

# Cultivatation of Healthy Life for Students in School: A Literature Review

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**Abstract:** Health of students is a major factor in the smooth implementation of education and learning programs in schools. The health condition of the students in question is the physical and mental health of students. This is in line with the purpose of education which places health as one of the elements of goals. Parents, students, and schools have an obligation to maintain the health condition of students. Schools have the task of creating a physical and non-physical environment in schools in order to realize the health of students who are intact.

**Keywords:** healthy culture, school role, parent role, role of students, school health effort

## I. INTRODUCTION

The young generation as the nation's shoots needs to be built on their soul and body so that later they will be able to continue the relay of this nation's leadership. Students are the main and important investment in human resources in the nation's development. Therefore, fostering physical and spiritual health is an important thing to do. School is an educational institution that has a task for that. The school has a strategic position in fostering healthy life for students (Kusmintardjo and Gunawan, 2017). The success of the school health program will succeed when arranged so that the implementation of activities can run systematically.

The purpose of holding educational institutions is to provide experience, knowledge, instill good attitudes, skills, develop personalities, and build the character of students. So that schools can develop students in a broad sense is to pay attention to the health of students. This was confirmed by Murtafi'ah (2015) who stated that schools needed to provide health business services to students who were tasked with carrying out maintenance and management of the physical and psychological conditions of students in school. Referring to the concept, it can be understood that the intended health is not only the physical learners, but also the psychological condition of the students.

Law Number 9 of 1960 concerning Health Principles Chapter I article 2 emphasizes that health is defined as a condition that includes physical, spiritual (mental) and social health, and is not only a condition that is free from disease, disability, and weakness. Healthy is also one aspect of national education goals. This can be observed in Law Number 20 of 2003 concerning the National Education System which affirms that the goal of national education is to develop the potential of students to become human beings who believe and devote to God Almighty, have noble character, are healthy, knowledgeable, capable, creative, be independent, and become a democratic and responsible citizen.

## II. SCHOOL HEALTH

Health of students is an important thing that must be considered by schools in the implementation of education. Healthy students will be able to take part

in learning activities well. Healthy is the main requirement so that participants can take part in learning activities. Health services provided by schools to school residents (students, teachers, staff, and other elements) are commonly held by the School Health Business Unit (UKS). UKS is a health business held in schools for school residents (Suhardan, 2010; Kusmintardjo and Gunawan, 2017; Gunawan and Benty, 2017).

UKS is a public health service run by educational institutions, both at every level, path, and type of education with the aim of addressing the health of students (Murtafi'ah, 2015). Joint Regulation between the Minister of Education and Culture, Minister of Health, Minister of Religion, and Minister of Home Affairs Number 6 / X / PB / 2014 concerning Development and Development of School / Madrasah Health Enterprises Article 1 paragraph 1 confirms that School / Madrasah Health Business is hereinafter abbreviated as UKS is an activity carried out to improve the health of school-age children in each path, type and level of education.

The school health program according to Kusmintardjo and Gunawan (2017) includes three elements, namely: (1) health services in schools (health service in school); (2) health education; and (3) a healthy school living environment. Some health services at the school include: dental examinations, hearing examinations, nutritional examinations, and eye examinations. Health education in schools has a goal, namely students who have behavioral patterns including knowledge, attitudes, and habits that are beneficial for the creation of health care for students.

Knowledge, attitudes, and habits related to healthy living are: (1) eating healthy food; (2) maintain cleanliness; (3) rest and sleep regularly; (4) cultivating prevention of accidents; and (5) wear healthy clothes (Kusmintardjo and Gunawan, 2017). A healthy school life environment must be maintained, because students are part of their time spent in the school environment. Schools must be safe for students, both physically and non-physically. Physically, for example the school building, school yard, and school land must be safe for students to carry out activities, starting from learning activities and other activities. Non-physically, all school members reflect a good mental and soul maintenance culture. The psychological, social and

cultural conditions of the school support the development of the mental state of the students.

### III. IMPLEMENTATION OF HEALTH PROGRAM FOR STUDENTS

The thing that must be known and noted is that the obligation to educate children is in the hands of parents. Schools must be understood as educational institutions that help parents to provide education and teaching to children. Therefore, the main responsibility for maintaining the health condition of children as students is: parents, students themselves, and schools. As a parent, he must know and understand his child's psychological development. Students in the family institution are nurtured in their morals, souls, and body to be a good and healthy person. Family life experienced by children will continue to affect children (Dewantara, 2011).

The role that parents play in maintaining children's health according to Kusmintardjo and Gunawan (2017) is: (1) intensely monitoring the health conditions of children at home; (2) knowing and understanding the development of their children at home; (3) taking care of their children when they are sick, bringing their children to treatment, and notifying their child's health condition to school; (4) provide mild treatment to their children in accordance with the direction of the health officer; and (5) provide examples and directions for their children to practice healthy living and maintain a healthy environment. The whole work is a form of parental love for their children.

Students themselves also have an obligation to maintain their own health. The health of students will influence their fluency in attending educational and teaching activities in schools. The role of students in the field of health education is: (1) living a healthy lifestyle; (2) maintain the cleanliness of the school and family environment; (3) contribute to creating a comfortable, safe and healthy school and family environment (Kusmintardjo and Gunawan, 2017). Efforts to maintain students' health will be optimal when supported by health care programs provided by schools to students.

The role of schools in health education is: (1) to cultivate life as one way to students; (2) organize health education for students, such as holding health counseling and medical examinations of students on a regular basis; and (3) providing health data for students to parents (Kusmintardjo and Gunawan, 2017). Parents, students, and schools have their own responsibilities in maintaining the health of students. The three elements must synergize the efforts to maintain the physical and mental health of students, so that the educational goals can be achieved optimally, and students become good and quality generations in filling the nation's development.

### IV. CONCLUSION

Health includes the physical and mental aspects of a person must be maintained so that he can become a qualified person as well as development capital. Healthy students are the hope of all parties. The health

responsibility of students lies with parents, students, and schools. Health services in schools are organized by UKS. School health programs include three elements, namely: (1) health services in schools; (2) health education; and (3) a healthy school life environment.

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