

Efforts to Improve a Clean and Healthy Lifestyle Through Community Counseling and Empowerment: Literature Review

Fauziyah Nada Syakiroh¹, Kanzabella Dewi Savera²,

^{1,2} Nonformal Education Department, Universitas Negeri Semarang

Email: fauziyahna813@students.unnes.ac.id

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Abstract

A clean and healthy lifestyle is an important factor in maintaining the health of individuals and communities. Efforts to improve a clean and healthy lifestyle can be carried out through various strategies, including counseling and community empowerment. The purpose of writing this article is to analyze efforts to improve a clean and healthy lifestyle through counseling and community empowerment. This research was conducted using the literature review method. Through the literature review method, data was collected from various sources, including articles, sourced from Google Scholar and Publish and Perish using keywords and filtering (filters) Clean and healthy lifestyles, Clean and healthy lifestyle counseling and Community empowerment in improving clean and healthy lifestyles. A review of the literature shows that improving a clean and healthy lifestyle through counseling and community empowerment is one of the effective ways that has an impact on improving a clean and healthy lifestyle in the community. The implementation of PHBS requires community involvement and support from the government and local community leaders. Community involvement can be done through counseling and empowerment to increase knowledge about PHBS. By conducting health counseling and activating community participation, it is hoped that it can create behavioral changes that support improving health quality.

Keywords: Clean Lifestyle, Community Counseling, Community Empowerment

INTRODUCTION

Health development in Indonesia is a manifestation that has the goal of increasing the will, awareness, and ability to live a healthy life for every citizen in order to realize public health services through the creation of a society characterized by people who live in a healthy environment and by implementing clean and healthy living behaviors (Ministry of Health of the Republic of Indonesia, 2011). Thus, a way is needed to implement health development, one of which is by means of counseling and empowerment. Community empowerment serves as a stepping stone to improve health and have a positive impact on people's ability to live healthy lives (Patilaiya H & Rahman H, 2018). Basically, community development is a process in which society is given the opportunity to increase its size and diversity, so that society becomes a society that has strong abilities in various sectors throughout people's lives (Hilman & Nimasari, 2018).

One of the ways to empower the community in the health sector is by counseling and empowerment regarding the Clean and Healthy Lifestyle (PHBS) to the community. PHBS is a technique used in society or individuals to be based on awareness as a result of the learning process so that individuals, groups, or the entire community can independently learn how to take care of themselves in the field of health and welfare so that the general public can improve. The main tool for improving public health in the PHBS area is the household scope. This is because the family is the main or first source of inspiration for a healthy and happy life (Permatasari et al., 2019).

PHBS (Clean and Healthy Living Behavior) is one of the three main approaches to achieve health improvement goals at three different levels: the general public, the school community, and the scope of family members (Ministry of Health of the Republic of Indonesia, 2015). Through PHBS, it is hoped that people will be able to understand and overcome their own problems and implement a healthy lifestyle by paying attention, assessing, and improving their welfare (Iriani et al., 2020).

Individuals can more easily adapt to a healthy lifestyle, such as maintaining cleanliness, protecting the environment, and making healthy food choices, when there is a strong sense of community. Public awareness of the environment also requires active participation in overcoming environmental problems around it. Participation in health programs, waste management, and environmental conservation can help create a health-supporting environment. Preventing disease through immunization, identifying symptoms, and living a healthy lifestyle are all part of a shared responsibility (Sari & Anggoro, 2020).

If the PHBS intervention is successful, then the intervention will be an effective intervention that can overcome the condition, and PHBS is determined as a specific condition. Therefore, to increase PHBS in the community, some kind of socialization to the community is needed, such as health promotion campaigns or community education. Mass empowerment is very important and serves as a stepping stone to implement health promotion. Health counseling is a preventive measure that can be used to monitor the general public and assess the health of both individuals and the general public. Through the extension method, the maintenance of public health owned by individuals, families, groups, and the wider community can begin. This community outreach program can increase everyone's access to health literacy (Patilaiya & Rahman, 2018).

