

## ORIGINAL ARTICLE

# The Relationship between Parents' Behavior and the Implementation of Clean and Healthy Lifestyle Habits in Children During the Covid-19 Pandemic

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## ABSTRACT

**Introduction:** The condition of the corona virus makes a new change for children starting from learning methods that require a brave system and clean and healthy living habits (PHBS) in everyday life. **Objectives:** The objective of this research was to find out the correlation between the parents' behaviors and the clean and healthy life behavioral habits (PHBS) for children during the COVID-19 pandemic. **Methods:** This research used a cross-sectional method. This research took samples from mothers with children aged 6-12 years old with a total of 45 participants. They were taken randomly. The data collection used questionnaire filling directly. The data analysis used the spearman-rank correlation. **Results** The findings showed a significant correlation between the parents' behaviors and the PHBS of the children. The parents' behaviors toward of the results are excellent behavior (31%) and poor behavior (19%). The spearman test showed a p-value of 0.000. It indicated the correlation of parents with the clean and healthy life habits of children during the COVID-19 pandemic. **Conclusions:** The parents' behaviors became the role model for the children to promote the habits of living clean and healthy every day.

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## 1. Introduction

The outbreak of coronavirus in this era makes many people shocked. The virus also spreads around the world and causes death. The virus has already infected 5,623,503 people with a mortality rate of 348,760 cases and a fully recorded rate of 2,393,551 cases. The virus has infected all 213 countries. COVID-19 is a disease caused by a virus. The virus spreads via droplets while talking or sneezing and infiltrates the respiratory tract (Zukmadani et al., 2020). The coronavirus condition in Indonesia broadens every day with the increased mortality rate of 1,418 cases and the fully recovered rate of 5,877 cases. The coronavirus outbreak at the end of 2019 infected 4,789,205 people and caused death for 318,789 people around the world (WHO, 2020).

The virus infected all age types, from children until older persons. In 2010, the numbers of infected children in Indonesia were 64,85 million persons and increased to 65.31 million persons in 2015. Thus, the increased rate reached 235 million than the previous year (Diana et al., 2014). In 2018, the percentage of CHLH in Indonesia increased by a percentage of 70.62%. This percentage had surpassed the determined target by Renstra 2018, about 70% (Kemenkes RI, 2019). This COVID-19 pandemic requires an adaptation process started from the daily life habits until the health protocol implementation while interacting with other people. Moreover, for the children in this pandemic situation, it is difficult to apply the habit because it needs commitment and consistency. The school-aged children still need monitoring and supervision from the parents of the closest persons to apply the health protocol.

The coronavirus condition makes changes for children. It covers the learning methodology and clean and healthy life habits in daily life. Parents have roles to guide and to habituate the children. These are their responsibilities to keep and habituate the children to apply clean and healthy life habits every day (Kurniati et al., 2020). For the school-aged children, they will be exposed to various polluted environments, disease vector, and interaction with peer friends that potentially communicate various diseases (Lubis et al., 2019). The child's level of independence not born of his own consciousness, but independence because of attitude parents who are too pushy in get child achievement (Rizki Defita et al., 2017). Parents are the companion figures for children while they are doing daily activities. Therefore, it is important to pay more attention to school-aged children's health and to realize the brilliant and healthy generation and achievers (Wulandari & Pertiwi, 2018). The importance of people's awareness in action children can be anticipated by contributing to the maximum as a parent (Ligina, N.L., 2018).

The knowledge of Clean and Healthy Lifestyle influences the attitudes and behaviors of every family member, especially children. Family is the closest individual who in moderate condition sick or have a health problem. Families in dealing with problems that arise, a mechanism is needed coping with family (Hafifah & Diani, 2020). The roles of the parents significantly influenced the healthy behavior development of the children. The roles also facilitated children to behave healthily. Parents should teach and become the role model of healthy behaviors for children from their early childhood age (Berliana, 2016). Parents have important roles to educate and to be the examples of the children. It could be done by suggesting and reminding them to keep their cleanliness (Rompas et al., 2018). According to Bloom, the behavioral aspect consists of three levels: cognition, psychomotor, and affection. The Clean and Healthy Lifestyle is a periodical behavior and it continuously requires autonomous awareness.

Montessori points out that the child golden age is an excellent period to accept various stimulation from the environment. It can be done unintentionally or intentionally. Childhood is a time noteworthy gold because every stage of development has a unique special character In this period (Indrianingsih et al., 2018), children would reach their physical maturity so they could respond and realize the development tasks into daily life behavioral patterns (Astuti & Suwardi, 2021). The children's awareness must be invoked to promote better healthy behavior and to make them aware of creating clean life together (Ramadhani et al., 2019). In this case, the parents' behavioral pattern, as the role model, forms the children's behavior. Each action committed by parents is the learning source for the children. Thus, parents should provide excellent models. Parents should provide a CHLH model for the children to imitate. It will indirectly make children practice Clean and Healthy Lifestyle and think that Clean and Healthy Lifestyle is a shared responsibility both for the parents and family (Saputra, 2018). Family involvement in expected health promoting school process can bring about positive behavior change about disease prevention (Wiwid, 2016).

