

## PHBS: HEALTHY MADRASA PROGRAM IMPLEMENTATION THROUGH ONE MAN ONE TREE AND BRI ACTIVITIES

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### ABSTRACT

Healthy madrasah program which includes One Man One Tree and BRI or clean, neat and beautiful activities intended to teach students to live clean, neat and beautiful. This activity is one way that schools do to instill the value of clean and healthy living characteristics to every student at MAN Insan Cendekia Jambi. This study aims to 1) Describe the Implementation of the Healthy Madrasah Program through the One Man One Tree and BRI Activities in MAN Insan Cendekia Jambi to create a Clean and Healthy Life Behavior, 2) Knowing the effectiveness of the Implementation of the Healthy Madrasah Program through the One Man One Tree and BRI Activities in MAN Insan Jambi Scholar to create Clean and Healthy Behavior. The research method used is a mix method with data collection techniques using interviews, questionnaires and documentation. Data analysis was performed using Descriptive Statistics and Triangulation techniques. The findings of this study are: 1) Environmental Conditions MAN Insan Scholar Jambi before the existence of the Healthy Madrasah program has been arranged but still not neatly arranged, the environmental conditions are still very arid. After the existence of the Madrasah Healthy program the MAN Insan Scholar environment was neatly organized, and the environment was no longer arid because many plants were planted, especially productive plants, 2) The application of activities contained in the healthy madrasah program created the character of clean and healthy life behavior among students, 3) Healthy Madrasah Program through One Man One Tree and BRI to create Clean and Healthy Life Behavior for Students is effective because it has been embedded in the daily behavior of students, 4) Percentage of effectiveness of the Implementation of Healthy Madrasah Program through One Man One Tree and BRI Activities in MAN Jambi Scholar Insan to create a Clean and Healthy Life Behavior with an accuracy measurement of 85% is considered very effective.

**Keywords :** *Healthy Madrasah Program; one man one tree; BRI; PHBS*

### INTRODUCTION

Currently life expectancy in Indonesia has increased, based on data from the Ministry of Health (2019), in the period 1990-2017, the Life Expectancy (UHH) in total has increased 7 years from 64 years to 71 years. Women in the same period showed a life expectancy of 74 years compared to men who were only 69 years old. In the period since 2013-2017, the development of life expectancy increased from 70.4 years in 2013 to 71.06 years. Meanwhile, the development rate of the human development index from 68.31 in 2013, increased to 70.81 in 2017.

To increase life expectancy in Indonesia, it is first necessary to improve the quality of life of the people, one of the ways the ministry of health has done to improve the quality community life, especially in the health sector is through the PHBS program or clean and healthy life behavior which has now become a necessity in the community. Through simple ways the quality of life of the community can be improved such as maintaining a clean environment of the house, throwing trash in its place, doing physical activities for at least 15 minutes every day and much more.

Not only in the community, PHBS is also carried out in households, workplaces, health facilities, public places, even at school. In PHBS schools are implemented through healthy school programs. In line with the government program, MAN Insan Cendekia Jambi (MAN ICJ), also has a healthy school program as an implementation of PHBS which is commonly called a healthy madrasa. The healthy madrasah program at MAN Insan Cendekia Jambi is based on 5 factors, namely parents' complaints, students' complaints about the uncomfortable environment, the comfort of teachers and staff for the sake of a good KBM system, pride for alumni, and the alignment of IC big names with the condition of the school environment (Hendri Sakti Hektovianus, 2019). The healthy madrasa program is carried out in accordance with the madrasah vision and mission, as follows: Vision of MAN Insan Scholar Jambi as follows:

Vision: realizing high quality human resources in the faith and devotion, mastering science and technology and being able to actualize them in the community. Mission: 1) prepare prospective future leaders who master science and technology, have a high fighting power, are creative, innovative, proactive, and have a strong foundation of faith and piety,