METHOD

This research uses the literature review method. To avoid bias in data and analysis and synthesis results, literature reviews are carried out carefully and in accordance with protocols. The data for this study was obtained from national journals. The source of data for this research comes from literature collected from various sources, including scientific journals, articles, and research reports, with the main theme of improving a clean and healthy lifestyle. The search process for this article was carried out on the Google Scholar and

Publish and Perish databases using keywords and filtering (filters) Clean and healthy lifestyles, Clean and healthy lifestyle counseling and Community empowerment in improving clean and healthy lifestyles. The inclusion criteria used in selecting the source to be used are the last 8 years of the year, the type of article, namely full text, and whether the article is included in the original research, resulting in initial results of 27 journals. The initial results were then recategorized according to the topic or title, which is related to the improvement of a clean and healthy lifestyle, so that there are 25 articles. All of these articles discuss counseling and community empowerment to implement a clean and healthy lifestyle. In this study, the literature analysis begins with an explanation of the topic that has been previously determined. This descriptive analysis is then described in the form of tables and narratives related to the findings are included in the literature review.

DISCUSSION

Based on the results of literature reviews that have been conducted on the Google Scholar and Publish and Perish databases, there are 25 articles that are relevant to the author's topic. Information related to the results of the analysis of several articles can be seen in the following table:

Table 1. Analysis of Articles related to Clean and Healthy Living Behavior (PHBS) Through Counseling and Community Empowerment

Author's Name	Article Title	Results
Ambarwati & Prihastuti, 2019	The Healthy Living Community Movement (Germas) washes hands using soap and running water as an effort to implement clean and healthy living behaviors (PHBS) from an early age.	There is a change in knowledge between before and after counseling. Then there is considerable interest in the habit of washing hands among parents and children, and this counseling has been well absorbed. Providing information in the form of counseling is a useful process to create an environment and conditions that affect individual behavior.
Safitri & Harun, 2020	Getting used to living a healthy and clean life in early childhood during the Covid-19 pandemic.	Organizing educational activities that teach children to get used to personal hygiene, such as washing their hands with soap and maintaining their personal hygiene, is an important step. The realization of healthy and clean living habits in children can be achieved through good collaboration between teachers and parents. This study aims to provide insight to teachers about effective methods in getting used to a healthy and clean lifestyle in early childhood.
Ronitawati Putri, 2020	Healthy food education based on the principle of balanced nutrition with the media "fill my lunch" for elementary school students.	When education has been carried out, and students have understood the importance of balanced nutrition, this is also evidenced by the results of the post-test where there are fewer wrong answers than in the pre-test, and many people answer 95% of all questions correctly. In addition, the habit of students bringing their own lunch shows that the school lunch menu they bring from home is increasingly diverse in terms of ingredients and appropriate amounts. This cannot be separated from the role of mothers who can change their eating habits for the better, as well as the role of teachers and school personnel who can carry out feeding programs at school by bringing food.

Suprpto, S., & Arda, D. 2021	Community Empowerment Through Counseling on Clean Living Behavior and Healthy (PHBS) in Improving the Degree of Public Health in the Barombong Health Center Working Area.	Counseling activities in Barombang sub-district showed an increase in knowledge in each household about PHBS behavior which can be seen from the results of evaluation through pretest and posttest testing showing 37.2%
Hartaty, H., & Menga, M. K. 2022	Community empowerment through counseling on clean and healthy living behaviors to improve public health	Community service activities in Berombang sub-district show an impact on improving the health status of the community such as increasing public knowledge about PHBS and being able to practice good hand-washing behavior.
Angreni et al., 2024	Community participation in clean and healthy living as an effort to improve health quality	After the counseling, there was an increase in the knowledge and attitude of the community who were actively involved in the counseling process. The increase in knowledge and attitudes of the community is expected to cause positive changes in daily life behaviors that support health,
Haryati H, 2022	Effectiveness of Health Counseling and Community Action in an Effort to Implement Clean and Healthy Living Behaviors in Community Environment of Kambu Village, Kendari City	The implementation of counseling and health actions carried out can increase community knowledge and motivation to carry out PHBS efforts which are supported by clean community empowerment in managing waste. It is hoped that empowerment can make them independent when doing something by utilizing all the existing potentials so that the community becomes aware and able to improve their lives in the health sector
Patras et al., 2019	Community Empowerment to Improve Healthy Living Behavior in Laotongan Village, Manalu Health Center Working Area, South Tabukan District	The implementation of community empowerment provides efforts to improve a healthy lifestyle through the embedding of technology such as digital hand washing machines, soap making machines and ready-to-drink water filter machines to have a positive impact on changing people's behavior.
Jalantina et al., 2023	Community Empowerment Towards Life Behavior Clean and Healthy in Pedurungan Kidul Village.	PHBS counseling education carried out on the community has an influence on their daily life behavior and should be counseling about PHBS can be carried out continuously so that it becomes a habit.
Inayah et al., 2022	Counseling on Clean and Healthy Living Behavior in the Curug Wetan Village Community.	There is an increase in knowledge about PHBS and proper handwashing procedures

