

Maintaining Health from an Early Age: Building PHBS Awareness among PMI Children in Malaysia

Roisah¹, Amalia Fauziah Zahra², Joanna Valencia³, Atika Putri Chairani⁴, Avrielle Mauliaraudhah Farmudya⁵, Azzahra Arimbi Kamila⁶, Della Monica⁷, Fong Handoko⁸, Sri Devi Aryanti⁹, Livia Ramadhani¹⁰, Siti Nur Azizah^{11*}

¹Universitas Muhammadiyah Surakarta

²Universitas Gadjah Mada Yogyakarta

³Universitas Indonesia

⁴Universitas Islam Negeri Imam Bonjol

⁵Universitas Islam Negeri Syarif Hidayatullah Jakarta

⁶Universitas Aisyiyah Yogyakarta

⁷Universitas Muhammadiyah Metro

⁸Sekolah Menengah Pertama Negeri 3 Kuta Utara

⁹⁻¹⁰Semangat Muda Indonesia Foundation

¹¹Universitas Muhammadiyah Purwokerto

E-mail: sitinurazizah@ump.ac.id

Abstract

Health is significant for every individual, especially for growing and developing children growing and developing children. However, children of Indonesian migrant workers (PMI) living in Malaysia often face challenges in maintaining their health. Factors such as the environment, access to health services, and awareness of good health practices usually become barriers. Therefore, the International Volunteering Chapter Malaysia held by Youth Indonesia on 20-25 February 2024 at Sanggar Bimbingan Malaysia is an effort to help build awareness about Clean and Healthy Living Behavior (PHBS) among PMI children in Malaysia. Various work programs have been implemented during this activity period to increase PHBS awareness among PMI children. These programs include various activities, ranging from counseling about PHBS, correct hand washing practices, and maintaining environmental cleanliness to healthy eating patterns. Through collaboration between Youth Indonesia volunteers, Sekolah Indonesia Kuala Lumpur (SIKL), and the Embassy of the Republic of Indonesia (KBRI) Kuala Lumpur, these programs have succeeded in creating a supportive environment for building PHBS awareness among PMI children. Evaluations carried out on the impact of these programs show significant improvements in the knowledge, attitudes and behavior of PMI children related to health and PHBS. The participants showed high interest in continuing to learn and apply the health practices they learned during this activity. It shows that the International Volunteering Chapter Malaysia has positively contributed to building PHBS awareness among PMI children in Malaysia. Thus, this activity is not just an activity but is also part of a real effort to create positive changes in the lives of PMI children in Malaysia.

Keywords: PHBS, PMI Children's Health, Environmental Awareness

1 INTRODUCTION

One of the severe problems facing the Indonesian nation is health problems, especially the health problems of school-age children. Problems often arise in school-aged children, covering various aspects, ranging from behavior and physical development disorders to learning difficulties. Apart from that, general health issues are also a concern (Azizah et al. 2023). Children can experience a variety of challenging behaviors, difficulties in achieving optimal physical development, and challenges in understanding lesson material. In addition, health problems such as general illnesses can also affect a child's well-being (Levina et al. 2024).

Common health problems often faced by school-age children are often related to habits of maintaining individual and environmental cleanliness. It includes practicing proper dental hygiene, maintaining overall body hygiene, disposing of rubbish correctly, and regularly washing hands with soap (Rafi et al. 2024). Regularly cleaning teeth properly is the key to preventing

various problems ranging from dental caries to periodontal problems (Mediani 2020). Apart from that, maintaining thorough personal hygiene also prevents skin infections and other infectious diseases. Throwing rubbish in its place is also essential to keep the environment clean and safe from germs and disease. Furthermore, regularly washing hands with soap before and after certain activities helps reduce the risk of disease transmission through physical contact or contaminated food. Thus, teaching children to maintain thorough hygiene is essential in preventing common health problems they often face (Sugiantoro et al. 2024).