2) grow and develop interests, talents, and potential of students to achieve achievements at the national to international level, 3) increase the knowledge and professional abilities of educators and education staff in accordance with the development of the education world, 4) make MAN Insan Scholar Jambi as an educational institution that has good and independent governance, 5) make MAN Insan Scholar Jambi as a model in developing science and technology learning and IMTAQ for other educational institutions. The healthy madrasa program has a number of activities such as the activity One Man One Tree, which requires each new student to bring 1 productive tree as an effort to green and form the character of environmental love for students, as well as BRI or Clean, Neat, and Beautiful activities as a continuation of activities One Man One Tree. This activity requires students to plant plants that have been taken and care for these plants and maintain cleanliness in the MAN ICJ environment. Through this activity students are also taught to live clean, neat and beautiful both in school and in the dorm. This activity is one way that schools do to instill the value of clean and healthy living characteristics to every student at MAN Insan Cendekia Jambi. This activity is not only done by students, but all academic community in MAN IC Jambi. The formulation of the problem in this research are, 1) How is the Implementation of the Healthy Madrasah Program through Activities One Man One Tree and BRI in MAN Insan Cendekia Jambi to create Clean and Healthy Behavior?, 2) How effective is the Implementation of the Healthy Madrasah Program through the Activity One Man One Tree and BRI at MAN Insan Cendekia Jambi to create Clean and Healthy Behavior? While the objectives in this study are 1) To describe the Implementation of the Healthy Madrasah Program through Activities One Man One Tree and BRI in MAN Insan Cendekia Jambi to create Clean and Healthy Life Behavior, 2) To find out the effectiveness of the Healthy Madrasah Program Implementation through the Activity One Man One Tree and BRI at MAN Insan Cendekia Jambi to create Clean and Healthy Behavior.

Theories that underlie this research are the Healthy Lifestyle Theory and Environmental Hygiene Theory. Theory of Healthy Lifestyle, Healthy lifestyle according to Kus Irianto is the practice of clean and healthy living habits in daily life both when students are in class and outside the classroom (Kus Irianto, 2004, p. 22). Meanwhile, according to Soekidjo, a healthy lifestyle is basically a person's response to a stimulus related to illness and illness, the health care system, food and the environment (Soekidjo Notoadmodjo, 2003, p. 59).

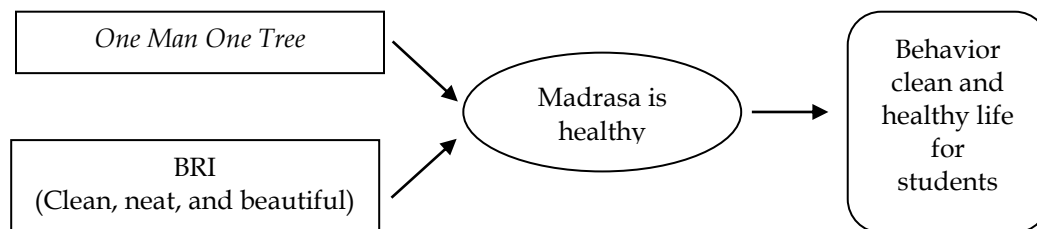
Theory of Environmental Hygiene, Law No. 23 of 1992 article 22, states that environmental cleanliness is held to realize a healthy environmental quality, namely an environment free from risks that endanger human health and safety. cleanliness

Environmental can be started by maintaining the cleanliness of the yard and the environment of rubbish (N. Sangian, 2011, pp. 3-4).

Based on the results of Herdita Nurha Pradita's 2017 study entitled "Implementation of the Healthy School Program at SDN Tegalrejo 1 Yogyakarta", shows that, the Implementation of the Healthy School Program at SDN Tegalrejo 1 is guided by the UKS Trias. The program implementation is seen from the aspects of internal and external communication, human resources that are in line with the program, financial resources, adequate infrastructure, commitment from internal and external parties, and standard bureaucratic structures.

Research by Elly Yusida, Sukmawati, and Masluyah Suib in 2018 entitled "Management of Healthy School Culture in Madrasah Ibtidaiyah, Sekuduk District of Sejangkung District, Sambas Regency" also conveyed the same thing which showed that planning for healthy management of school culture in MIN Sekuduk Sejangkung was planned with well, as the implementation of the UKS Trias program it is also supported by school principals who have policies to create a healthy school culture, a positive influence on the behavior of school dwellers and the community around the school and give awards to students who behave healthy lives in school.

Following are the research models in this study:



**Figure 1. Research Model**

Source: Research Data.