Hanggara B et al., 2021	Community Empowerment Through Education Movements and Behavioral Counseling Clean and Healthy Living (Phbs) in Kampung Serua Poncol, Sawah Baru.	The results of this empowerment contain education on how to wash hands correctly for children and mothers and their goals are achieved, namely the community better understands the importance of PHBS during the pandemic and is more concerned about the state of the environment, especially regarding cleanliness and health.
Andriansyah & Natalia, 2013	Counseling and Practice of PHBS (Clean and Healthy Living Behavior) in Realizing Healthy Care Village Community.	Counseling and PHBS practices to realize a healthy care village are carried out with and can be well received by residents and are very enthusiastic about their activities. Counseling and socialized practices can be applied well in daily life
Sartina et al., 2021	Counseling on Clean and Healthy Living Behavior of the Community of Batalaiworu District, Regency Muna	Counseling activities on Clean and Healthy Living Behavior (PHBS) and its application have been carried out successfully. This counseling has a positive impact on the community by increasing their knowledge and insight about health and PHBS management. Through this counseling, the community gets clear information about the importance of implementing clean and healthy living behaviors
Situmeang I et al., 2024	Counseling on Clean and Healthy Living Behavior (PHBS).	Community service activities (PKM) carried out in the form of counseling on Clean and Healthy Living Behavior (PHBS) have succeeded in achieving the goals and targets set. The main goal of this activity, namely that participants understand the definition, benefits, objectives, and indicators of PHBS, has been well achieved while the target of participants was also met with the participation of 12 people consisting of children and adolescents in
Cahyanto, B et al., 2021	Public health counseling to increase awareness of clean and healthy lifestyles (PHBS) in the era of the Covid-19 pandemic.	The residents agreed to implement the use of masks when doing activities or traveling. With this training, of course, it is hoped that the people of RT 04 can refract themselves to implement Clean and Healthy Living Behavior (PHBS), wash their hands with soap properly and use masks.
Fitri I et al., 2021.	Clean and Healthy Living Behavior through Community Empowerment Efforts.	Efforts to empower the community by involving families and utilizing the role of cadres have a significant impact on clean and healthy living behavior (PHBS), and have a greater influence than family-based community empowerment programs carried out through integrated service posts (posyandu) as well as through the formation of groups or community organizations.
Mangemba D et al, 2021	Realizing a Healthy Village Community Through	Increasing understanding