Migration of Indonesian citizens to Malaysia has been going on for a long time, even before the two countries became independent. This phenomenon reflects the strong historical and cultural ties between the two countries (Agusman et al. 2024). As time goes by, this migration continues, influenced by economic, social and political factors. Migrants often seek better work and life opportunities in Malaysia, creating a large and diverse community network there. However, this migration also raises issues related to workers' rights, social integration, and citizenship (Setiadi et al. 2023).

This cannot be avoided by elementary school-age children in Malaysia, especially the children of Indonesian Migrant Workers currently studying at the Malaysian Sanggar Bimbingan. Teaching the children of Indonesian migrant workers to maintain thorough hygiene and adopt clean and healthy living behavior is a very important process and has a significant impact on their welfare and that of the surrounding community (Nursafirayanti and Azizah 2024). Children of migrant workers often face different environments with limited access to sanitation facilities and adequate health information. Therefore, a holistic and sustainable approach is needed in educating them about the importance of maintaining cleanliness and health (Mulyati et al. 2024).

Unhygienic working environments and living conditions often affect the hygiene of children of migrant workers in Malaysia (Azizah et al. 2023). They often work in the informal sector with limited access to proper sanitation facilities, which can increase the risk of infectious diseases and other health problems. Lack of knowledge about hygiene practices also worsens the situation. Therefore, it is essential to provide education about the importance of maintaining personal and environmental hygiene and fighting for better access to sanitation facilities for children of migrant workers in Malaysia (Putri et al. 2024).

The health of children of migrant workers in Malaysia is a significant concern because they are vulnerable to various health risks. They tend to face the risk of infectious diseases, malnutrition, and mental health problems due to high social and economic pressures. Access to health services is often limited, complicating prevention and treatment efforts. Unhygienic work environment factors and low awareness about health further exacerbate this situation (Rafi et al. 2024).

Thus, the hygiene and health of children of Indonesian migrant workers in Malaysia are urgent issues that require serious attention. Therefore, concrete steps need to be taken by the government, NGOs, and the community to increase access to health services and provide education about proper hygiene. In this way, we can ensure that the children of migrant workers receive the protection and health care they need for a better future (Azizah and Pramono, 2018; Mustafa 2020).

2 METHOD

Migrant workers often face a variety of challenges, including limited access to health services and a lack of understanding of good health practices. Therefore, Youth Indonesia, together with the International Volunteering Chapter Malaysia, has initiated a program to provide

education about Clean and Healthy Living Behavior (PHBS) to the children of migrant workers in Malaysia. This program was held on 20-25 February 2024 to increase the understanding and practice of PHBS for children of migrant workers (Huda and Siswoaribowo, 2022).

Before implementing the program, a situation analysis was carried out to understand the health conditions and living habits of children of migrant workers in Malaysia. The results of the analysis show that many children of migrant workers have a limited understanding of PHBS and lack access to adequate health resources. Based on the situation analysis, a comprehensive program plan is prepared. This program includes various educational and interactive activities to improve the understanding and practice of PHBS for children of migrant workers. The Indonesian youth team in the International Volunteering Malaysia Chapter is specially prepared and trained to carry out this program effectively (Ahmadi and Triwinarto 2019).

Youth Indonesia and Volunteers prepared engaging and easy-to-understand material for the children of migrant workers. The material covers topics such as washing hands with soap, maintaining a clean environment, and the importance of a healthy diet. Attractive illustrations and pictures are used to clarify these concepts. Volunteers involved in the program undergo selection first before carrying out the activity. They are also trained to interact with children of migrant workers with sensitivity and empathy. It aims to prepare volunteers to make maximum contributions to program implementation. On 20-25 February 2024, the PHBS program will be implemented at a predetermined location. Volunteers deliver educational material through various interactive activities such as educational games and group discussions. Children of migrant workers are actively involved in every activity and can participate directly.

