



**Lifestyle Shifts Among Papua Students as Catalysts for a Healthier South
Papua Society**

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Abstract

Clean and healthy living behavior (PHBS) is a behavior carried out based on awareness as a result of maintaining personal and environmental health, PHBS is the main factor in improving the health of the community including Papuan students. This study aims to analyze the determinants of PHBS in Papuan ethnic students in the Physical Education and Health Department, Musamus University, Merauke. The quantitative descriptive method was used with a sample size of 28 students (*accidental sampling*). Data were collected through questionnaires and then analyzed using descriptive statistics. The results of the analysis found that there were students who had clean and healthy living behavior in the very high category of 2 people or equivalent to 7%, the high category there were 7 people or equivalent to 25%, the sufficient category there were 13 people or equivalent to 46%, the low category there were 5 people or equivalent to 18%, the very low category there was 1 person or equivalent to 4%. From the results of this finding, it is necessary to intervene incentives in order to increase PHBS awareness among Papuan students so that they become a healthier South Papuan community by paying attention to daily lifestyle patterns.

Keywords: Health determinants, Lifestyle, Papuan students

Introduction

A healthy lifestyle is the most important thing in increasing Indonesia's development index which can be done by paying attention to daily activities in an effort to improve better health conditions (Yuni Sahrani *et al.* , 2023). However, in several areas of Eastern Indonesia, especially in South Papua, the implementation of a healthier lifestyle is still less than optimal, even though basically Clean and Healthy Living Behavior (PHBS) is a form of individual awareness in helping themselves by maintaining body cleanliness and creating a healthy society in their environment. This clean and healthy living behavior is a behavior that can be applied anywhere, both at school, work environment, in public places and in carrying out daily activities with the aim of maintaining better health quality. In addition to maintaining one's own quality of life, clean and healthy living behavior also aims to protect the health of those around us and preserve the surrounding environment.

However, the phenomenon that has occurred until now, healthy living behavior has become a special concern, especially for the government. The importance of this PHBS is so that it is included in the vision and mission of a healthy Indonesia, which is stated in the age of 19-59 years, which is said to be a productive age which is marked by the ability to carry out all daily activities effectively and efficiently. However, in reality, today's society now prefers to serve fast, delicious and cheap without paying attention to the quality of the food and drinks consumed. So that food management, starting from choosing, storing, cooking and serving food ingredients at this age is very important to pay attention to in order to become a healthy and nutritious food intake and maintain body weight. Daily consumption of food rich in vegetables and fruits five servings or more per day according to the recommendations of the *World Health Organization* (WHO). In addition , it is recommended to consume low-fat dairy products.

Food and beverage issues, clean and healthy living behavior towards personal hygiene are also efforts to produce body quality to stay fit. For example, cleaning yourself by bathing twice a day and taking a moment to do physical activity 60-90 minutes of recommended exercise, namely aerobics, for example, such as fast walking, swimming, and stationary cycling (Yaqin, 2024)

Habits that are often carried out by a person related to health are very important to be implemented in their environment, including students. Students as individuals should also be able to maintain the health of their environment. Clean and healthy living behavior towards environmental cleanliness is carried out with full awareness. Schools are formal institutions

that function as places to seek knowledge so that environmental health conditions are very much needed to support the creation of comfortable learning (Kusmiran, Husti and Nurhadi, 2022) . Schools also have an important role and are responsible for educating their students, including implementing PHBS in the institutional environment (Suradji and Umakaapa, 2023).

Musamus University is a state university in Merauke Regency, South Papua province, which has various departments, one of which is the Physical Education, Health and Recreation (Penjaskesrek) department. The behavior of students that is the main problem is that there are still students who do not care and do not comply with the rules imposed by the Institution or faculty related to environmental health. Such as students who do not want to bother throwing garbage in its place. Likewise with classrooms that contain plastic waste, toilets that smell bad.

