

Establishment of Childhood's Discipline Characters in a Clean and Healthy Life Behavior in The Pandemic Covid-19

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ABSTRAK

Perilaku hidup bersih dan sehat menjadi tantangan besar dalam pendidikan anak usia dini, terutama di masa pandemi covid 19. Salah satu kunci utama dalam hal ini adalah karakter kedisiplinan anak. Penelitian ini bertujuan menganalisis karakter kedisiplinan anak dalam menerapkan Perilaku Hidup Bersih dan Sehat di masa Pandemi Covid-19. Penelitian ini merupakan jenis penelitian kualitatif dengan pendekatan deskriptif. Analisis data dilakukan dengan cara menganalisis data yang diperoleh dari wawancara, catatan lapangan dan bahan lainnya secara sistematis sehingga mudah dipahami dan diinformasikan kepada orang lain. Hasil penelitian menunjukkan bahwa karakter kedisiplinan anak dalam menerapkan Perilaku Hidup Bersih dan Sehat (PHBS) selama masa Pandemi Covid-19 sangat optimal, hal ini tercermin dari tindakan-tindakan sebagai berikut: kedisiplinan menggunakan masker atau pelindung wajah, disiplin cuci tangan, disiplin dalam aplikasi. dari social distancing, disiplin dalam beraktivitas, disiplin dalam mengkonsumsi makanan sehat, disiplin dalam menjaga kebersihan lingkungan. Kemudian faktor-faktor yang mempengaruhi karakter disiplin anak dalam menerapkan perilaku hidup bersih dan sehat pada masa Pandemi Covid-19 terdiri dari faktor internal berupa kebiasaan dan keturunan dan faktor eksternal berupa pendidikan dan faktor lingkungan.

ABSTRACT

Clean and healthy living behavior is a big challenge in early childhood education, especially during the Covid 19 pandemic. One of the primary keys, in this case, is the disciplined character of children. This study aims to analyze the character of children's discipline in implementing Clean and Healthy Life Behavior during the Covid-19 Pandemic. This research is a type of qualitative research with a descriptive approach. Data analysis was carried out by systematically analyzing data obtained from interviews, field notes, and other materials so that they were quickly accessible and informed to others. The results showed that children's discipline in implementing Clean and Healthy Behavior (PHBS) during the Covid-19 pandemic was optimal. It showed the character of the following actions: using masks or face shields, hand washing discipline, and discipline in the application. From social distancing, discipline in activities, discipline in consuming healthy food, and discipline in maintaining environmental cleanliness. Then the factors that influence the disciplined character of children in implementing clean and healthy living behavior during the Covid-19 pandemic consist of internal factors in the form of habits and heredity and external factors in the form of education and environmental factors.

1. INTRODUCTION

Early childhood is a period of formation of the physical, mental, and spiritual character of children. One of the characters that must be formed is discipline. Discipline is important for individuals with the aim that humans can function well with the environment and be able to understand communication with each other especially in the era of increasingly sophisticated technology (Eadie et al., 2021; Isnaningsih & Rohman, 2020; Melasalmi & Husu, 2019). Children at this early age, the child's character will be formed from the results of learning and absorption from our behavior as parents and from the surrounding environment, especially the family. An understanding of early childhood character values will increase with age, therefore building early childhood character is needed as early as possible (Afandi, 2020; Nafsia et al.,

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2020). . At an early age, children become sensitive and very sensitive in learning and practicing what they see, feel, and hear from their environment. There are five various aspects of character that are developed in early childhood education, namely, religious character, social character, personal values, caring character, and environmental character (Bentri, 2018; Vartiainen & Kumpulainen, 2020).

The experiences experienced by children at an early age will affect the next life. The experience will last a long time, even tend to be indelible (Fitri et al., 2020; Magfiroh et al., 2019; Rohmah, 2018). The principles are therefore developed through all aspects of early childhood development activities and are carried out in a playful manner. The development of character values from an early age must be carried out regularly and integrated into every aspect (Hasanah & Deiniatur, 2020; Marlina, 2017). With good character education, a child will be able to grow and develop and have noble character, but also succeed in academics and in interacting in their environment. The formation of children's character starts from the family environment (Fitria & Juwita, 2018; Lidyasari, 2013). The family is the first environment in building a child's character. Children learn character through behavioral models of family members. Good behavior models will have a positive impact on children's character development and vice versa.

