

Implementation of a Clean and Healthy Lifestyle (PHBS) for Children of Indonesian Migrant Workers (PMI) in Malaysia

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Abstract

This article focuses on training in implementing a Clean and Healthy Lifestyle (PHBS) for children of Indonesian Migrant Workers (PMI) in Malaysia through washing hands with soap. The aim is to foster a sense of concern among children towards maintaining a clean lifestyle so that children are accustomed to a healthy lifestyle and can apply it to their daily lives. This research involves a structured training program to educate children about the importance of maintaining cleanliness for health and well-being. The main focus is to instill the correct habit of washing hands with soap, considering its proven efficacy in preventing the spread of disease. Implementing PHBS through hand washing training positively impacts the PMI community's general health and welfare in Malaysia. Children know and apply CTPS well and correctly. PMI children can apply CTPS and disseminate it to their families or communities. This health program will cover a wider audience, not only the community of PMI children in Malaysia but also the community of Indonesian citizens in Malaysia.

Keywords: Children, migrant workers, hygiene, health, washing hands

1. INTRODUCTION

Self-awareness is attention to oneself, readiness to recognize oneself in what one does, and understanding of the environment around us. Self-awareness is the key to change in life (Eriyani et al. 2021). Individual awareness education, especially in maintaining cleanliness, is critical to teach children. Children have immune systems that are still developing, and they are more susceptible to respiratory infections and stomach ailments (Azizah et al. 2023d; Azizah et al. 2023a; London et al. 2023).

Malaysia is one of the leading destinations for migrant workers from Indonesia. Many migrant workers bring their families, including children, to live with them in Malaysia (Azizah et al. 2024; Spitzer et al. 2023). Children of Indonesian Migrant Workers (PMI) in Malaysia face several problems related to awareness of the importance of maintaining cleanliness (Setijaningrum et al. 2023). Children need to gain more understanding of individual awareness or self-awareness regarding the importance of maintaining cleanliness to impact various aspects of life positively (Azizah et al. 2023b; Azizah et al. 2023c).

One way to increase individual awareness (self-awareness) about cleanliness is by training on Hand Washing with Soap (CTPS) (Azizah et al. 2023d; Adib et al. 2023). CTPS not only

provides information but also helps build healthy living habits. Through this CTPS training, PMI children in Malaysia can grow as health-conscious individuals, positively impacting overall health (Setiadi et al. 2023; Azizah et al. 2023b). Considering the increasing importance of cultivating a clean and healthy lifestyle, this journal explores the implementation of a Clean and Healthy Lifestyle (PHBS) among the children of Indonesian Migrant Workers (PMI) in Malaysia, Focusing specifically on the essential practice of washing hands with soap, this research aims to foster a sense of concern among children towards maintaining a clean lifestyle so that children get used to a healthy lifestyle and can apply it to their daily lives as well as assessing the effectiveness of training programs designed to install these essential habits, thus contributing to the overall well-being of PMI families in their host countries (Adib et al. 2023; Kimsen and Pambudi 2023).

2. METHOD

This project by the Semangat Muda Indonesia (SMI) foundation was held on 11-15 September 2023, 13-16 November 2023, and 10-13 January 2024, and it went smoothly (Azizah et al. 2023e). Several programs have been implemented well thanks to the hard work of the SMI and Youth official teams, which were enhanced by the presence of volunteers from Indonesia (Ge'e and Usiono 2023). One of the successfully implemented programs was implementing a Clean and Healthy Lifestyle (PHBS) through hand washing training with soap for children of Indonesian Migrant Workers (PMI) in Malaysia (Anam et al. 2022). In preparing this article, the direct practice method was used (Setiadi et al. 2023; Azizah and Rahmadanti 2020). The definition: The direct practice method is a learning approach that actively involves students carrying out actual activities or direct exercises related to the subject matter. In the context of hand washing training with soap for children of Indonesian Migrant Workers (PMI) in Malaysia (Aswindo et al. 2021). Implementing a clean and healthy lifestyle with training in washing hands with soap goes through several stages, namely:

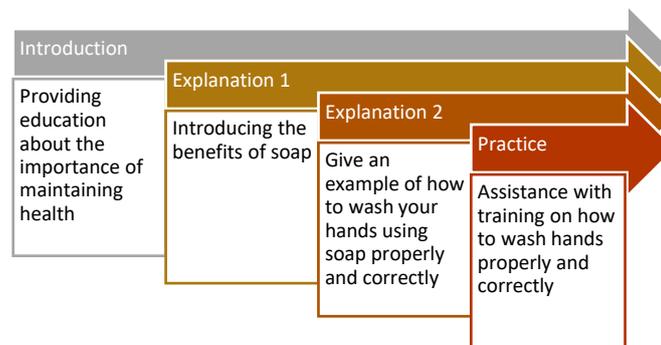


Figure 1. Activity Method

3. RESULT AND DISCUSSION

This community service activity (PKM) began with a speech by the Principal of the Kuala Lumpur Indonesian School and a discussion about innovative ideas to improve the quality of health for PMI children in Kuala Lumpur.



Figure 2. *Opening Ceremony*

Next were remarks from the SB management and several SB teachers as well as providing guidance regarding the conditions of the students at SB. Next, there is an introduction session for each teacher and a technical explanation of the activity program that will be implemented (Saputri et al. 2023). This activity had a significant impact on implementing a Clean and Healthy Lifestyle (PHBS) through hand washing training with soap for children of Indonesian Migrant Workers (PMI) in Malaysia. The following are the results and discussion of the program:

- 1. Increased Knowledge and Awareness:** The discussion highlighted a marked increase in knowledge among PMI children regarding the importance of washing hands with soap. Discussion participants consistently underlined the role of training in increasing awareness of the health benefits associated with PHBS.
- 2. Changes in Attitudes and Practices:** The discussion revealed a positive shift in attitudes and handwashing practices of PMI children after attending the training. Discussion participants emphasized that children seemed more proactive in implementing correct handwashing techniques.
- 3. Impact on the Family Environment:** The discussion highlighted the critical role of parents and families in supporting changes in children's behavior regarding hand washing. Several participants noted the positive influence of the training on clean and healthy habits at home, creating an environment that supports PHBS as a whole.
- 4. Challenges and Opportunities:** Discussion participants also identified several challenges, including economic constraints and limited access to adequate sanitation facilities. However, they also discussed opportunities to involve more of the PMI community and increase access to information and resources that support PHBS.
- 5. Recommendations for Program Improvement:** Discussions resulted in constructive recommendations for improving the program, including providing more educational materials to parents, strengthening collaboration with local authorities, and implementing more interactive and playful learning methods.



Figure 3. Explanation and practice PHBS properly and correctly

Overall, the discussion results confirmed that implementing PHBS through hand washing with soap training for PMI children in Malaysia has a positive impact and can be considered a relevant and practical step in improving children's health in migrant communities (Niehlah et al. 2023). Recommendations from this discussion can guide the future development of PHBS programs to achieve a more significant impact at the community level. Implementing a Clean and Healthy Lifestyle (PHBS) through hand washing training with soap for children of Indonesian Migrant Workers (PMI) in Malaysia closed with a group photo of the entire team, students, and teachers. The entire series of activities provided valuable learning for the Indonesian Youth team that one day of service can inspire forever (Musli and Yumasdaleni 2023).

4. CONCLUSION

There needs to be more knowledge about hygiene among PMI children in Malaysia. Implementing a Clean and Healthy Lifestyle (PHBS) through training on washing hands with soap for children of Indonesian Migrant Workers (PMI) in Malaysia shows an effort to increase awareness and clean and healthy living habits among PMI children in Malaysia. Hand-washing training with soap is a strategy taken to encourage the implementation of PHBS among PMI children. Involving them in this activity is hoped to create a healthier environment, improve children's health, and reduce the risk of infectious diseases. Apart from that, implementing PHBS through hand washing training can also positively impact the general health and welfare of the PMI community in Malaysia. Children know and apply CTPS well and correctly. PMI children can apply CTPS and disseminate

it to their families or communities. This health program will cover a wider audience, not only the community of PMI children in Malaysia but also the community of Indonesian citizens in Malaysia.

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