



REDUCING INCIDENT OF ARI THROUGH HEALTH EDUCATION WITH EXERCISE METHOD CLEAN AND HEALTHY LIFESTYLE FOR FIFTH GRADE STUDENTS AT ELEMENTARY SCHOOL OF SEMAMPIR 1 KEDIRI

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Article info	ABSTRACT
<p>Corresponding Author:</p> <p>Sandy Kurniajati sandykurniajati@gmail.com STIKES RS Baptis Kediri, Indonesia</p>	<p>Acute Respiratory Infection (ARI) is an infectious disease of upper and lower respiratory tract caused by infectious agents. ARI can be transmitted directly or indirectly. ARI attacks more common in children. The problem, many students infected with ARI and transmission of ARI is also high. This health education starting from requesting permission letters, making proposals. The community service aims to increase students' understanding of ARI and how to prevent it, which increasing the behavior of maintaining a clean and healthy life and reducing the prevalence rate of acute respiratory tract infections in students at Elementary School of Semampir I Kediri. The population is 28 of fifth grade students. The results of the pre-test given before the education was carried out showed that the number of students who scored in category of 39% poor, 54% moderate, and 7% good. Students can answer questions related to knowledge about preventing acute respiratory infections. In post-test result, students received scores in the categories of 14% poor, 47% moderate, and 39% good. Results were that health education regarding clean and healthy lifestyle with methods Power-Point and effective exercise to increase students' knowledge and awareness regarding preventing the transmission of ARI.</p>
	<p>Keywords: <i>Health Education, Preventing ARI, Elementary School Students.</i></p>
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INTRODUCTION

Acute respiratory tract infection (ARI) is an infection of the upper or lower respiratory tract, which is caused by an infectious agent, and can last up to 14 days. Anatomically, the

area included in the upper respiratory tract is the respiratory tract above the glottis or vocal cords, namely the nasal cavity, sinuses, pharynx and larynx. The lower respiratory tract includes the trachea, bronchial tubes, bronchioles and lungs. Types of infections that generally occur in the upper respiratory tract are tonsillitis, pharyngitis, laryngitis, sinusitis, otitis media, certain types of influenza and the common cold. Types of tract infections Lower respiratory tract infections are generally more severe than upper respiratory tract infections. The most common lower respiratory tract infections are bronchitis and pneumonia, and can also cause laryngotracheobronchitis, bronchopneumonia and acute bronchiolitis.

Apart from attacking adults, this contagious disease can also attack children, but the incidence will decrease as they get older. Transmission between humans generally occurs through droplets but can also be through contact with contaminated hands or surfaces. Stress conditions, lack of sleep, close contact with sufferers, passive smoking, asthma and allergic rhinitis sufferers, people with low immune systems, and anatomical abnormalities in the respiratory tract are factors that increase a person's risk of contracting ARI. Various social and environmental risk factors are associated with morbidity and mortality including poverty, malnutrition, overcrowding, poor home environmental conditions, indoor and outdoor air pollution, seasonality and lack of access to preventive and curative services (Fretes et al., 2020).

According to (World Health Organization (WHO), 2014) in 2016 the number of ARI sufferers was 59.417 children, and it is estimated that in developing countries it is around 40-80 times higher than in developed countries (Aprilla et al., 2019). The prevalence of ARI in Indonesia in 2018 was 9.3%, where this prevalence rate decreased compared to 2013, almost reach 25%.

Community Service Team of STIKES RS Baptis Kediri observed several partner problems, such as:

1. There are several problems with students at Elementary School of Semampir 1 Kediri. There are still many students who suffer from ARI, approximately 60%.
2. The high rate of transmission of ARI incidents among students at Elementary School of Semampir 1 Kediri.

Looking at the partner's problems, this Community Service of STIKES RS Baptis Kediri activity is carried out with the aim of:

1. Increase students' knowledge in implementing ARI prevention methods.
2. Increase clean and healthy lifestyle among students at Elementary School of Semampir 1 Kediri.

3. Reduce the prevalence of ARI transmission among students at Elementary School of Semampir 1 Kediri

METHOD

This community service was carried out at Elementary School of Semampir 1 Kediri to reduce the incident of ARI through health education using clean and healthy lifestyle exercise method for fifth grade students by providing education through Power-Point and clean and healthy lifestyle exercises. Community service is carried out within 1 month. The target for implementation is all 28 elementary school students. The implementation of community service activities consists of several steps, namely:

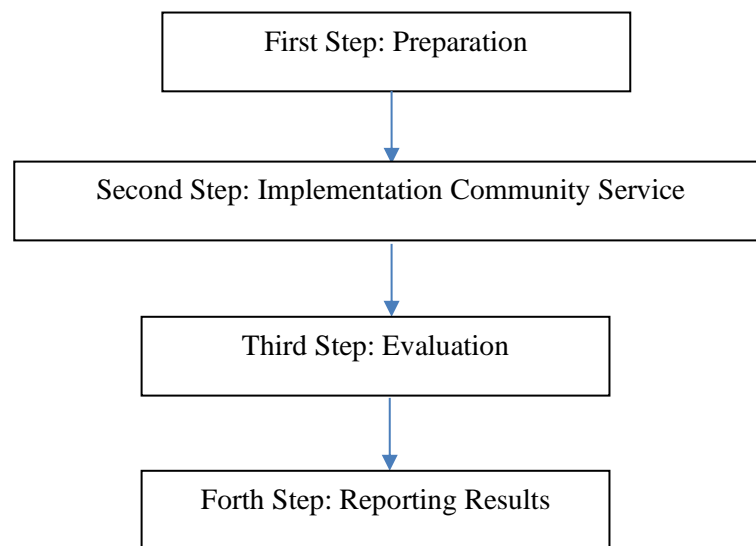


Figure 1: Steps of Community Service Activity

1. In the first stage, the community service team of STIKES Baptist Hospital Kediri made a proposal regarding preparations for implementing community service to reduce the number of ARI incidents, after that they processed permits to carry out community service actions.
2. In November 2023, the STIKES Baptist Hospital Kediri community service team implemented community service in the context of efforts to reduce the incidence of ARI among students at Elementary School of Semampir 1 Kediri. All students can understand the material presented.
3. In the final stage, the service team prepares a report and plans the output in the form of a planned publication article.

RESULT AND DISCUSSION

Community service did activity at Elementary School of Semampir 1 Kediri with the theme Efforts to Reduce the Incident of ARI were carried out in November 2023. In November 2023 the community service team conducted an initial survey regarding children's knowledge of ARI. Then at the end of November 2023, the community service provided education regarding efforts to reduce the incident of ARI and carried out an evaluation regarding students' understanding of disease and the hand washing behavior that had been taught.

The following is the percentage of knowledge of students who took part in the education on efforts to reduce the incidence of AMI in fifth grade students at Elementary School of Semampir I Kediri in understanding the prevention of ARI which was implemented in November 2023.

Table 1: Percentage of Pre-Test Scores for Reducing Incident of ARI Through Health Education with Exercise Method for Fifth Grade Students at Elementary School of Semampir 1 Kediri

Category	Number of students	Percentage
Good	2 students	7%
Moderate	15 students	54%
Poor	11 students	39%

The number of fifth grade students at Elementary School of Semampir I Kediri who took part in the education was 28 students. The interpretation of fifth grade students at Elementary School of Semampir I Kediri which carried out screening activities was as follows: There were poor category 11 students (39%), moderate 15students (54%), and in the good category there were 2 students (7%). Before being given education about Efforts to Reduce the Incident of ARI Through Health Education using clean and healthy lifestyle exercises method, the service team asked the students to carry out a pre-test according to the students' understanding. Then the service provided education about efforts to reduce the incidence of ARI through Health Education using clean and healthy lifestyle, poster and PPT methods. The service team is assisted by a team to accompany each student so that the students can accept and understand the importance of balanced nutrition. After being given education, the service team carried out an evaluation (post-test) to see the students' understanding of the material that had been given.

Table 2: Percentage of Post-Test Scores for Reducing Incident of ARI Through Health Education with Exercise Method for Fifth Grade Students at Elementary School of Semampir 1 Kediri

Category	Number of students	Percentage
Good	11 students	39%
Moderate	13 students	47%
Poor	4 students	14%

The number of fifth grade students at Elementary School of Semampir I Kediri who took part in the education was 28 students. The interpretation of fifth grade students at Elementary School of Semampir I Kediri which carried out screening activities was as follows: There were poor category 4 students (14%), moderate 13 students (46%), and in the good category there were 11 students (39%).

Evaluation and monitoring activities in this program are carried out by Implementation Team. Whatever the purpose of this activity is to see what the impact is education that has been given about ARI diseases. In this activity students can understand and administer the posttest well.

Table 3: Comparison Table Before Education Reducing the Incident of ARI Through Health Education using Clean and Healthy Lifestyle, Poster and PPT Methods (September 2023)

Before Community Service	After Community Service
Students still don't understand about ARI and still don't do Clean and Healthy Lifestyle properly and correctly as evidenced by the lack of hand washing behavior, wearing masks when sick and the lack of cough etiquette.	Students understand about ARI and can practice and carry out Clean and Healthy Lifestyle well.

The benefits that will be obtained by partner groups in activities:

1. During the PKM program activities, they are: (a) Increasing students' knowledge and insight regarding efforts to reduce the rate of transmission of Acute Respiratory Infections.
2. After implementing the PKM program activities, namely: (a) Semampir I Elementary School students can apply ways to prevent ISPA.

CONCLUSION

Based on the results of Community service activities for fifth grade students at Elementary School of Semampir 1 Kediri in September 2023, it was concluded that counseling has a positive impact on students being able to understand the prevention of ARI; Increasing students' awareness of implementing clean and healthy lifestyle such as washing hands with 6 correct steps and coughing and sneezing etiquette; and also increasing students' awareness of ARI e.g. cough, flu and fever.

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