Given the increasingly real and complex challenges faced, the process of fostering disciplinary values today is very important. Challenges to moral development come from various directions, especially those that come because of global information flows (Kabiba et al., 2017; Rohita et al., 2018). Early Childhood Education is upstream in the development of human resources. The golden period in child growth and development only occurs once in human life starting from birth to the age of six years. Children who are at the early age range who receive education are still very minimal (Fitri et al., 2020; Sudarsana, 2018). Therefore, character education is closely related to discipline which is to help children develop self-control (Dewi et al., 2016; Wahyuningsih et al., 2020). With discipline, children can get a limit to correct their wrong behavior and educate children in the regularity of daily life (Pramono & Risnawati, 2018).

Discipline is related to the ability to obey the rules that apply in a particular group. It is also defined as compliance with various cable regulations and regularities that apply in everyday life (Febrianty & Cendana, 2021; Mahmudah, 2019). The learning process of disciplined character is carried out every day in an integrated manner with scheduled learning (A Tabi'in, 2017; Wegmann & Smith, 2019). Failure to cultivate a good personality at an early age will form a problematic personality in later adulthood. In addition, discipline is the most effective teaching and nurturing system when coupled with relationship support, strategies to teach and reinforce positive behavior, and strategies to eliminate unwanted behavior (Cuartas, 2019). Discipline character development requires exemplary and touch from an early age to adulthood (Naum, 2018; Rohmah, 2018). Building disciplined character and national character through education is necessary, it cannot even be delayed, starting from the household, school, and community environment. Of course, family education is the first and foremost education as the basis for building religious basic education in children (Nuraini, 2020).

Lately, various countries in the world have been surprised by an outbreak of a disease caused by a virus called corona or better known as covid-19 (*Coronavirus Diseases-19*). The protection of children and educational facilities is very important. Preventive measures by every educational institution are needed to prevent the potential spread of COVID-19 in the school environment. Health care providers have an important role in dealing with these emotional outcomes as part of the pandemic response (Rohayani, 2020a; Shereen et al., 2020). Various policies were born from the education sector in anticipating the spread of Covid-19, namely by temporarily minimizing class meetings and replacing them with virtual or online classes and encouraging the effective implementation of health protocols such as using masks, maintaining distance, always washing hands frequently (Chang et al., 2020; Mushidah & Muliawati, 2021) The policy applies from the level of early childhood education to higher education solely to break the chain of the spread of Covid-19. One of the most important things in building the character of early childhood in this COVID-19 pandemic is how to behave in a clean and healthy life. This is in line with the program to avoid the widespread spread of covid-19, namely breaking the chain of virus transmission, which can be done individually by doing personal hygiene, especially washing hands and in groups by means of *social distancing* (Hadi, 2020; Pradana & Casman, 2020). *Social distancing* is the practice of widening the distance between people to reduce the chance of disease transmission (Bordoloi et al., 2021; Sen-Crowe et al., 2020).

Clean and healthy living behavior is one of the main pillars in Healthy Indonesia and is one of the strategies to reduce the burden on the state and society towards health financing. Clean and Healthy Behavior is all attitudes towards health that are carried out because of personal awareness that allows families and all members to help themselves in the health sector and play an active role in community activities (Mufida et al., 2021; Permai et al., 2021). Healthy conditions can be achieved by changing behavior from unhealthy to healthy behavior and creating a healthy environment. Indicators of a clean and healthy lifestyle are the habit of washing hands exclusively with breast milk, utilization of integrated healthcare center by the family, access to proper sanitation, drinking adequate amounts of free water. from

contamination (Athena et al., 2020; Purwaningrum et al., 2017). Therefore, health needs to be maintained, maintained, and improved by every member of the household and fought for by all parties. A clean and healthy life means being able to maintain and improve and protect one's health from disease and an environment that is not conducive to a healthy life.