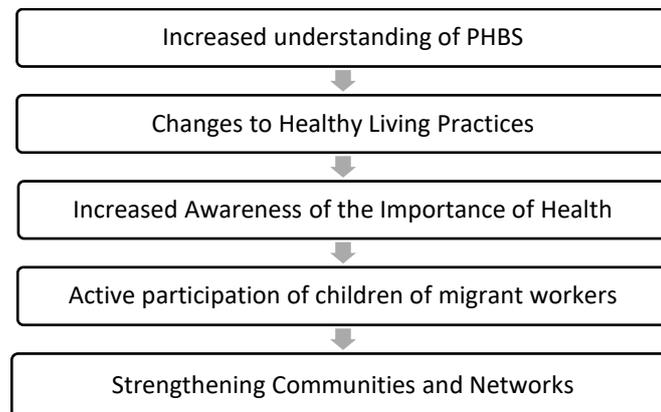


Figure 1. *Method*

3 RESULT AND DISCUSSION

The PHBS introduction program for children of migrant workers in Malaysia through the International Volunteering Malaysia Chapter program organized by Youth Indonesia on 20-25 February 2024, several significant results can be delivered, including:

- ✓ Increased understanding of PHBS : One of the main results of this program is increasing the understanding of migrant workers' children about PHBS. Through educational material delivered interactively and interestingly, children of migrant workers can understand basic PHBS concepts such as the importance of washing hands with soap, maintaining a clean environment, and healthy eating practices.



Figure 2. *Documentation*

- ✓ Changes to Healthy Living Practices : Apart from increasing understanding, this program has also succeeded in changing the healthy living practices of migrant worker children. They begin to apply the PHBS practices they have learned in their daily lives, such as diligently washing their hands before eating and after urinating and keeping the environment around where they live clean.
- ✓ Increased Awareness of the Importance of Health : This program has also succeeded in increasing the awareness of the children of migrant workers about the importance of health. They begin to understand that PHBS practices are essential for maintaining individual health and preventing the spread of disease to other people around them.
- ✓ Active participation of children of migrant workers : During the program's implementation, the children of migrant workers actively participated in every activity held. They enthusiastically followed educational materials, participated in educational games, and asked questions about things they did not understand about PHBS.
- ✓ Strengthening Communities and Networks : This program has also succeeded in strengthening the community of children of migrant workers and building a more solid network between them. They learn together, support each other, and feel more motivated to maintain their health.

Although this program provided positive results, several challenges were faced during its implementation. One of them is limited resources and access to adequate health facilities for the children of migrant workers. It affects their ability to implement PHBS practices consistently.

- ⊗ The Importance of Community Involvement and Participatory Approaches : In overcoming these challenges, the importance of community involvement and participatory approaches have proven to be very effective. Involving parents, administrators, and surrounding communities in program implementation strengthens support for the children of migrant workers in maintaining their health.
- ⊗ There needs to be continuity and ongoing support : To ensure the sustainability of the results achieved, the team should maintain continuity and ongoing support from various related parties. It includes support from governments, health institutions, and non-governmental organizations to provide necessary resources and facilities and continue supporting children of migrant workers in implementing PHBS practices.
- ⊗ The importance of continuous evaluation and monitoring : Regular evaluation and monitoring are also critical to measure program effectiveness and to identify areas that

still need improvement. By continuing to improve and adjust the program based on evaluation results, it can make sure that this program can have maximum impact in improving the health of the children of migrant workers in Malaysia.



Figure 3. Documentation

4 CONCLUSION

Through the PHBS introduction program organized by Youth Indonesia through the International Volunteering Chapter Malaysia, the children of migrant workers in Malaysia succeeded in improving their understanding and practice of PHBS. Although there were several challenges in its implementation, this program produced positive results. It provided a strong foundation for continuing to improve the health and well-being of children of migrant workers in the future.

ACKNOWLEDGMENTS

We would like to express our thanks to the Youth Indonesia and Semangat Muda Indonesia Foundation which has initiated and helped run this service smoothly. Thank you also to the Head of SIKL and all managers and staff who have welcomed us with pleasure.

