

The Relationship Between Knowledge and Attitude with Clean and Healthy Lifestyle Behavior of Owner of Batak Restaurant In Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency

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ABSTRACT

Clean and healthy living behavior in Indonesia is currently still low, this is related to various health problems or the spread of environmental-based diseases which are epidemiologically high in Indonesia. This research was conducted to determine the relationship between knowledge and attitudes with clean and healthy living behavior of typical Batak restaurant owners in Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022. This type of research is descriptive with a population of all typical Batak restaurant owners in Pasar Tiga. King with a sample of 30 total sampling technique. The results of this study obtained that the majority of respondents were aged 41 — 60 years, namely 18 people (60%) while the minority had ages > 60 years, namely 5 people (16%). The majority of the respondent's last education was high school, namely 11 people (36.7%) while the minority with the last education was elementary school, namely 5 people (16.7%) and tertiary education, namely 5 people (16.7%). The majority have good knowledge, namely as many as 15 people (50%) while the minority have less knowledge, namely as many as 5 people (16.7 %). The majority had an attitude of agreeing as many as 16 people (53.3%) while the minority had an attitude that did not agree as many as 14 people (46.7%). The majority had good behavior as many as 17 people (56.7 %) while the minority had bad behavior as many as 13 people (43.3%). The results of the chi-square test variable knowledge p value 0.009, attitude variable p value 0.031, it can be concluded that knowledge and attitudes have a relationship with clean and healthy living behavior of typical Batak restaurant owners in the Tiga Raja market, Tiga Raja Village, Girsang Sipangan Bolon District, Simalungun Regency 2022.

Keywords:

Knowledge, Attitude, Clean and Healthy Living Behavior

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1. INTRODUCTION

The degree of health is influenced by many factors, including the environment, behavior, health services and heredity. Environmental and behavioral factors greatly affect the degree of health. Including the environment is the condition of settlements/housing, workplaces, schools and public places, water and clean air. technology , education, social and economic. Meanwhile, behavior is reflected in everyday life such as diet, personal hygiene, lifestyle and behavior towards health efforts [5].

Health is a human right and at the same time an investment for the success of nation building. Health development is directed at achieving Healthy Indonesia, namely a situation where everyone lives in a healthy environment, has a clean and healthy lifestyle, has access to health services and has the highest degree of health [8]. In accordance with the demands of health development reform, health is also undergoing a very fundamental change, namely inviting and motivating the community in general and the delivery of health services in particular to change patterns from a more

healthy perspective. Known as the healthy paradigm. The healthy paradigm needs to be translated and operated, among others, in the form of a clean and healthy living program or PIIBS [11].

Clean and healthy living behavior among food and beverage providers such as typical Batak food vendors can be related to their knowledge and attitudes, so the authors are interested in conducting research on the relationship of knowledge and attitudes with clean and healthy living behavior among typical Batak food traders. The role of food and beverage providers such as typical Batak food traders plays a role in the success and control of infectious diseases. However, sellers of typical Batak Sang food have limited ability to ensure that their wares are safe, healthy and nutritious.

Parapat City is a tourist city located on the outskirts of Lake Toba, this city is always crowded with tourists both from within and outside the country. Around the Tigaraja market there are many typical Batak food vendors selling it every day. This food vendor opened his stall on the outskirts of the Tigaraja market which is also next to the ferry port. Based on a preliminary survey conducted on these typical Batak food traders, many traders have not behaved in a clean and healthy life, this is because they have not kept eating and drinking utensils clean, and some of these traders even use lake water to wash eating and drinking utensils and not all traders have dirty water channels. Based on the phenomenon mentioned above, the researcher wants to conduct a study entitled "The Relationship between Knowledge and Attitudes with Clean and Healthy Behavior of Typical Batak Restaurant Owners in Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022"

Formulation of the problem

Based on the background above, the formulation of the problem in this study is whether there is a relationship between knowledge and attitudes with clean and healthy living behavior of typical Batak restaurant owners in the Tigaraja market, Tigaraja Village, Sipangan Bolon District, Simalungun Regency in 2022.