The implementation of clean and healthy living behavior in the community is the responsibility of everyone who is also the responsibility of the city government and related sectors to facilitate activities of clean and healthy living behavior in the community so that they can be carried out effectively. At the age of 6-12 years, clean and healthy living behavior is carried out not only in the home environment but also in the school environment. Clean and healthy living behavior at an early age is good for educating and instilling awareness of the importance of cleanliness as an effort to maintain personal and environmental health (Eadie et al., 2021; Nurmahmudah et al., 2018). Therefore, a clean and healthy lifestyle is important for the survival of all family members. The reason is none other than being able to live a healthy and prosperous life today and invest in future health. The benefit of developing healthy behavior from an early age is that children will have a healthy lifestyle later in life. This means that early childhood who are accustomed to healthy living behavior are not easily lost at the next stage of development (Anhusadar & Islamiyah, 2021; Fadlilah, 2020). Clean and Healthy Living Behavior is a step that must be taken to achieve optimal health degrees for everyone, to live healthy and create a healthy environment (Eadie et al., 2021; Febrianta, 2021; Nurmahmudah et al., 2018). Because of the importance of clean and healthy living behavior, it is necessary to provide continuous information so that it can increase the knowledge of all levels of society to apply PHBS in everyday life.

The purpose of the Clean and Healthy Behavior Movement is to increase public awareness, knowledge, and ability to implement and cultivate a clean and healthy life in their own environment, especially being able to overcome their own health problems. There are several indicators of Clean and Healthy Living Behavior in schools, including washing hands with clean running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy latrines, exercising regularly and measurably, eradicating mosquito larvae, not smoking, Weighing, and measuring height every 6 months Dispose of garbage in its place. Clean and Healthy Living Behavior in the school environment is an effort to empower students, teachers, and the community in the school environment so that they know, want, and can practice PHBS and play an active role in realizing healthy schools. must be instilled from an early age so that it can be carried into adulthood. Elementary school and kindergarten children are still relatively young, so they need help from people around their immediate environment, namely parents, teachers, and friends. It is time to rebuild awareness of the importance of character building for Indonesian people. A person's personal character is largely shaped by his education. Therefore, to form a commendable, flawless, and responsible person, quality education is necessary. To start with is to build one's character. Therefore, this study aims to analyze clean and healthy living behavior that can shape the character of early childhood in Fajar Nur Kindergarten, Kendari City.

2. METHOD

This research uses descriptive research with a qualitative approach. The data sources of this research consist of two sources, namely primary data sources and secondary data sources. Primary data sources are data obtained directly by data collectors from the research object. The researcher in this case is examining the situation in Fajar Nur Kendari Kindergarten. This primary data acquisition can be in the form of interviews with school principals and teachers. This primary data can also be in the form of field notes from the observations of researchers. Secondary data sources are all data obtained indirectly from the object under study. For example, the state of the school where information is obtained from outside the school. Besides researchers taking research sources from the field, researchers also took library data sources, supporting documents such as school profiles, vision, mission, rules, and other related documents. Data collection is carried out to collect the necessary data. The method is observation as a systematic observation and recording of the symptoms that appear on the object of research. Interview is a tool to gather information by asking several questions orally to answer orally as well. Documentation Study is a method of finding data about things or variables in the form of notes, achievements, agendas, and so on. The data analysis method used is a qualitative method is the process of arranging the order of the data, organizing it into a pattern of categories and basic units of description (Lexy J Moleong, 2021). The data of this research, the analysis used is functional interactive, which stems from four activities, namely data collection, data reduction, data presentation and data verification (Bradley et al., 2007).

3. RESULT AND DISCUSSION

Result

This study wants to review and describe the description of the character of discipline to support clean and healthy living behavior to avoid Covid-19. The urgency of implementing Clean and Healthy Living behavior in the school environment is a way to prevent disease for educators and students so that the educational goals as stated in the National Education System are to create a learning atmosphere and learning process so that students can develop their potential to be achieved. This is also described in interviews with several research sources as follows as stated by the head of TK Nur Fajar Kendari City that it is important for all of us who already have sufficient awareness (whether we are in the school environment, or parents of children in our respective homes) to continuously understand them (children) about clean and healthy living behavior with habits as well as to socialize the importance of maintaining and behaving in a clean and healthy life in the school environment, which hopefully can be transmitted in their respective homes. In line with what the teacher, said that clean and healthy living behavior is at least to protect students, so that with healthy students, a healthy generation will be obtained that will be able to achieve maximum performance in the future.