## METHODOLOGY

The location of this study is in the MAN Insan Cendekia Jambi Campus, located on Jl. Lintas Jambi Muara Bulian, KM. 21, Kelurahan Pijoan, Kecamatan Jambi outside Kota, Muaro Jambi Regency, Jambi Province. Whereas the time of this research was conducted in 2019, namely in September - October 2019. The research method used was mix methods (qualitative-quantitative). Types of data sources used in this study consist of primary data and secondary data. Primary data collection using interview and questionnaire methods. While secondary data in this study are in the form of documents related to the healthy madrasah program obtained by researchers from MAN Insan Scholar Jambi as well as books relating to Clean and Healthy Behavior (PHBS).

Determination of research participants was carried out using purposive sampling. or the determination of the sample based on certain considerations, the samples taken in this study are the MAN Insan Scholar Jambi School Principal, the Vice Mayor of the Field of Student Affairs, the Vice Student for Student Affairs, the Deputy for Facilities and Infrastructure, the Deputy for Public Relations, the 2 Alumni of MAN Insan Jambi Scholar, and

BRI (BRI) Clean, neat, and beautiful) One Man One Tree Madrasah healthy Clean and healthy life behavior in 18 students of MAN Insan Cendekia Jambi students consisting of 3 students of class XII, 3 students of class XII, 3 students of class XI, 3 students of class XI, 3 students of class X, and 3 students of class X. Data collection techniques in this study used interview methods, namely in-depth structured interviews, questionnaires and documentation. There are 2 kinds of data analysis techniques used in this study, the classification is based on each type of research, namely qualitative and quantitative. For qualitative research, researchers used triangulation techniques. While the type of quantitative research, researchers used descriptive statistical analysis techniques and effectiveness tests. The instrument for evaluating the effectiveness of the research questionnaire follows the rating scale which has 4 rating scales with the highest value with the answer "yes" and the lowest value with the answer no. The assessment is then viewed by its average score and then its effectiveness is interpreted. Data is calculated using the following formula:

$$\text{Value of effectiveness} = \frac{\text{Number of percentage answers "yes" (\%)}}{\text{Number of questions}}$$

The calculation results are interpreted using the effectiveness criteria, can be seen in table 3.2, as follows:

No	Measurement Accuracy (%)	Criteria for Effectiveness
1	$\leq 20\%$	Very Ineffective
2	21% - 40%	Ineffective
3	41% - 60%	Enough Effective
4	61% - 80%	Effective
5	81% - 100%	Very Effective

Source: Ministry of Home Affairs, Permendagri, 2011

## RESEARCH RESULTS AND DISCUSSION

### Environmental Conditions MAN Insan Scholar Jambi Before and After the Existence of a Healthy Madrasah

The environmental conditions of MAN Insan Scholar Jambi at first were not yet a major concern because schools still tended to pay more attention to student academics so that the environmental conditions of MAN Insan Jambi Scholars were still not conducive. This causes many parents to complain about the state of the school environment and their children are less eager to come to school, as stated by HH participants:

"Previously, the conditions in our madrasas were more likely yes, more inclined to emphasis on academics so environmental management had not made a priority. good at the time pak pak Muslim then at the time pak masuri we only focus on academics and achievements so, but by looking at the conditions and then see the children cyclogically it seems like children when they enter madrasas are less fresh less enthusiastic then parents orprospective guardians of students also when entering scholars are asking a bit of questions why this excellent school is not organized not green "(HH / CWTT 1)

This is supported by documentation and field notes where students see the situation in front of the arid physics and chemistry labs. This can be seen in Figure 2 below:



Figure 2. The situation in front of the physics lab and chemistry lab before and after the garden is made and plants are added. Source: Research Data Even though the environmental management of MAN Scholars in Jambi is good enough, there are still some parts that have not been considered, as stated by NM:

"Before the existence of a healthy Madrasah, MAN IC was organized, there had always been a cleaning program but maybe there were some a point that has not been touched at that time for example behind the



education buildings are not touched by the madrasa "(NM / CWTT 5)

After the existence of the healthy madrasa program began to see some changes in places that were previously not paid attention to by the madrasa as stated by NM:

"After the healthy madrasah program thank God all lines in the IC environment have been arranged in such a way that originally had not been touched had started to be neatly arranged and thank God it was shady too" (NM / CWTT 6)

Researchers also observed the situation between Aisyah's dormitory and Khadijah's dormitory which used to be bushes and not so u noticed now it's been cleaned. This can be seen in