However, in this research, the school did not perform excellent CHLH (Suryani, 2017). The expected CHLH during this COVID-19 pandemic should cover: washing hands with soap, eating nutritious meals to keep the immune stable, and exercising and keeping the environment. They are all to prevent the virus spread (Tabi'in, 2020). CHLH is excellent to educate and instill the awareness of cleanliness importance as an effort to keep the health and environment (Nurmahmudah et al., 2018). The cognitive and habitual factors of parents to apply CHLH are the basis of children to behave and habituate it in their environment (Wati & Ridlo, 2020).

Based on the introduction, the researchers conducted a study in Nunukan, Eastern Borneo. The research interviewed 20 mothers. The results showed 13 mothers had no idea about CHLH and obtained no CHLH education dealing with the COVID-19 pandemic prevention. Thus, the CHLH implementation during the COVID-19 pandemic was very poor. The aim of this study to was to find out the correlation between the parents' behaviors and the clean and healthy life behavioral habits (PHBS) for children during the COVID-19 pandemic.

## 2. Methods

This research design used a cross-sectional method. This study used purposive sampling with simple random sampling. This research took samples from mothers with children aged 6-12

years old with a total of 45 participants. They were taken randomly. The data collection and adopted questionnaire filling directly from precious research previous research on PHBS factors and PHBS guidelines in household settings

The researchers adopted a questionnaire about the behaviors of mothers to apply CHLH to children. The data analysis used the spearman-rank correlation and data analyze by SPSS version 25, with  $\alpha = 0.05$  The dependent variable was the parent behavior to apply clean and healthy lifestyle. After the validity test, the r-count was higher than the r-table from the 20 questionnaire items with the reliability score or Cronbach alpha was 0.875.

### 3. Results and Discussion

Table 1. The respondents' characteristics (n=45)

Characteristic	Frequency (n)	Percentage (%)
Gender		
Man	19	42,2
Woman	26	57,8
Age (year) children		
6 years old	2	4,4
7 years old	2	4,4
8 years old	6	13,3
9 years old	8	17,8
10 years old	8	17,8
11 years old	8	17,8
12 years old	11	24,4
The Clean and healthy lifestyle socialization		
Ever	9	20
Never	36	80

Table 1 shows most respondents were female (57.8%), aged 12 years old (24.4%), with 80% of parents did not obtain any CHLH socialization or education.

In this research, the researchers measured the parents' behavior and the CHLH of the children. Figure 1 shows the parents' behaviors toward CHLH. The categories of the results are excellent behavior (31%) and poor behavior (19%).

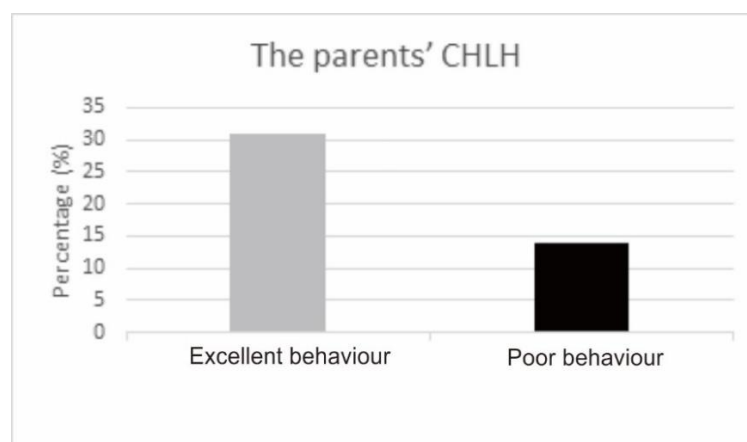


Figure 1. The parents' Clean and Healthy Lifestyle during the COVID-19 pandemic

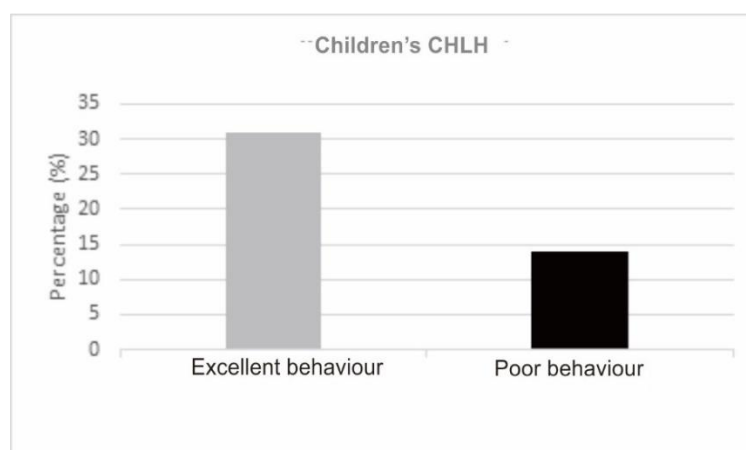


Figure 2. The parents' Clean and Healthy Lifestyle during the COVID-19 pandemic

Table 2 shows the correlation analysis result of parents' behaviors and the children's CHLH. The statistical results obtained a  $\rho$  value of 0.000. It shows the correlation between the parents' behaviors and the children's Clean and Healthy Lifestyle during the COVID-19 pandemic.