Then based on the relevance of the character of discipline developed in early childhood as stated by a teacher, that children from an early age (children who are in kindergarten) must be taught and educated about good values and norms, including an understanding of discipline in a persuasive manner and not a model instilling the value of discipline in the form of coercion or punishment. It is hoped that if children can absorb the aims and objectives in their disciplined education, then in the future, they will become individuals who behave well and in accordance with applicable rules or regulations. The description of the character of discipline in the implementation of Clean and Healthy Living Behavior (PHBS) by children in Fajar Nur Kindergarten to avoid Covid-19 is described by several interviews as follows. The head of Fajar Nur Kendari Kindergarten expressed his opinion regarding discipline in the implementation of PHBS in Fajar Nur Kendari Kindergarten as follows: that the Covid-19 Pandemic period has really had a significant impact on all areas of life. The education sector is no exception. How long, almost all schools closed and carried out the teaching and learning process face-to-face, thus giving birth to an online teaching, and learning process, although it also caused many problems for children, parents and teachers as well. Similarly, the teacher said that Fajar Nur Kendari Kindergarten implements a teaching and learning process that is dominated by online learning (online). It also creates a lot of difficulties especially for the children and their parents. But periodically we also hold meetings and face-to-face teaching and learning processes. Of course, there are many conditions that we must issue and must be followed by all parties, especially children and their parents. That is why, in my opinion, the relevance of discipline in all matters, there really must be no bargaining.

Then what one of the teachers also said that it is discipline to use masks and or *face shields*. The use of masks is a direct order from the state, which must be obeyed by all levels of society and has become a provision also in this school, there is no bargaining. Second, discipline in washing hands with soap and/or hand sanitizer. We also help by setting up a handwashing area in front of each class so that it becomes an awareness for everyone, especially students. Third, the discipline to keep a distance, even though this looks "confusing" for children in kindergarten who still want to play and have activities close to their friends. The fourth is the discipline to always do sports, even if it is in the form of light exercise. The fifth in my opinion is to encourage children to always consume healthy snacks both in the canteen environment or outside the kindergarten environment and sixth, discipline in maintaining environmental cleanliness such as disposing of garbage in its proper place and using latrines in a clean and healthy manner. with PHBS indicators and appropriate in the context of prevention for us and all children and their parents from the transmission of Covid-19. The results of interviews with the three research informants above describe some of the descriptions of children's discipline in the application of Clean and Healthy Life Behavior in order to avoid Covid-19, namely discipline in using masks and or *face shields*, discipline in always washing hands with soap or *hand sanitizer*, discipline in apply a pattern of social distancing, discipline in sports activities, discipline in consuming clean and healthy food, discipline in maintaining environmental cleanliness such as disposing of garbage in its place and using toilets or latrines in a clean and healthy manner.

Discussion

The results of the research conducted in the form of interviews with several research sources and the results of observations made by researchers at Fajar Nur Kendari Kindergarten found several results related to the description of children's discipline in the application of clean and healthy living behavior in Fajar Nur Kendari Kindergarten environment to avoid Covid 19. Based on the results of interviews with several research sources and observations made, it can be illustrated that a new thing that has started to become a habit in every aspect of life is the use of masks to avoid the spread of Covid-19 when doing

activities outside the home. This also includes in the school environment, where every child, child's parents, teachers, and school principals must familiarize children with the use of masks (Rohayani, 2020b; Suhendro, 2020). Likewise washing hands with soap, it can be illustrated that before the covid-19 pandemic, related parties in schools were not considered as but after this covid pandemic became an epidemic that could not be overcome, washing hands with soap became a habit that began to be routine in the school environment by preparing a place for cleaning, wash hands and soap (Koedoes et al., 2020; Ode et al., 2021). This activity is carried out at least twice a day, namely when doing a game or activity in the learning process, both at home and at school in limited meetings.

