information into knowledge that is beneficial to student while carrying out their tasks and responsibilities (Syamsunardi, & Syam, 2019) Parental behavior reflects the student, and positive parenting is a factor in shaping student as quality output. Informal education carried out by parents provides joint strength with formal education to realize good quality in children's education. Students may use the pattern notion to apply clean and healthy living practices in their daily lives. Education places a high attention on encouraging healthy life habits. It might develop into a better habit that is used in daily life (Maryunani, & Ani, 2018)

Conclusion

The results show that fourth-grade students' efforts to lead a clean and healthy life are influenced by their parents' efficacy. Parents urge students to acquire good character so they may stand out in communal life as a source of informal education. Parents therefore make major parenting efforts for their children.

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