In general, students who study in the Penjaskesrek department of Musamus University do not all come from Merauke district, most of them come from various regions who come with the aim of studying. Every student who comes is usually not accompanied by their parents, but lives with their friends who come from outside the area so that most of them choose to rent a boarding room or rented house during their education. So that the behavior of student life becomes less controlled, for example students very rarely or even never have breakfast when leaving for campus , there is vomit of betel nuts on the floor and another phenomenon that is often encountered is that many students still have the habit of smoking in the campus area. So far it is not known for sure the implementation of other clean and healthy lifestyles for students who live in rented houses or live with their parents.

The purpose of this study was to 1) Identify the level of PHBS of students majoring in Physical Education and Health at Musamus University, 2) Analyze the dominant factors that influence PHBS in students majoring in Physical Education and Health at Musamus University.

Materials and Methods

Study Participants.

This study used a cross-sectional design with a quantitative descriptive approach, this approach is used to describe the level and characteristics of PHBS in Papuan ethnic students as a whole. The research instrument used a questionnaire compiled based on PHBS indicators, including : personal hygiene, environmental cleanliness, food and drink

consumption, disease prevention, and habits that damage the body. The data obtained were analyzed with the help of Microsoft Excel software, carried out through two main approaches, namely 1) frequency distribution to determine the number and percentage of respondents in each category, 2) central tendency is used to describe the general tendency of PHBS data values. The participants in this study were Papuan ethnic students who were registered as active students in the Physical Education and Health Department of Musamus University, class of 2023 with inclusion criteria including: 1) Students from Papuan ethnicity, 2) Currently undergoing active studies in the 2023/2024 academic year, 3) Willing to be respondents and fill out the questionnaire honestly. So that the number of samples obtained was 28 people. Data collection was carried out directly in the campus area by filling out a structured questionnaire.

Study organization.

This study uses a quantitative method with a descriptive approach with the aim of determining the description of clean and healthy living behavior (PHBS) of Papuan ethnic students at the Department of Physical Education and Health, Musamus University. The stages in implementing the research began with the preparation of an instrument in the form of a closed questionnaire developed based on PHBS indicators that are relevant to the student context, including : 1) Personal hygiene, 2) Environmental cleanliness, 3) food and drink consumption, 4) Disease prevention, and 5) Habits that damage the body. The number of samples was 28 students from the class of 2023. Data collection techniques are carried out directly by distributing questionnaires filled out by respondents. Each respondent was asked to answer according to actual conditions and daily habits. Furthermore, the collected data was then summarized and analyzed descriptively quantitatively using Excel software, with the aim of determining the distribution of values, frequency and tendencies of student behavior towards the implementation of PHBS.

Results

Based on the results of statistical analysis on respondents in the study of clean and healthy living behavior of Papuan ethnic students regarding the level of public health in South Papua, the data processed using Microsoft Excel were obtained as follows:

Table 1 Results of Statistical Analysis of Respondents according to PHBS

| Results |
|---------|
|---------|

| N | 28 |
|--------------------|----------|
| Average | 104.9284 |
| Median | 105 |
| Mode | 86 |
| Minimum | 79 |
| Maximum | 139 |
| Standard Deviation | 13.50152 |

Data description based on the calculation results of the table above shows that the average value (mean) in PHBS is 104.9286, indicating that the energy value of the overall respondent value is quite high. The median value is 105, indicating that half of the students have a score above 105 and the other half below that score. The mode value is 86, which is the most frequently occurring score, the mode value is lower than the median and mean indicating the possibility of a *positive skew distribution* . The minimum value is 79 and the maximum is 139, indicating a fairly wide PHBS score of 60 points. Finally, the standard deviation value is 13.50 indicating moderate variation in the data, meaning that some of the respondents' scores are within 13.50 points of the average (around 91.4 to 118.4). The frequency distribution of respondents in the form of tables and percentages according to the distribution category can be seen as follows:

Table 2 Frequency Distribution of Respondents according to PHBS

| Category | Frequency | Percentage |
|-----------|-----------|------------|
| Very high | 2 | 7% |
| Tall | 7 | 25% |
| Enough | 13 | 46% |
| Low | 5 | 18% |
| Very Low | 1 | 4% |
| Total | 28 | 100% |

If displayed in diagram form, it can be seen as follows:

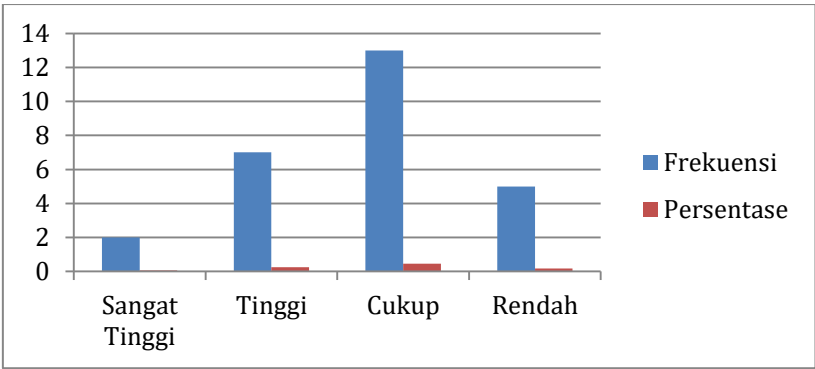


Figure 1 Diagram of Clean and Healthy Living Behavior

Discussion

The results of the study on respondents on the questionnaire given to 28 respondents. Through the results of the research description can be used to analyze the clean and healthy living behavior of students towards the health level of the South Papua community based on predetermined categories so that it can be known what factors are in the very high, high, sufficient, low, and very low categories. Factor analysis is divided into five parts, including : clean and healthy living behavior towards food and drink, clean and healthy living behavior towards the environment, clean and healthy living behavior towards personal hygiene, clean and healthy living behavior towards the environment, clean and healthy living behavior towards illness and disease and clean and healthy living behavior towards habits that can damage the body.

Based on the research data above, it can be seen that the majority of respondents, 2 (7%) students, have clean and healthy living behavior, 7 (25%) students have clean and healthy living behavior, 13 (46%) students have clean and healthy living behavior, 5 (18%) students have clean and healthy living behavior, and 1 (4%) student has clean and healthy living behavior.

The success of the implementation of the teaching and learning process in the classroom can be seen from student learning achievement, one of the factors of which is influenced by the implementation of clean and healthy living behavior (Julianti, R., Nasirun, M., & Wembrayarli, 2020) . Meanwhile, further research stated that the level of knowledge of students in special sports classes regarding PHBS was quite high (Afsah *et al.* , 2019)

From the various factors explained above, the research results state that the clean and healthy living behavior of Papuan ethnic students is in the "sufficient" category (46%). This

is because there are still students who do not have awareness in implementing clean and healthy living behavior. PHBS activities cannot be carried out if there is no awareness from all family members themselves (Prastiwi, 2025). The PHBS level with this category is also in line with research (Safitri, 2020) in elementary schools showing similar patterns in different age groups .

From the results of this study, it can be practically recommended to the tertiary level to provide PHBS education focused directly to students, provide PHBS supporting facilities, conduct health campaigns and incentives, monitor and evaluate periodically and collaborate with health centers or health services periodically. The influence of health services on clean and healthy living behavior is an initiative in improving, preventing, treating and restoring the health of students and their environment (Umakaapa and Suradji, 2024).

Conclusions

Based on the data analysis that the researcher has conducted, it is concluded that the clean and healthy living behavior of Papuan ethnic students regarding the health level of the South Papuan community shows the categories very high (7%), high (25%), sufficient (46%), low (18%) and very low (4%). So it can be seen that the majority of Papuan students have PHBS in the "sufficient" category, with environmental cleanliness as the dominant factor. From the results of this study, a *peer-group- based education program* as a more intensive PHBS development program is the main recommendation from the results of this research study.

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Conflict of interest

If the authors have any conflict of interest to declare.

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