



Community Health Education on Communicable Disease Prevention to Promote Clean and Healthy Living Behaviors (PHBS) Among Residents of Pondok Betung Village, Pondok Aren District, South Tangerang City, Banten, Indonesia

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Article Info	ABSTRACT
Corresponding Author: Adhy Purnawan Email : adhypurnawan70@gmail.com	Communicable diseases continue to pose a significant public health challenge, particularly in communities where the implementation of Clean and Healthy Living Behaviors (Perilaku Hidup Bersih dan Sehat/PHBS) remains inadequate. Limited public knowledge regarding disease prevention and inconsistent healthy lifestyle practices increase the risk of disease transmission. This community service program aimed to improve community knowledge, awareness, and preventive behaviors regarding communicable diseases through the promotion of PHBS among residents of Pondok Betung Village, Pondok Aren District, South Tangerang City, Banten, Indonesia. The program employed a participatory community empowerment approach consisting of preparation, stakeholder coordination, community needs assessment, interactive health education, practical demonstrations of proper handwashing, group discussions, distribution of educational leaflets, and program evaluation using pre-test and post-test assessments. The implementation involved community members, village officials, community health volunteers, and local healthcare providers. The program was successfully implemented with active community participation throughout all activities. The educational intervention increased participants' understanding of communicable disease prevention, strengthened awareness of the importance of PHBS, and improved practical skills related to personal hygiene and environmental sanitation. Collaboration among local stakeholders also enhanced community capacity to sustain health promotion activities beyond the intervention period. Overall, the program contributed to strengthening community commitment to adopting clean and healthy living behaviors, thereby supporting communicable disease prevention and promoting a healthier and more sustainable community. Keywords: Community Service; Communicable Diseases; Clean And Healthy Living Behavior (PHBS); Health Education; Health Promotion.

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INTRODUCTION

Communicable diseases remain one of the major public health challenges in Indonesia, particularly in densely populated urban communities where high population mobility

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increases the risk of disease transmission. Infectious diseases such as acute respiratory infections (ARI), dengue fever, diarrhea, and tuberculosis continue to contribute to morbidity and place a substantial burden on public health services. Although these diseases are largely preventable, their incidence is strongly influenced by inadequate public knowledge, poor environmental sanitation, and the inconsistent implementation of Clean and Healthy Living Behaviors (Perilaku Hidup Bersih dan Sehat/PHBS). Therefore, strengthening community awareness and promoting preventive health behaviors are essential components of disease prevention and health promotion.

Pondok Betung Village, located in Pondok Aren District, South Tangerang City, Banten Province, is characterized by a high population density and active community mobility. These demographic characteristics increase the vulnerability of the community to communicable disease transmission when healthy living practices are not consistently adopted. Based on field observations and discussions with the village administration, community health volunteers, and local community leaders, several health-related issues were identified, including limited public understanding of communicable disease prevention, inadequate hand hygiene practices, poor household waste management, insufficient environmental sanitation, and low community participation in maintaining a clean and healthy environment. Despite ongoing promotive and preventive programs implemented by local health authorities, the adoption of PHBS at the household level has not yet reached the expected level.

Community health education has been recognized as an effective strategy for improving health literacy, fostering positive attitudes, and encouraging sustainable behavioral changes. Educational interventions delivered through interactive lectures, group discussions, practical demonstrations, and educational media provide opportunities for participants to acquire knowledge while developing practical skills applicable to their daily lives. Moreover, involving community health volunteers and local stakeholders strengthens community empowerment and supports the sustainability of health promotion programs beyond the completion of a single intervention.

In response to these community needs, a community service program entitled "Community Health Education on Communicable Disease Prevention to Promote Clean and Healthy Living Behaviors Among Residents of Pondok Betung Village, Pondok Aren District, South Tangerang City, Banten, Indonesia" was implemented. The program focused on improving community knowledge and awareness regarding communicable disease prevention through the promotion of PHBS. Educational activities included interactive health counseling, demonstrations of proper handwashing techniques, education on cough and sneeze etiquette, environmental sanitation, household waste management, mosquito breeding site elimination, and the distribution of educational leaflets. Through a participatory approach involving local government officials, community health volunteers, and residents, this program is expected to strengthen healthy behavioral practices, reduce the risk of communicable disease transmission, and contribute to the development of a healthier and more sustainable community.

METHODS

This community service program was conducted in Pondok Betung Village, Pondok Aren District, South Tangerang City, Banten, Indonesia. The program adopted a participatory and community empowerment approach, encouraging active involvement from community

members throughout the planning, implementation, and evaluation stages. The intervention was implemented in collaboration with the Pondok Betung Village Government, community health volunteers (kader kesehatan), local health centers, and community leaders to ensure the relevance, effectiveness, and sustainability of the program.

The implementation consisted of five sequential phases: preparation, health education, community mentoring, evaluation, and follow-up. During the preparation phase, coordination meetings were conducted with local stakeholders to determine the implementation schedule, participant recruitment, venue, and educational content. A community needs assessment was also performed through discussions with village officials and community health volunteers to identify priority health issues related to communicable disease prevention and the implementation of Clean and Healthy Living Behaviors (Perilaku Hidup Bersih dan Sehat/PHBS). Educational materials, presentation slides, leaflets, posters, and pre-test and post-test questionnaires were subsequently developed to support the intervention.