2. METHOD

Types of research

This type of research is descriptive which aims to determine the relationship between knowledge and attitudes with clean and healthy living behavior of typical Batak restaurant owners in Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022.

Location and Time of Research

Research Location The research location was conducted at Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency This research was conducted in July-September 2022

Population and Sample

The population in this study were all owners of typical Batak restaurants in Pasar Tigaraja, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency, namely 30 people. The sample size in the study was carried out using a total sampling technique where all of the population was used as a sample, namely 30 people.

3. RESULTS AND DISCUSSION

The Relationship between Knowledge and Clean and Healthy Living Behavior of Typical Batak Restaurant Owners in Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022.

The majority have good knowledge, 11 people (36.7 %) with good behavior while the minority have less knowledge, 1 person (3.3%) with good behavior. From the results of the chisquare test the cross table of knowledge and action obtained a p value of 0.009. It can be concluded that knowledge has a relationship to clean and healthy living behavior of typical Batak restaurant owners in the Tiga Raja market, Tiga Raja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022, because the p value < 0.05 .

The results of Artini's research (2010) concerning the relationship between knowledge and attitudes of parents with the implementation of clean and healthy living behaviors at the Pasundan Samarinda Health Center, East Kalimantan, show that there is a relationship between knowledge and the implementation of clean and healthy living behaviors (PHBS) and the magnitude of the relationship between the implementation of clean and healthy living behaviors. clean and healthy (PHBS) with knowledge is 0.47 or 47.1% . From this research it was found that knowledge actually had an influence on the implementation of clean and healthy living behaviors in the community in the area.

Correlation between Attitude and Clean and Healthy Living Behavior of Typical Batak Restaurant Owners in Tigaraja Market, Tigaraja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022.

The majority of respondents disagreed, 9 people (30%) with good behavior while the minority had a disapproving attitude of 5 people (16.3 %) with good behavior and not good. From the results of the cross-attitude chi-square table test with action, a p-value of 0.031 is obtained. It can be concluded that attitudes have a relationship with clean and

healthy living behavior of typical Batak restaurant owners in the Tiga Raja market, Tiga Raja sub-district, Girsang Sipangan Bolon sub-district, Simalungun Regency in 2022, because the p value < 0.05 .

Before someone takes a stand, it can be influenced by several factors including age, education and work. With increasing age, there will be changes in the physical and psychological (mental) aspects where this psychological aspect is the level of one's thinking more mature and mature. Education means guidance given by someone to others so they can understand. It cannot be denied that the higher a person's education, the easier it is for them to receive information and in the end the more knowledge they have. The work environment can make a person gain experience and knowledge either directly or indirectly.

Mubarok [13] suggests that there is a positive relationship between attitudes and the clean and healthy lifestyle of mothers in the family. The more positive the mother's attitude towards environmental cleanliness, the higher the quality of clean and healthy life of the mother and vice versa if the more negative the mother's attitude towards environmental cleanliness, the worse the clean and healthy living behavior in the family.

4. CONCLUSION

1. The majority of respondents are aged 41-60 years, namely 18 people (60%), while the minority are aged 560 years, namely 5 people (16%).
2. The majority of respondents had the last education of high school respondents, namely 11 people (36.7%), while the minority with the last education of elementary school, namely 5 people (16.7%) and university, namely 5 people (16.7%).
3. The majority of respondents have good knowledge, namely as many as 15 people (50%) while the minority have less knowledge, namely as many as 5 people (16.7 %).
4. The majority of respondents had an attitude of agreement, namely as many as 16 people (53.3 %) while a minority had an attitude that did not agree, namely as many as 14 people (46.7%).
5. The majority of respondents had good behavior, namely 17 people (56.7 %) while the minority had bad behavior, namely 13 people (43.3%).
6. Knowledge has a relationship with clean and healthy living behavior of typical Batak restaurant owners in the Tiga Raja market, Tiga Raja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022, because the p value < 0.05 .
7. Attitudes have a relationship to clean and healthy living behavior of typical Batak restaurant owners in the Tiga Raja market, Tiga Raja Village, Girsang Sipangan Bolon District, Simalungun Regency in 2022, because the p value $< 0,05$.

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