	Counseling on Clean and Healthy Living Behaviors	from the community related to PHBS and there is a change in behavior from a person, family, and community after counseling
Herlina S, et al., 2020	Community Empowerment Through Improvement Related Knowledge, Attitudes, and Practices Life Behavior clean and healthy in Dewisari Village, District Rengasdengklok	The existence of counseling and the use of sticker media as information transfer has an impact on the emergence of public awareness related to PHBS which is associated with sanitation, access to clean water, and an unclean environment. The results of the program show that the community can be independent in terms of getting clean water after training and increasing knowledge based on the results of the pre-test and post test carried out.
Wati, P. D. C. A., et al., 2020	Clean and Healthy Living Behavior in the Community in Rangkah Village, Surabaya City	This study concludes that there is a relationship related to knowledge and also the efforts of PHBS Masyarakat in Rangkah Surabaya. Then there is no related relationship Attitude with PHBS's efforts in Rangkah Surabaya.
Arip, M., & Emilyani, D. (2018).	Strategy to improve knowledge, attitude, and skill toward clean and healthy life behaviour	The Rudat dance video intervention is quite effective as a strategy to develop knowledge, attitudes, and skills towards Clean and Healthy Living Behavior. This is designed to make it easier for the target to gain a correct understanding of PHBS.
Ika, D., et al., 2023	Community Empowerment Towards Clean and Healthy Living Behavior in Pedurungan Kidul Village.	PHBS counseling is carried out interrelated so that the habit of public understanding of PHBS is also sustainable in the community's response to the environment, the nutritional content of the food consumed, knowledge related to environmental cleanliness and disease, and community responses to existing health services.
Marisda, D, H., et al., 2021	Education on Clean and Healthy Living Behaviors in Creating a Productive Society.	In this activity, participants were very enthusiastic when the activity was carried out. Then, in monitoring activities, there is an increase in knowledge and skills such as the separation of waste into 3 parts, namely organic waste, inorganic waste, and B3
Rahman, H., & La Patilaiya, H. (2018)	Community Empowerment through Counseling on Clean and Healthy Living Behaviors to Improve the Quality of Public Health	This activity provides an improvement in public health in Posi-posi village, including increasing community knowledge related to PHBS efforts, knowing that PHBS is important, elementary school students also know PHBS and apply good hand washing methods to avoid various diseases, and the people in Posi-posi village want to apply it as a form of community empowerment to achieve better health quality.
Wibisana, M. I. N. (2021).	Implementation of Clean and Healthy Living Behavior	The implementation of this Community Service Program ran successfully and smoothly. Wonosalam Village, located in Wonosalam District, Demak Regency, has succeeded in

	(PHBS) in Wonosalam Village, Demak.	becoming an example of an independent village in maintaining cleanliness and health. This success is influenced by the potential of the local community to be active in conducting health checks, encouraging a clean and healthy lifestyle from an early age, and promoting physical activity that supports public health.
Sukesni, T. W., et al., 2020	Increasing knowledge of healthy homes with lecture and leaflet methods in Modalan Hamlet.	With this intervention, it is hoped that there will be an increase in knowledge and a change in attitudes and behaviors for the better in maintaining home conditions. It is hoped that the community will take concrete steps that are easy and affordable to create a healthy home environment.

The Concept of a Clean and Healthy Lifestyle

Clean and Healthy Living Behavior (PHBS) is all health behaviors that are carried out on awareness so that family members can help themselves in the health field and can play an active role in health activities and play an active role in health activities in the community (Department of Health RI, 2010). Instilling PHBS in everyone is not an easy thing. Everyone lives in its order and influences and interacts with each other in that order. PHBS activities cover several important aspects such as washing hands, maintaining the cleanliness of the surrounding environment, maintaining a healthy diet, doing exercise, and other health aspects. (Notoatmodjo, 2010) stated that aspects of PHBS include food and beverages, personal hygiene, environmental cleanliness, patterns against illness and disease, and balance between rest and exercise activities. The implementation of Clean and Healthy Living Behavior (PHBS) can help prevent the spread of disease, reduce the number of pain, and can improve the quality of life.

Counseling and Community Empowerment as an Effort to Improve a Clean and Healthy Lifestyle.

Counseling is a learning process that occurs through the active interaction of individuals with the surrounding environment, which results in changes in terms of knowledge, skills, and attitudes. Through counseling activities in the health sector, a person can gain new knowledge that was previously unknown (Seni et al, 2023). The main purpose of counseling is to improve the quality of life and human dignity (Amanah. S., 2017). Counseling can be carried out using various methods, including lecture methods, discussion methods, demonstration methods, or a combination of the three methods. Community empowerment is an effort to improve the degree and dignity of community groups that in the current conditions have not been able to free themselves from the shackles of poverty and backwardness. In other words, community empowerment aims to enable and make society independent (Margayaningsih, 2016). The purpose of community empowerment in the context of PHBS is to encourage active community participation in implementing a clean lifestyle through various programs or through activities.