The health education phase employed interactive lectures, group discussions, demonstrations, simulations, and question-and-answer sessions. The educational topics included common communicable diseases, disease transmission mechanisms, risk factors, proper handwashing techniques using soap, cough and sneeze etiquette, environmental sanitation, household waste management, mosquito breeding site elimination through the 3M Plus movement, and the role of families in preventing communicable diseases. Practical demonstrations enabled participants to directly practice appropriate handwashing techniques, proper mask use, and basic environmental hygiene measures under the guidance of the facilitators. Educational leaflets and posters were distributed to reinforce the key messages delivered during the sessions.

Following the educational intervention, community mentoring activities were conducted to encourage the continuous implementation of PHBS within households and the broader community. Community health volunteers received additional guidance to strengthen their capacity as local health educators who could continue disseminating health information after the completion of the program. Collaborative discussions involving village officials, community leaders, and health volunteers were also organized to develop strategies for sustaining health promotion activities within the community.

Program effectiveness was evaluated using both quantitative and qualitative approaches. Participants completed pre-test and post-test questionnaires to assess changes in knowledge regarding communicable disease prevention and PHBS implementation. Practical observations were conducted to evaluate participants' ability to perform proper handwashing techniques and other healthy behaviors introduced during the training. In addition, participant satisfaction questionnaires and evaluation discussions with community partners were used to obtain feedback regarding program implementation and identify recommendations for future improvement. The evaluation results were analyzed descriptively to determine changes in participants' knowledge, skills, and engagement following the intervention.

To promote program sustainability, educational materials, including leaflets, posters, and training modules, were provided to the Pondok Betung Village Government and community health volunteers for continued use in local health promotion activities. Ongoing collaboration among higher education institutions, local government, primary healthcare providers, and community organizations was encouraged to strengthen long-term

community participation in communicable disease prevention and the implementation of Clean and Healthy Living Behaviors.

RESULTS AND DISCUSSION

The community service program on communicable disease prevention through the promotion of Clean and Healthy Living Behaviors (PHBS) was successfully implemented in Pondok Betung Village, Pondok Aren District, South Tangerang City. The program involved active participation from community members, village officials, community health volunteers, and representatives from local health institutions. The implementation followed the planned stages, including community health education, practical demonstrations, mentoring activities, and program evaluation. This collaborative approach facilitated effective communication between the facilitators and participants while strengthening community involvement throughout the intervention.

The educational sessions covered essential topics related to communicable disease prevention, including disease transmission mechanisms, risk factors, proper handwashing with soap, cough and sneeze etiquette, environmental sanitation, household waste management, mosquito breeding site elimination through the 3M Plus strategy, and the importance of maintaining healthy living behaviors within households. Interactive lectures were complemented by demonstrations and question-and-answer sessions, enabling participants to actively engage in the learning process and clarify health-related issues encountered in their daily lives. Educational leaflets and posters further reinforced the key health messages delivered during the program.



Figure 1. Documentation of Community Service activities

Throughout the implementation, participants demonstrated strong enthusiasm and active involvement during discussions and practical demonstrations. Community members were encouraged to practice proper handwashing techniques, apply appropriate cough etiquette, and identify preventive measures that could be implemented within their households and neighborhoods. The participatory learning approach promoted greater interaction between facilitators and participants, allowing health information to be communicated more effectively while encouraging the exchange of local experiences related to communicable disease prevention.

Program evaluation was conducted using pre-test and post-test assessments, practical observations, participant satisfaction questionnaires, and discussions with community

partners. Based on the evaluation process, participants demonstrated improved knowledge regarding communicable disease prevention and greater awareness of the importance of implementing PHBS in their daily activities. Practical observations also indicated that participants were able to correctly perform proper handwashing techniques and understood other preventive practices introduced during the educational sessions. In addition, community health volunteers strengthened their capacity to serve as local health educators who could continue disseminating health information after the completion of the program.

The implementation of this community service program highlights the importance of participatory health education in promoting sustainable behavioral change. Interactive educational methods, combined with practical demonstrations and continuous community engagement, provide participants with opportunities to transform health knowledge into daily practice. The involvement of community health volunteers and local government further supports program sustainability by establishing a local support system capable of maintaining health promotion activities beyond the intervention period. These findings are consistent with the community empowerment approach, which emphasizes active community participation as a key factor in improving health literacy and encouraging long-term behavioral change.

Furthermore, the collaboration established among higher education institutions, the Pondok Betung Village Government, community health volunteers, and local healthcare providers represents an important outcome of the program. This partnership strengthens local capacity to implement promotive and preventive health initiatives while encouraging continuous monitoring of PHBS implementation within the community. The availability of educational materials, training modules, and follow-up recommendations also provides practical resources that can support future community-based health promotion activities. Consequently, the program contributes not only to improving community knowledge but also to fostering a healthier and more sustainable living environment through continuous preventive efforts against communicable diseases.

CONCLUSION

The community service program on communicable disease prevention through the promotion of Clean and Healthy Living Behaviors (PHBS) was successfully implemented in Pondok Betung Village, Pondok Aren District, South Tangerang City. The participatory educational approach, which combined health counseling, interactive discussions, practical demonstrations, and educational media, effectively improved community knowledge and awareness regarding communicable disease prevention and the adoption of healthy living behaviors. The active involvement of community members, village officials, community health volunteers, and local healthcare providers also strengthened community participation and supported the successful implementation of the program.

Furthermore, the program contributed to strengthening the capacity of community health volunteers as local health educators and reinforced collaboration between higher education institutions and local stakeholders in promoting preventive healthcare. Sustained health education, continuous mentoring, and regular monitoring of PHBS implementation are recommended to maintain positive behavioral changes and enhance the long-term effectiveness of communicable disease prevention efforts. These initiatives are expected to contribute to the development of healthier, cleaner, and more resilient communities.

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