

*DESCRIPTION OF KNOWLEDGE OF CLEAN AND HEALTHY LIVING
BEHAVIOR AMONG 8TH GRADE STUDENTS AT SMP NEGERI 5
TRENGGALEK*

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ABSTRACT

Background: School-age children are a group vulnerable to health problems due to dirty and unhealthy living behaviors. The implementation of clean and healthy living behaviors in schools remains suboptimal, as evidenced by students' habits of failing to maintain personal and environmental cleanliness, such as not washing hands with soap, littering, and not keeping school facilities clean. This condition can increase the risk of diseases such as diarrhea, worm infections, and anemia. Students' knowledge needs to be understood as a foundation for efforts to improve the implementation of clean and healthy living behaviors. **Objective:** To understand the overview of knowledge about Clean and Healthy Living Behavior among 8th-grade students at SMP Negeri 5 Trenggalek. **Method:** This study used a quantitative descriptive design with a cross-sectional approach. This research was conducted in March 2026. The population consists of 233 students, with a sample of 70 respondents selected using a simple random sampling technique. Data were collected using a questionnaire and analyzed univariately. **Results:** Almost all 63 (90%) respondents have sufficient knowledge, and a small portion of respondents have good knowledge (7%) or lack knowledge (3%). It is hoped that there will be an improvement in education in schools through the use of engaging audiovisuals that are suitable for the characteristics of the students in order to enhance understanding and application.

Keywords: knowledge, Clean and Healthy Living Behavior, students