Figure 3 below:



Figure 3. The situation between Aisyah's dormitory and Khadijah's dormitory before and after the healthy madrasa program Source: Research Data Changes that occurred before and after the existence of a healthy madrasa program were not only in environmental terms but in terms of facilities and infrastructure as well, as stated by MF:

"Well, before the birth of this first healthy madrasa in terms of the environment in IC Jambi it can still be said to be arid because there are not many protective trees, the first, the second in terms of water sanitation is not yet available washing hands are in front of the class and thank God it is now available there is at least one place to wash hands in every two classes and hand washing soap is provided, then the third one before our toilet or toilet is still having problems, and thank God after the healthy madrasa can be conditioned everything can be conditioned "(MF / CWTT 3)

After the healthy madrasa program has been implemented, a lot of changes have taken place especially in places where there had been less attention or were considered unproductive.

### Implementation of the activities of the Healthy Madrasah Program to Create Characteristics of Clean and Healthy Behavior in Students

The healthy madrasah program has several activities both individual and group. For each individual, new students are required to bring a productive plant which will be planted in places that are considered less productive and for which groups of students are taught to create a classroom garden in which there are productive plants and ornamental plants, in addition students are also taught to managing the environment. As HH said:

"A program of one student is recommended to bring a productive plant, one of the healthy madrasa programs, part of it. So as soon as they bring the plants, they plant themselves, then they take care of the plants themselves, that is for individuals. Then as a group we make a class garden, also within the class planting we prioritize productive plants, and we try to plant them in places that we consider to be unproductive land such as landfills, so we use them so that we have always considered a place. dirty, landfills, unorganized, now we have grown productive plants besides that, we are planting ornamental plants in between to give the impression of beauty in madrasahs "(HH / CWTT 1)

MF also reinforces the above statement: "

For One Man One Tree usually we apply once a year for our students who just entered MAN IC in tenth grade must bring one tree one person where this tree is a form of activity to maximize oxygen supply and

minimize pollution because of the planting of this tree will automatically add later greening in IC Jambi "(MF? CWTT 3)

As further From One Man One Tree, there is another activity which is usually called BRI or clean, neat and beautiful. This activity is a group activity which is routinely carried out once a month. Through this activity students are taught to live clean, neat and beautiful both in school and in the dormitory. Students are taught to grow plants that they bring and care for them,

students are also required to maintain the cleanliness of schools and dormitories through a number of routine activities, as stated by MF:

"Clean, neat and beautiful, yes this is indeed a slogan that indeed we have long encouraged, where our students demand To be able to behave cleanly, the program is to dispose of the trash where we have provided, for example, in each class, one large trash can and one small trash can, then in a dormitory as well, one room we facilitate a small trash can and later on the outside it will also be facilitated. with a large trash can, so one example is us by throwing garbage in the place, then clean living behaviors such as Sundays. Boarding supervisors, for example, direct their students to do the washing, for example bed linen, directed to dry the mattress so as to reduce the humidity that occurs in the bed. guess or next example program students are directed to immediately hang the towel after use "(MF / CWTT 5)

Activity One Man One Tree and BRI are not only carried out by students alone, but teachers and staff also participated in running the madrasah program healthy. As what MF said:

"Yes", this is very influential yes, son, yes, because indeed because we are giving examples to BRI students, what is it, and thank God, we applied it in the area and the children all followed, and this was so that teachers and students alike. collaborating in creating beautiful, clean and healthy madrassas "(MF / CWTT 6)

This statement is supported by the results of the researchers' field notes, the researchers saw MAN Insan Cendekia Jambi students together with teachers and employees working together to build a park behind the teacher's office. This can be seen in Figure 4 below:



**Figure 4. Students with teachers and employees working together to build a park behind the teacher's office.**

*Source: Research Data.*

Collaboration between teachers, employees and students in running a healthy madrasa program creates the character of clean and healthy behavior not only for students but also for teachers and employees at MAN Insan Cendekia Jambi.