Then children are also accustomed to keeping a distance when doing activities or playing in the learning process. Keeping distance is a new habit for children. Keeping a distance to avoid crowds must be done to avoid children coming into direct contact with their peers (Fatimah, 2017; Nissa & Haryanto, 2020). The discipline of keeping a distance based on the results of observations is rather difficult to implement because considering the characteristics of children, especially in early childhood who tend to always want to be close and play with their peers, so they really need guidance and supervision from teachers and children's parents to re-apply and implement discipline in keeping a distance. Another thing that teachers do in disciplining children during the covid-19 pandemic is to get used to doing sports activities and sunbathing in the sun (Jahnke et al., 2017; Sit & Assingkily, 2020). This activity before the COVID-19 pandemic, was a routine activity for children before entering class, but because learning is carried out alternately at home and at school, they still do the sport. Besides that, children are still accustomed to consuming healthy and nutritious food even though learning activities are carried out at home and at school. The teacher has also given children to always be clean to get children to dispose of the garbage that is available at school and at home, clean body parts such as brushing teeth after eating and cutting nails. All of this is to minimize the spread of COVID-19 (Abuhassna et al., 2020; Ode et al., 2021).

Character Discipline of children in following one of the rules that apply. With discipline in this rule, it will support the implementation of educational processes and activities run smoothly (Finnane & Smaal, 2020; Pratama et al., 2021). The current learning system or method is very dependent on how severe or light the spread of COVID-19 in the area around the school is, so that learning methods can be easily changed. from the face-to-face learning method on a regular basis to an online learning method if the spread of Covid-19 shows an increasing rate of cases again. The description of discipline shown by children at Fajar Nur Kendari Kindergarten in implementing Clean and Healthy Lifestyles was very enthusiastic both before this covid pandemic outbreak and when the outbreak was still ongoing by using masks during the learning process, washing hands with soap, and keeping the environment clean, always keep a distance in playing, do sunbathing activities to get sunlight and eat balanced nutritious food and others.

The character of children's discipline is also explained in similar results from research that children are taught to wash their hands using soap in running water or use hand sanitizer, dispose of garbage in its place, brush teeth together, give food in addition, regular health checks, environmental protection and sports which include gymnastics, swimming, and healthy walks (Ahmad Tabi'in, 2020). Likewise, the results of other studies explain that healthy behavior must continue to be carried out systematically and continuously to create a quality next generation of the nation because the optimal growth and development of early childhood depends on healthy behavior carried out by schools (Asih & Sunarso, 2020; Julianti et al., 2018; Mahmudah, 2019). In line with that. However, keeping a distance and wearing a mask is a new thing and has never been done by previous researchers during the COVID-19 pandemic. However, all of them have shown that there is a close relationship between the inculcation of discipline character values and compliance with applicable regulations, including adherence to Clean and Healthy Living behavior. Therefore, healthy behavior must continue to be carried out systematically and continuously to create a quality future generation of the nation because the optimal growth and development of early childhood depends on healthy behavior by related parties. Thus, the novelty in this research is the application of social distancing and wearing masks in the learning process carried out at Fajar Nur Kindergarten, Kendari City.

4. CONCLUSION

The implementation of clean and healthy living behavior is optimal for increasing the formation of early childhood character even though at this time in the Covid-19 condition. Teachers or educators have provided reinforcement by familiarizing and disciplining, this is reflected in several actions. What the teacher does is use a mask during the learning process, be disciplined in washing hands, be disciplined in the application of social distancing, be disciplined in consuming healthy food, and be disciplined in keeping the environment clean. However, this study has not been seen in terms of avoiding crowds and children's playing activities are still high outside the home where teachers only see the discipline of children during the learning process. Therefore, a Clean and Healthy Lifestyle during the Covid-19 Pandemic must be

carried out continuously, parents and educators continue to educate children to always stay at home in carrying out activities by preparing various media or learning materials in developing strong character discipline during this time.

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