

**FAKULTAS ILMU KESEHATAN
UNIVERSITAS SILIWANGI
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PEMINATAN PROMOSI KESEHATAN
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ABSTRAK

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**PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) PADA ANAK USIA DINI
SEBAGAI UPAYA PENCEGAHAN COVID-19 DI TKIT ISKANDAR MUDA
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Latar Belakang: Jumlah kematian anak (0-18 tahun) akibat Covid-19 di Indonesia tertinggi se-Asia Pasifik, angkanya 1,1% lebih tinggi dari Tiongkok, Italia dan Amerika. Data lain juga menunjukkan Indonesia menduduki peringkat pertama terkait proporsi angka kejadian Covid-19 pada anak, yaitu sebesar 9,1%. Dalam situasi pandemic ini, masyarakat dibuat ber-PHBS sebagai rutinitas bahkan keharusan. **Tujuan:** untuk mengetahui kebiasaan perilaku hidup sehat dalam upaya pencegahan COVID-19 pada anak usia dini di TKIT Iskandar Muda Kabupaten Bekasi. **Metode:** metode penelitian menggunakan metode kualitatif deskriptif. Informan penelitian dipilih menggunakan teknik *non-probability sampling* yaitu *purposive sampel*. Peneliti menggunakan 11 informan terdiri dari 5 orang Guru TK dan 6 orang wali murid. Instrumen dalam penelitian ini adalah kuesioner, lembar observasi, alat tulis dan *handphone*. Teknik pengumpulan data dilakukan dengan cara wawancara, observasi dan dokumentasi. **Hasil:** TKIT Iskandar Muda telah memberikan pembelajaran mengenai PHBS yang mengacu pada pencegahan COVID-19 yaitu cuci tangan menggunakan sabun (CTPS), konsumsi makanan bergizi, konsumsi jajanan sehat, kebersihan diri dan lingkungan sekolah, serta melakukan olahraga teratur di sekolah. Teori PHBS yang diberikan kepada anak-anak sudah baik, namun untuk praktik masih kurang baik.

Kata Kunci: COVID-19, PHBS, Anak Usia Dini

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ABSTRACT

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**CLEAN AND HEALTHY LIVING BEHAVIORS (PHBS) IN EARLY
CHILDHOOD AS AN EFFORT TO PREVENT COVID-19 IN TKIT
ISKANDAR MUDA IN 2021**

Background: The number of child deaths (0-18 years) due to Covid-19 in Indonesia is highest in Asia Pacific, 1.1% higher than China, Italy and the Americas. Other data also showed Indonesia ranked first related to the proportion of Covid-19 incidence in children, which was 9.1%. In this pandemic situation, people are made to PHBS as a routine and even a necessity. **Objective:** to find out healthy living habits in an effort to prevent COVID-19 in early childhood at TKIT Iskandar Muda, Bekasi Regency. **Method:** research method using descriptive qualitative method. Research informants were selected using a non-probability sampling technique, namely purposive sampling. Researchers used 11 informants consisting of 5 kindergarten teachers and 6 parents. The instruments in this study were questionnaires, observation sheets, stationery and mobile phones. Data collection techniques were carried out by means of interviews, observation and documentation. **Results:** TKIT Iskandar Muda has provided lessons on PHBS which refers to the prevention of COVID-19, namely hand washing with soap (CTPS), consumption of nutritious food, consumption of healthy snacks, personal hygiene and school environment, and regular exercise at school. The PHBS theory given to children is good, but in practice it is still not good.

Keywords: COVID-19, PHBS, Early Childhood