### **The Effectiveness of the Healthy Madrasah Program through One Man One Tree and BRI to create Clean and Healthy Behavior for Students**

The Healthy Madrasah Program implemented through One Man One Tree and BRI has been effective in creating Clean and Healthy Behavior for Students, as the HH informant said:

"So far, what we have done to develop a healthy madrasa program has indeed had a positive impact on the formation of character for children, especially in instilling the character of children living clean and

healthy. Why, it is depicted now and seen in daily life both in the dorm, if we look at the learning environment then in the cafeteria, then in the cooperative. It turns out that the children no longer dispose of their trash improperly, which they have been littering for so long but because we encourage it, the condition of the madrasa is clean, so when they see dirty, they are uncomfortable, which is what makes their character keep clean themselves. " (HH / CWTT 1) Reaffirmed

by NM: "This is effective because madrassas are a focus to instill hygiene and healthy life behavior for students" (NM / CWTT 5)

Healthy madrasah program through One Man One Tree and BRI to create clean and healthy living behavior in students is very effective because every activity is always programmed, planned, and supervised. So that the desired goal is achieved. This is based on the results of a questionnaire that has been distributed by researchers to 18 respondents who were the subjects in this study then can be described as follows; In the first statement explaining that One Man One Tree and BRI activities can foster Clean and Healthy Behavior (PHBS) to students as many as 18 respondents or 100% answer "yes". In the second statement explaining that the One Man One Tree and BRI activities were effective in maintaining cleanliness, beauty and beauty of the school, as many as 18 respondents or 100% answered "yes". In the third statement describing students who contributed in carrying out One Man One Tree and BRI activities as many as 17 respondents or 94% answered "yes" and 1 respondent or 6% answered "no".

In the fourth statement explaining that a clean and beautiful environment makes students comfortable in the learning process in class, as many as 18 respondents or 100% answered. The percentage can be seen in the appendix 1 graph 1.4. In the fifth statement explaining that One Man One Tree activities are held once a year, as many as 11 or 61% of respondents answered "yes" and 7 respondents or 39% answered "no". In the sixth statement explaining that BRI activities are carried out once a month, as many as 10 respondents or 56% answered "yes" and 8 or 44% of respondents answered "no".

In the seventh statement explaining that One Man One Tree and BRI activities are important to be carried out, 18 respondents or 100% answered "yes". In the eighth statement explaining that there was a significant change in the environment of MAN Insan Jambi Scholars after the One Man One Tree and BRI activities, as many as 13 respondents 72% answered "yes" and 5 respondents or 28% answered

"no". In the ninth statement explaining that there were changes in students after the One Man One Tree and BRI activities, there were 12 respondents.

In the tenth statement explaining that students feel uncomfortable when seeing a dirty environment, as many as 18 respondents or 100% answered "yes". The percentage can be seen in the appendix 1 graph 1.10. In the eleventh statement explaining that the One Man One Tree and BRI activities are the application of the healthy madrasa program, 18 respondents or 100% answered "yes". In the twelfth statement explaining that One Man One Tree and BRI activities are very effective in improving Clean and Healthy Behavior (PHBS), as many as 13 respondents or 72% answered "yes" and 5 respondents or 28% answered "no". Based on the explanation, it can be stated that the percentage of respondents who answered "yes" was 85% and the number of percentages who answered "no" was 15%. This proves that the effectiveness of the healthy madrasah program through one man one tree and BRI to create clean and healthy living behaviors for students by using accuracy measurements with a scale of 81% -100%, the criteria for effectiveness are very effective.

## CONCLUSION

The implementation of the Healthy Madrasah Program through the One Man One Tree and BRI activities can be reviewed through: 1) Environmental Conditions of MAN Scholar Jambi people after the existence of the Healthy Madrasah program has become more orderly, and not arid because many plants are planted, especially productive plants. 2) The application of a healthy madrasa program creates character of clean and healthy living behavior for students, 3) The effectiveness of the healthy madrasa program through One Man One Tree and BRI to create clean and healthy life behavior for students. healthy madrasa program clean and healthy behavior has been embedded in the daily behavior of students. The effectiveness of the program healthy madrasah implemented

through the One Man One Tree and BRI have been effective to create a clean and healthy behaviors in students. This is evidenced by the results of the 85% accuracy measurement using the 81% -100% scale accuracy measurement criteria for effectiveness is very effective. Percentage of effectiveness of the implementation of the Healthy Madrasah Program through the One Man One Tree and BRI Activities in MAN Insan Cendekia Jambi to create a Clean and Healthy Life Behavior with an accuracy measurement of 85% is considered very effective.

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