

IMPLEMENTATION OF CLEAN AND HEALTHY LIVING FOR EARLY CHILDHOOD CHILDREN IN THE BOOK "AWAN LALAT" BY RA LAKSMI PRITI MANOHARA

1st Alini Lihar Sari¹
{aliniliharsari@gmail.com¹}

Universitas Islam Negeri Prof. KH Saifuddin Zuhri Purwokerto, Indonesia

Abstract This article aims to describe how a clean and healthy lifestyle is described by Moi. The research method used in the study was participant observation, situation analysis and book analysis. Flies entered Moi's house because Moi's house had a lot of garbage and smelled bad. Flies followed the garbage in Moi's house. If Moi's house is clean from garbage, the flies will leave Moi's house. Moi's clean and fragrant house will be comfortable to live in so that Moi and Lea are comfortable enjoying banana cake in the house. Therefore, always keep the house clean from garbage so that the house smells good and is free from flies. A house that is free from flies prevents various diseases so it is healthier.

Keywords: Flies, Clean and Healthy, Moi.

INTRODUCTION

The book Awan Lalat by Laksmi Manohara is a children's story with the theme of friendship and courage. In this book, a dwarf named Moi is described who is very good at making banana cakes. Moi is a perfectionist in making cakes so that they are always perfect and does not want any disturbance in making cakes. In this book, Moi gets disturbed by flies while making cakes. So Moi thinks about how to get rid of the flies from Moi's house.

Environmental cleanliness is something that is inseparable from human life and is a fundamental element in health science and prevention. Cleanliness describes each individual in maintaining health which is very important in everyday life. Environmental cleanliness is a condition that is free from all dirt and disease, so that it is detrimental to every activity because it interferes with and environmental behavior in society (Lastriyah, 2011).

Cleanliness is a requirement for creating health. Health is one of the factors that provide happiness. On the other hand, dirt will damage beauty and cause various diseases and illnesses to be one of the factors that cause suffering. If the degree Improved health can prevent various diseases, increase self-confidence and create environmental beauty (Potter, 2021).

Personal hygiene is an effort to care for oneself including maintaining the cleanliness of body parts such as hair, eyes, nose, mouth, teeth and skin. Hygiene consists of efforts made by a person to maintain and care for their personal hygiene so that individual comfort is always maintained. Personal hygiene does not look at age, because disease can breed anywhere.

Personal hygiene must be instilled from an early age so that children are accustomed to doing it in the home, school and playground environment until adulthood (Kusmiyati, 2019). Personal hygiene is influenced by several factors, including knowledge.

Good knowledge of cleanliness can improve health. However, knowledge alone is not enough, because the motivation to act in maintaining cleanliness is needed more to become clean. If the motivation to act is strong, then it will always act in maintaining cleanliness and act to clean up their respective environments.(Ambarwati, 2005).

A person's knowledge of cleanliness greatly contributes to public awareness of cleanliness. High knowledge of cleanliness will develop an understanding of cleanliness towards one's own environment such as washing hands before and after eating, throwing garbage in its place, cleaning the house and yard regularly, cleaning the bathroom and bathtub regularly (Ricki, 2016).

The habit of maintaining house cleanliness is done every day so that dirt does not accumulate and is difficult to clean. This habit makes the house dusty and invites various insects that can carry various infectious diseases. One of the insects that likes to be in dirty places is the fly. Flies like dirty places because there is food to hatch their eggs. Flies lay eggs near food sources, namely rotten food and carcasses. When flies land, pathogens such as bacteria, viruses and parasites will be easily transmitted to humans through the legs and fine hairs on the fly's body so that they can cause various diseases (*Illinois Department of Public Health*, 2020).

The habit of being clean must be done from an early age so that the habit of being clean every day can be formed. Parents can model clean living habits for children.

The habit of clean living can be started from the living environment. A clean house can strengthen children's health. The habit can be started by teaching children to throw garbage in its place, tidy up toys, put dirty clothes in the laundry basket and maintaining cleanliness when near pets (Directorate of Early Childhood Education (2024).

