

EFFECT OF DAILY LITTER COLLECTION ON HEALTH BEHAVIOR AMONG STUDENTS IN DELI SERDANG, NORTH SUMATERA

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ABSTRACT

Background: Over the past three decades, behavioral and social researchers have identified multi-level determinants of health and health behavior. Previous studies have examined the complex processes linking health to behavior and explored the efficacy of different intervention strategies for fostering healthful behaviors and environments. Recently a new model of health promotion, namely *Program Operasi Punggut Sampah Setiap Hari Bang Sampah Pembinaan Berjenjang (Opung Sari Basah Bang)*, has been introduced to some high schools in Deli Serdang, North Sumatera, which aimed at promoting clean and healthy behavior changes among adolescents. This program is intended to be a long-term maintenance of behavior change, as well as an effective strategy for achieving sustainable health promotion and disease prevention. This study aimed to determine the effect of daily litter collection (*Opung Sari Basah Bang*) on clean and healthy behavior among students in Deli Serdang, North Sumatera.

Subjects and Method: This was a quasi-experiment before and after with no control design conducted at Pancur Batu High School, Deli Serdang, North Sumatera, from April to May 2018. A sample of 88 students was selected for this study. The dependent variable was clean and healthy behavior. The independent variable was daily litter collection model (*Opung Sari Basah Bang*). Health behavior was measured before and after intervention by questionnaire and observation. The data were analyzed by a chi-square test with Risk Ratio (RR) as the measure of effect.

Results: Clean and healthy behavior improved after the implementation of *Opung Sari Basah Bang* (RR= 32.73; 95% CI= 8.27 to 129.55; p= 0.001).

Conclusion: *Opung Sari Basah Bang* is effective to improve clean and healthy behavior among high school students.

Keywords: *Opung Sari Basah Bang*, daily litter collection, clean and healthy behavior

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