From several literature review results that have been carried out on 25 articles relevant to the author's topic, there are several efforts to improve a clean and healthy lifestyle through counseling and community empowerment which are carried out in several ways including:

1. Health Education and Socialization

This effort aims to increase public knowledge, awareness, attitudes, and behaviors related to PHBS to the public. They provided socialization about the importance of implementing PHBS which included information about the benefits of PHBS in maintaining health, preventing disease, and improving the quality of life. Not only that, they also conveyed information about PHBS practices such as how to wash hands correctly, use masks when traveling, choosing & eating healthy food, doing physical activity, maintaining environmental

cleanliness, providing knowledge related to environmental hygiene and disease, community response to existing health services, managing waste properly, the dangers of smoking for health, exercising regularly, eradicating mosquito larvae, healthy latrines, and the use of clean water.

2. Mentoring and Skills Training

This effort aims to provide practical knowledge and skills to the community in building PHBS facilities so that people can be more independent in implementing PHBS in their environment. For example, training to embed technology such as handwashing digital machines, soap making machines, ready-to-drink water filter machines, cleaning activities in managing waste, making living pharmacies which include planting vegetables and fruits in their respective homes

3. Formation of Community Groups

In several community services, they have succeeded in forming PHBS coordinators or cadres. The task of this PHBS cadre is to control the community regarding a Clean and Healthy Lifestyle such as being responsible for posyandu activities. The success rate of the PHBS program is determined by the activity of the cadres in carrying out their duties. In addition, there is also group empowerment through PKK (Family Empowerment and Welfare). The role of the PKK is expected to be a forum for community empowerment. It is hoped that the formation of this PKK group can be a bridge for health workers to change the behavior of individuals, groups and communities in relation to disease prevention, disease healing and health recovery.

4. Education in early childhood and elementary school students, related to the habit of washing hands among parents and children. Providing information in the form of counseling is a process or practice that is useful for creating an environment and conditions that affect individual behavior. Then for elementary school students, the provision of balanced nutrition education with students getting used to bringing their own lunch shows that the school lunch menu they bring from home is increasingly diverse in terms of appropriate ingredients and amounts. This cannot be separated from the role of mothers who can change their eating habits for the better, as well as the role of teachers and school personnel who can carry out feeding programs at school by bringing food.

The implementation of PHBS requires community participation and support from the government and local community leaders to motivate all residents in their environment. Community participation can be carried out through community empowerment and through counseling so that the community becomes aware and able to practice PHBS. In addition, in order to increase the active role of the community in realizing PHBS, adequate knowledge is needed. Knowledge about PHBS is not obtained comprehensively in formal education, on the contrary, information is mostly obtained from outside formal education. The existence of information media that is increasingly advanced today also plays a role in increasing public knowledge (Wati, 2020). Socialization and education are one of the keys to the success of handling problems related to environmental health. The more diverse sources of information a person gets, the better his knowledge will be (Natsir, 2019). For this reason, health counseling activities about PHBS and activating community participation need to be carried out as one of the tangible manifestations of this. Health counseling can facilitate behavior change in response to increased knowledge that can support efforts to improve health quality (Sukesi et al, 2020).

CONCLUSION

Clean and Healthy Living Behavior (PHBS) is a health action that is carried out consciously to empower individuals in health problems and play an active role in public health activities. This includes washing hands, keeping the environment clean, eating healthy food, exercising, and other aspects of health. Counseling is a learning process through active interaction with the surrounding environment to change knowledge, skills, and attitudes. The goal is to improve the quality of life and human dignity. The method of counseling can be in the

form of lectures, discussions, or demonstrations. Community empowerment is an effort to improve the status of community groups that have not been able to escape from poverty and underdevelopment. The goal is to make the community independent. In the context of PHBS, community empowerment encourages active participation in implementing a clean lifestyle through programs and activities.

Some of the efforts to improve PHBS through counseling and community empowerment include health education and socialization, mentoring and skills training, community group formation, and education for early childhood and elementary school students. This is done by providing information about PHBS, how to wash hands correctly, use masks, choose healthy foods, maintain environmental cleanliness, and others. The implementation of PHBS requires community participation and support from the government and local community leaders. Health counseling and education are the key to increasing knowledge and the active role of the community. Information can be obtained through formal education and increasingly advanced information media. By conducting health counseling and activating community participation, it is hoped that it can create behavioral changes that support improving health quality

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