

The relationship of Knowledge and Attitude of Students about Environmental Sanitation with a Clean and Healthy Living Behaviours (PHBS) and Nutritional Status at MTS Zainul Hasan Balung

LutfiatunNafisah
*Courses Nutrition Clinic
The Department Of Health*

ABSTRACT

PHBS in school is a set of behaviors practiced by students, teachers, and the public school environment on the basis of consciousness as a result of learning, so that independently able to prevent disease, improve health, as well as play an active role in realizing a healthy environment. Environmental health issues is important in the field of determinants of health. Changing environmental conditions will have an impact to a centralized public health conditions. Level of education is very influential to changes in attitude and behavior of healthy living. Level of knowledge a person about a higher environmental sanitation will make it easier for a person or people to absorb information and menenerapkan in the behavior and style of daily life, particularly in terms of health and nutrition. This research aims to know the relationship of knowledge and attitude of students about environmental sanitation with a clean and healthy living behaviours (PHBS) and nutritional status in MTS. Zainul Hasan Balung. The research design used was an analytic survey method with cross sectional design. The number of samples of 64 people respondents with sampling techniques in stratum (Stratified Random Sampling). This research uses statistical analysis SPSS 16.0 for Windows with chi square correlation test. The results showed no relationship with that PHBS knowledge ($p = 0.023$), there is the relationship of attitude with nutritional status ($p = 0.001$), there is a relationship between PHBS with knowledge ($p = 0.000$), there is the relationship of attitude with nutritional status ($p = 0.044$). Conclusion of the research is there a relationship of knowledge and attitude of students about environmental sanitation with a clean and healthy living behaviours (PHBS) and nutritional status in MTS. Zainul Hasan Balung.

Keywords: *Knowledge, Attitude, PHBS, Nutritional Status*