Early childhood literacy development is very important in child development. Literacy is related to the ability to read, write, speak and understand information. To develop literacy skills in early childhood can be done by reading story books as a daily routine and adjusting the topic of the book to the child's interests. By getting used to reading story books to early childhood will develop children's literacy skills. Children's reading books should be equipped with pictures that can provide illustrations of the topics to be studied. By looking at the pictures, children can analyze the contents of the book, their literacy will develop (DISPERSIP, 2024).

The Awan Lalat book by Laksmi Manohara is intended for early childhood to develop children's literacy skills. This book is equipped with colored pictures with a little text. Through these pictures, children who have not read well can understand the contents of the book by looking at the pictures. With this Awan Lalat book, it is hoped that it can develop children's literacy skills at an early age.

Based on the illustration above, the problem can be formulated as follows:

1. How did the flies get into Moi's house?

2. How do you get rid of flies from Moi's house?
3. How do you implement a clean and healthy lifestyle at home?

RESEARCH METHOD

The research methods used to analyze this book include (Riyanto, 2010):

1. Participatory observation

It is an observation where the person observing the subject and plays a role in taking part in the life of the subject being observed. This technique can be used to research social life in society.

2. Analysis of the situation

It is an investigation of an event to find out the actual situation. Analysis is needed for analysis and observing something that aims to obtain the final result of the observation that has been done.

3. Book analysis

It is a study carried out to examine in detail the elements or structure of the subject matter as a basis for discussion or interpretation.

The study contains descriptions, peels, reviews, careful examination of the material being studied. Book analysis is the process of investigating the contents of the Awal Lalat book.

RESULT AND ANALYSIS

1. **Flies are attracted by bad smells**

In Moi's house there is a lot of garbage from leftover food. Leftover food will rot and cause an unpleasant smell. The unpleasant odor of rotting garbage can attract flies to lay eggs. Flies lay eggs in rotting food waste because it is a food reserve for fly larvae to develop.

Therefore, children must always be clean at home by getting used to throwing trash in the trash. Then empty the trash in the trash regularly. Because if not thrown away it will rot in the trash

2. **Flies will follow the trash, if the house is clean then the flies will leave the house.**

Moi began to clean up the trash from the leftover food in his house. The smelly trash that was collected was put into the trash can. Moi threw the smelly trash out of the house so that slowly the flies left Moi's house.

Moi's house is clean so the flies go out of the house so Moi's house is clean from flies and free from viruses and bacteria carried by flies.

Therefore, to prevent flies from entering the house always clean the house. A clean house, no flies coming in.

3. **If the house is clean and smells good, there will be no flies**

The trash in Moi's house is clean, so the stench from the trash is gone. The stench that disappears makes Moi's house clean and fragrant so that flies leave Moi's house. Moi's clean and fragrant house has no flies and is

comfortable to live in with Lea while enjoying banana cake. Therefore, always keep the house clean so that the house is clean and fragrant.

CONCLUSION

The trash in Moi's house is clean, so the stench from the trash is gone. The stench that disappears makes Moi's house clean and fragrant so that flies leave Moi's house. Moi's clean and fragrant house has no flies and is comfortable to live in with Lea while enjoying banana cake. Therefore, always keep the house clean so that the house is clean and fragrant.

REFERENCES

- Adi, Riyanto. 2010. Social and Legal Research Methodology. Jakarta: Granit. Ambarwati, ER &
Sunarsih, T. (2011). KDPK Midwifery: Theory and Application.
English: ...
Lastriyah. 2011. Environmental Cleanliness. Jakarta: Rineka Cipta.
Potter, P. A., Perry, A. G., Stockert, P. A., & Hall, A. (2021). *Fundamentals of nursing-e-book*.
Elsevier health sciences.
Kusmiyati, K., Muhlis, M., & Bachtiar, I. (2019). Counseling on Personal Hygiene to Support
Clean and Healthy Living Behavior in Students of Smpn 2 Gunungsari.
*Journal of
Education and Community Service*, 2(1).
Ricki M Mulia. (2016). Environmental Health. Yogyakarta: Graha Ilmu