REFERENCES

- Agusman, D. D., S. N. Azizah, A. A. Zahry, M. R. Setiadi, S. Julaeha, W. Saputri, H. P. Maharani, A. R. Putri, and T. A. Putri. 2024. Strengthening Students' Literacy and Character through Developing Educational Games for Children of Indonesian Migrant Workers in Malaysia. *Journal of Society, Community and Business Development* 2 (1):10-16.
- Ahmadi, F., and A. Triwinarto. 2019. Analysis descriptive stunting in Indonesia Health Research Basic. *Annals of Tropical Medicine and Public Health* 22 (11):472-477.

- Azizah, S. N., and H. Pramono. 2018. Pelatihan Ekonomi Kreatif Dengan Memanfaatkan Pakaian Bekas Menjadi Dompot. *Prosiding Semnas PPM 2018* 1 (1):1285-1293.
- Azizah, S. N., A. A. Yunelsa, Z. Krisnadi, S. R. Aziz, D. H. I. Wijaya, A. B. Fathaniah, and I. M. Suciati. 2023. Support Health Quality Through Stunting Socialization and Prevention in The Tourism Village, Belitung Regency: Dukung Kualitas Kesehatan Melalui Sosialisasi dan Pencegahan Stunting Di Desa Wisata Kabupaten Belitung. *Jurnal Pengabdian Masyarakat Medika*:116-124.
- Huda, M. M., and A. Siswoaribowo. 2022. Pemberdayaan Kader Pertolongan Pertama tentang Lifting Moving dan Syncope pada Masyarakat Rawan Terjadi Kecelakaan Lalu Lintas: Pengabdian Masyarakat di RT 005 RW 001 Dusun Kepung Tengah Kabupaten Kediri. Paper read at Proceedings of the National Health Scientific Publication Seminar.
- Levina, I., M. M. Huda, D. Setyorini, and S. N. Azizah. 2024. Student Optimal Simulation (SOS): First Aid Education in Choking Cases at School Indonesia Singapore (SIS). *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS* 2 (3):879-886.
- Mediani, H. S. 2020. Predictors of stunting among children under five year of age in Indonesia: a scoping review. *Global Journal of Health Science* 12 (8):83.
- Mulyati, D., M. M. Huda, D. Setyorini, and S. N. Azizah. 2024. Balanced Nutrition Education and Explanation of How to Brush Your Teeth with Phantom Dental in Malaysia. *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS* 2 (2):738-743.
- Mustafa, N. 2020. Impact of the 2019–20 coronavirus pandemic on education. *International Journal of Health Preferences Research* 4 (1):25-30.
- Nursafirayanti, T., and S. N. Azizah. 2024. Increasing Students'learning Motivation to Achieve Their Goals through Educative Stories. *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS* 2 (2):732-737.
- Putri, M. H., S. N. Azizah, M. J. Akbar, E. Z. W. Kusuma, P. A. C. Rumara, and S. A. Utami. 2024. Increasing the Children's Nationalism of Indonesian Migrant Workers (PMI) through Pancasila, Tourism, Culture, and Indonesian Folk Songs in Malaysia. *Journal of Society, Community and Business Development* 2 (1):22-29.
- Rafi, O. A., A. R. Bukoting, Z. Azkiana, S. N. Azizah, M. A. Naipospos, M. A. Aji, R. Arsyad, A. F. Tafarel, N. Nabastala, and S. Alexandra. 2024. Implementation of a Clean and Healthy Lifestyle (PHBS) for Children of Indonesian Migrant Workers (PMI) in Malaysia. *Journal of Society, Community and Business Development* 2 (1):1-6.
- Setiadi, M. R., S. N. Azizah, A. A. Zahry, S. K. Putri, Z. S. Hayus, W. Saputri, and S. Julaeha. 2023. Inspiration Class for children of Indonesian Migrant Workers in Kuala Lumpur. *Journal of Society, Community and Business Development* 1 (2):22-28.
- Sugiantoro, N. P., M. M. Huda, D. Setyorini, and S. N. Azizah. 2024. First Aid Education During Injury in Children with Rice Method at Sekolah Indonesia Singapura (SIS). *Jurnal Pengabdian Kolaborasi dan Inovasi IPTEKS* 2 (3):858-868.