Table 2. The correlation of the parents' behaviors and the children's Clean and Healthy Lifestyle during the COVID-19 pandemic.

The parents' Clean and Healthy Lifestyle	The children's CHLH			P-value
	Excellent behavior n (%)	Poor behavior n (%)	Total n (%)	
Excellent behavior	31( 68.8)	14( 31.1)	45( 100)	P value = 0,000 (r= 0,294)
Poor behavior	24( 53.3)	21( 46.6)	45( 100)	
Total	45( 100)	45( 100)	90( 100)	

This research aimed to find out the correlation between the parents' CHLH and the children's CHLH during the pandemic. It showed the prevalence of parents' CHLH with excellent category (31%). On the other hand, the poor behavior of CHLH was 19%. Therefore, there was a significant correlation between the parents' CHLH and the children's CHLH during the pandemic. According to [Moerad et al., \(2019\)](#), a healthy life pattern is easy to establish than to change the behavior moreover for children. It requires the parents' roles to habituate them living clean and healthy based on their developments. It was in line with our previous study. It showed a proportional correlation between the parents' CHLH and the children's CHLH.

The result showed the parents' CHLH had an excellent category. Parents had roles to optimize the COVID-19 preventive action by living clean and healthy with proper habituation. It was in line with [Moerad et al., \(2019\)](#). They found that a value inculcation could form the cultural habituation for children by involving the environment and family roles. A model is not only about teaching something right or wrong. However, it deals with how to instill a habit and how this habit is practiced. Children will accept models from the closest person, the parents. A study about children aged 7-12 years old showed that children often experienced physical, emotional, and cognitive developments. [Pardede \(2020\)](#) found that each time children got older, their developments would also vary. The genetic and environmental factors significantly influenced the children's development. The finding was relevant to [Latifa \(2017\)](#). She found that both genetic and environmental factors influenced children's development. The children's growth and development should be the main attention of parents. In this case, parents should provide an excellent model for them [Moerad et al., \(2019\)](#).

A study about CHLH for children showed excellent behaviors. It had a proportional correlation with the parents' CHLH in daily life. A study by [Utoyo et al \(2020\)](#) found that every child was the behavioral reflection of the environment. The mirror effect is a phenomenon that occurs in children's behaviors. It reflects socio-environmental behaviors. Children tend to imitate what they see. They do not have a strong concept of morals and they like to play. These matters cause a mirror effect. It means children will imitate what their parents do. This notion is supported by Piaget. He found that an individual's behavior was based on his cognition. It motivated the individual to act or to behave. Parents must encourage their children to promote excellent behaviors especially during their 7-12 years old ([Juwantara, 2019](#)).

Children should learn clean and healthy life habits in their daily life moreover during this COVID-19 pandemic. A child should adjust himself to the environment ([Wijayanti, 2017](#)). [Suyatmin & Sukardi \(2018\)](#) found that clean and healthy life habituation could prevent various diseases and severe the COVID-19 spread ([Safitri & Harun, 2020](#)). CHLH is a behavior with the purpose to educate individuals and groups to improve their knowledge and behaviors. Thus, they will be aware and they can practice CHLH. CHLH is an effort to provide a learning experience or to create individual, family, and group conditions to improve the cognition, attitude, and behavior to live healthily ([Buramare et al., 2017](#)). This notion is relevant to [Razi et al \(2020\)](#). They found that CHLH perception to prevent COVID-19 virus should cover how to wash hand properly, how to cough properly, how to promote physical distancing, and how to keep the personal cleanliness ([Sukmadani Rusdi et al., 2021](#)).

Psychologically, a child has the natures to imitate what they see. It includes the healthy behaviors of the parents at home. Parents are the companion figures for children while they are doing daily activities. Their roles had a significant impact and domination on children. They also determined the children's life quality in the future ([Wulandari & Pertiwi, 2018](#)).

#### 4. Conclusion

The parents' behavioral categories in this research dealt with the CHLH implementations during the pandemic. The category result was an excellent category. This research also found a proportional correlation between the parents' CHLH and the children's CHLH. The correlation of the parents' behaviors and the children's CHLH during the COVID-19 pandemic was proportional. Nurses as educators had to educate parents that they were the models of their children to live healthily and clean. Thus, they should be consistent to promote the behaviors in daily life as the initial stage to live healthily and clean.

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