

BUILDING A PROSPEROUS AND HEALTHY FAMILY: THE ROLE OF CLEAN AND HEALTHY LIVING BEHAVIORS IN DISEASE PREVENTION

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Abstract:

General Background: Family health is a foundational element for building a prosperous society, and Clean and Healthy Living Behavior (PHBS) plays a crucial role in disease prevention and quality of life improvement. **Specific Background:** PHBS encompasses various aspects, including sanitation, hygiene, and stress management, which are vital for ensuring family well-being. However, the adoption of PHBS remains uneven across communities, presenting barriers to achieving widespread health benefits. **Knowledge Gap:** While the importance of PHBS is recognized, there is a lack of effective strategies to raise public awareness and encourage long-term implementation, particularly at the family level. **Aims:** This study aimed to assess the impact of health information literacy workshops on community awareness and adoption of PHBS, focusing on disease prevention and lifestyle changes within families. **Results:** The workshop successfully increased public knowledge about PHBS, motivating participants to adopt healthier practices in their daily lives. It also raised awareness about the connection between family health and community well-being, with participants reporting greater intention to implement PHBS in their households. **Novelty:** This study highlights the effectiveness of workshop-based interventions as a tool for improving health literacy and promoting the widespread adoption of PHBS, especially within family units. **Implications:** The findings suggest that targeted educational programs, combined with community-based initiatives, can significantly contribute to disease prevention and improve public health outcomes, emphasizing the role of families as key actors in fostering healthier societies.

Keywords: *Clean and Healthy Living Behaviour, Disease Prevention, Prosperous Families, Health, Community Service*

INTRODUCTION

Health is a fundamental human right and is the main means of achieving prosperity. Health is a basic necessity for everyone to reach their full potential. Because with it no one can die, the right to health is recognized as a human right [1]. Quality family education can provide awareness to the entire community

about clean and healthy living, which can reduce the incidence of non-communicable diseases (Usman K et al., 2020). In this context, the family, as the smallest unit in society, plays an important role in maintaining the health of its members. Healthy and well-off families are able to contribute positively to building an advanced and sustainable society.

However, various health challenges are still faced by the community, especially non-communicable diseases such as diabetes, hypertension, heart, and cancer. These diseases are often caused by an unhealthy lifestyle, including a lack of PHBS implementation (World Health Organization, 2020). Therefore, it is important to increase public awareness of the importance of PHBS as an effort to prevent disease and build a healthy and prosperous family.

Health counseling is one of the methods that can be applied for preventive actions to remind the public of the importance of maintaining health. Through the counseling method, the maintenance of public health can start from the awareness of every individual, family, group and wider community. Direct counseling activities to the community, especially people who are still far from the reach of information media and health facilities, will be able to help the community get health information, so with this community service activity can support the right to health information literacy of every individual [4]. It can also build power by encouraging, motivating and raising awareness of the potential that they have and trying to develop it and also strengthen the potential owned by the community [5].

To overcome these problems, counseling and guidance activities were carried out for residents of Porong village to increase public knowledge and understanding of PHBS behavior at the home level to avoid infectious diseases and empower the people of Porong village to maintain environmental health.

RESEARCH METHODS

The health information literacy workshop on Clean and Healthy Living Behavior will be carried out by considering the workshop material, the community as an audience, developing problems and a supportive environment (Gani et al., 2015). In this study, the workshop method was applied, with the presentation of the material "Building Family Health: Disease Prevention through a Healthy Lifestyle" by providing general insights and information to the public about PHBS. In addition, it also motivates and raises public awareness to implement a healthy lifestyle.

RESULTS AND DISCUSSION

The workshop with the theme "Building Family Health: Disease Prevention through a Healthy Lifestyle" was carried out in accordance with the initial activity plan. This activity began with a presentation of material by the speakers. The material presented in the workshop activities includes:

Definition of Clean and Healthy Living Behavior

Clean and Healthy Living Behavior is an action to improve health by practicing clean and healthy living behaviors (Nurhajati, 2015). PHBS covers

various aspects, such as:

- a. Sanitation and Hygiene: Washing hands with soap, using clean water for drinking and cooking, and maintaining the cleanliness of the surrounding environment.
- b. Balanced Nutrition: Eat balanced nutritious foods according to the needs of calories, protein, vitamins, and minerals.
- c. Exercise: Regular physical activity to maintain body condition.
- d. Get Enough Rest: Get enough sleep to restore energy and maintain mental health.
- e. Stress Management: Managing stress well to avoid its negative impact on health.
- f. Immunization: Immunize on schedule to protect yourself from infectious diseases.
- g. Safe Sexual Behavior: Implementing safe sexual behavior to prevent sexually transmitted diseases.



Figure 1. Material Presentation

Benefits of Clean and Healthy Living Behaviors in Disease Prevention

The application of Clean and Healthy Living Behaviors provides many benefits in preventing various diseases (Ministry of Health of the Republic of Indonesia, 2021), including:

- a. Preventing Infectious Diseases: Clean and Healthy Living Behaviors help break the chain of disease transmission, such as diarrhea, respiratory infections, and skin diseases.
- b. Prevent Non-Communicable Diseases: Clean and Healthy Living Behaviors can help prevent non-communicable diseases such as diabetes, hypertension, heart, and cancer.
- c. Improves Quality of Life: Clean and Healthy Living Behaviors help improve quality of life by improving physical, mental, and social health.

Clean and Healthy Living Behavior in the family is an effort to empower family members to be aware, willing and able to carry out Clean and Healthy Living Behavior to maintain and improve their health, prevent the risk of disease and protect themselves from the threat of disease and play an active role in the health movement in the community (Carolina et al., 2016).

After the presentation of the material, it was continued with an interactive

discussion carried out by workshop participants, including the introduction of the concept of Clean and Healthy Living Behavior and the importance of doing Clean and Healthy Living Behavior at the respective family level. If Clean and Healthy Living Behavior is implemented properly, it can provide direct benefits in the family, namely improving the family's standard of living because it can reduce medical expenses so that household expenses can be more focused on fulfilling family nutrition, education costs or being used for business capital. If the family can run a business, it will automatically increase the family's income. In addition, because each family member improves their health and does not get sick easily, the child will grow up healthy and intelligent and the work productivity of each family member will increase (Suprpto & Arda, 2021).

Community empowerment activities have been carried out with the results of community participation to be jointly involved in workshop activities and received positive responses from the community. This was shown by the enthusiasm of the community to respond to the results of the workshop by asking about balanced nutrition to be applied in daily life. Similarly, the community realizes that maintaining health in the family environment together will make it easier to achieve a better degree of family health.



Figure 2. Question and answer session and group photo

CONCLUSIONS

Fundamental Finding: Clean and Healthy Living Behavior (PHBS) is essential for building healthy, prosperous families and plays a significant role in disease prevention and overall quality of life improvement. **Implication:** The promotion and implementation of PHBS within families can lead to long-term health benefits for communities, contributing to national well-being. **Limitation:** However, widespread adoption of PHBS faces challenges, such as varying levels of public awareness and access to resources necessary for its implementation. **Further Research:** Future studies should focus on identifying effective strategies for increasing PHBS adoption in diverse populations, as well as assessing the long-term health outcomes associated with its sustained practice.

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