

**THE IMPLEMENTATION OF A HEALTHY LIFESTYLE BY ADOPTING  
THE SEVEN STEPS HANDWASHING PROGRAM SINGING METHOD  
AT THE AR-RAUDHAH MUSTIA EDUCATIONAL FOUNDATION,  
BATU MALENGGANG VILLAGE, LANGKAT REGENCY**

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**ABSTRACT**

The community service activities are carried out in order to be able to apply a healthy lifestyle in the environment, especially for students at the Ar-Raudhah Mustia Education Foundation, Batu Malenggang Village, Langkat Regency. Its application is carried out with a seven step program to wash hands by applying the singing method. Through the singing method taught, the students quickly absorb something taught and make a better mood.

**Keywords:** *Community Service, Ar-Raudhah Mustia Foundation, Handwashing Steps, Singing*

**Preliminary**

**Situation Analysis**

The Ar-Raudhah Mustia Education Foundation is located in small village VI of Batu Melenggang a Village, Hinai District, Langkat Regency. There are several levels of education under the foundation of this foundation. Among of which are kindergarten (TK), MI (Madrasah Ibtidaiyah) which is equivalent to Elementary School (SD) and TPQ (Al-Quran Education Park).

At the MI (Madrasah Ibtidaiyah) level, the foundation has 13 teachers and 132 students who sit in grades 1-6. The education obtained at MI is the same as education at elementary schools. The students receive lessons in mathematics, Indonesian, English, Biology, Geography, and others. The level of understanding and mindset for a healthy life around them, however, have not yet been able to be applied in everyday life. This is due to lack of knowledge both from the school environment and from family environment that have not yet understood the importance of health.

The children at the Ar-Raudhah Mustia Foundation environment often experience abdominal pain, diarrhea, and typhus due to consuming unhealthy snacks and especially because they do not wash their hands before eating.



**Figure 1** Children love snack which is not healthy

As a result of their frequent illnesses, teaching and learning processes at the Ar-Raudhah Mustia Foundation environment are disrupted. They often therefore, do not go to school and cannot receive the lessons well.

### **Problem Justification**

Many students at the Ar-Raudhah Foundation are lack of understanding about the importance of maintaining personal health, especially after playing dirt. So they are often affected by diseases, such as diarrhea, intestinal worms, and anemia. Some students who have finished playing with dirty hands and want to eat food immediately take the food and feed their food into their mouths without washing their hands first. There are, actually, a lot of germs in their hands. They also do not understand how to wash their hands properly.

Lack of knowledge about how to wash hands can be seen from the students who are frequently suffering from fever and diarrhea due to not washing their hands. It is also because of the habit of parents who do not teach their children to wash their hands before eating and after doing outside activities.

### **Purpose of Activities**

The community service aims to teach healthy lifestyles to the students at the Ar-Raudhah Mustia Education Foundation by applying the seven steps of washing hands through the singing method. The singing method is given so that students quickly absorb something that is taught. Besides it is a good stimulus to provide a calming effect for the children. Another advantage of the singing method is that it is a means of giving the children's emotional understanding. So singing can still make a better mood. Plus the singing method is an effective way to speed up them in capturing subject matter. Singing can also increase self-confidence for children because they will feel they are able to sing and will not be embarrassed to appear in public.

In terms of health, singing has both physical and psychological benefits for children. Physically, when singing they will move the muscles in the head region such as the face and neck and even the whole body, so as to increase fitness for children. Singing can, psychologically, make them happy and entertained so that

their psychological condition becomes conducive. Besides, singing can train hearing sensitivity, breathing order, and flexing the organs of speech.



**Figure 2** Introduction of Seven Steps of Washing hands



**Figure 3** Seven handwashing steps through singing method

### **Service Outcome**

From the application of the seven steps of handwashing above, the expected outcomes are compulsory outcomes in the form of publication articles through ISSN journals, or ISBN national seminar proceedings, printed media publications, videos of implementation the activities and recommendations for research topics devoted to research. And the additional output expected is the method of how to wash hands properly and correctly by singing.

### **Method of Implementation**

In its application, carried out by the method of singing. The seven steps of washing hands are by (1) soaking both palms as high as mid arms using running water, taking a hand and then rubbing and rubbing both palms gently (2) rubbing and rubbing both backs of hands alternately (3) rubbing the fingers between fingers until clean (4) cleaning the tips of the fingers alternately by clasp (5) rubbing and rotating both thumbs alternately (6) putting the tips of the fingers into the palm then rubbing gently (7) cleaning both wrists alternately by turning, then

ending by rinsing all parts of the hand with running water and then drying using a towel or tissue.

The implementation evaluation of this program is by revisiting to see how the application of a healthy lifestyle is carried out by MI (Madrasah Ibtidaiyah) students at the Ar-Raudhah Foundation and will put up posters about seven steps to wash hands properly in each class.

### **Results and Discussion**

Through the singing method in the implementation of the seven-step-handwashing program, it will train the students at the Ar-Raudhah Mustia Education Foundation in improving their learning abilities and students do not feel bored in accepting the learning program so that it can be applied in a daily life.

### **Conclusions and Suggestions**

In implementing healthy lifestyles in the surrounding environment, especially for the students at the Ar-Raudhah Mustia Education Foundation, Batu Malenggang Village, Langkat Regency, the seven step program for washing hands through the singing method has been carried out. It is expected the steps in washing hands can be applied in a daily life so that students at the foundation avoid stomachaches, typhus, nausea, and vomiting.

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