

ABSTRACT

Wardani, Cholifa. 2023. *A View of Clean and Healthy Lifestyle Behaviour of Class XI Students at SMA Al- Fattah, Singosari District, Malang Regency, Skripsi, Poltekkes Kemenkes Malang Health Promotion Applied Undergraduate Study Program. Supervisor I: Handy Lala, SKM., MPH, Supervisor II: Dr. Siti Asiyah, S. Kep. Ns., M. Kes*

One of the serious problems faced by the Indonesian nation is the health problems of adolescents in school. The factors causing the occurrence are the lack of knowledge of female students about Clean and Healthy Living Behavior (PHBS) which can have an impact on the occurrence of disease, lack of awareness in implementing PHBS, inadequate infrastructure, the role of teachers, and school policies that have not run optimally. The purpose of this study is to find out the picture of PHBS at SMA Al-Fattah Class XI, Singosari District, Malang Regency. The type of research used is qualitative research with a case study approach. The technique of retrieving research informants uses a type of Purposive sampling technique with a Non Probability sampling approach. This research data collection technique used in-depth interviews, Focus Group Discussion (FGD), and observation. The research instrument used interview guidelines, FGD guidelines, and a checklist. Of informants in this study totaling 29 informants with descriptions of principals, vice principals of student affairs, vice principals of public relations, vice principals of infrastructure facilities, sports teachers, 12 students of class XI Science and 12 students of class XI social studies. The results of research on predisposing factors (knowledge and attitudes) of clean and healthy living behavior in schools found that most informants already know the concept of knowledge of clean and healthy living behavior in schools, the attitude of most informants has not implemented clean and healthy living behavior in schools, there are strengthening factors (policies) but have not been implemented optimally, and the existence of possible factors (infrastructure) supporting clean and healthy living behavior in schools but the management is still not optimal.

Keywords: Policies, Knowledge, Clean and healthy lifestyle behavior, Infrastructure, Attitude.

