

## INNOVATION IN USING BETEL LEAVES IN PERSONAL HYGIENE EDUCATION TO IMPROVE BOYS' HEALTH AT PAUD AL-WALIDAH, GARUT DISTRICT

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### A B S T R A C T

This program focuses on personal hygiene education for boys at PAUD Al-Walidah, Sukajaya, Garut Regency. Through innovation in the use of betel leaves as a natural antiseptic ingredient by involving parents, this program aims to increase awareness and clean living behavior in children. Apart from that, this program is also designed to empower the community by opening business opportunities based on local innovation. The results of this activity show an increase in the ability and knowledge of parents of uncircumcised boys regarding the importance of keeping personal areas clean. Therefore, parents can use natural media using betel leaves which are processed into an antiseptic spray and the ingredients are available around the house to clean the scalp area of their child's penis to prevent phimosis.



### Introduction

Community service is scientifically stated by the academic community of higher education in building a community civilization with science, technology, and art skills based on individual and/or group expertise (Wahyuningrum, 2024). Community service activities are inherent for lecturers who are used to helping the community by focusing on developing family potential in improving health and sustainable development by considering collaboration between the Community, Health Center, Government, and Bhakti Kencana University.

One of the SDGs targets is the One Group One Innovation (OGOI) program which aims to encourage group innovation in the community to improve the quality of life and welfare of the community by implementing SDGs values, including personal hygiene in children (Windartini et al., 2024). Personal hygiene is important for uncircumcised boys. Phimosis and infection can be avoided by recognizing early symptoms and using natural antiseptic liquids from betel leaves to maintain hygiene. Fimosis is a condition in which the preputium on the penis is difficult to open so that it covers the exit path of the penile gland.

The results of the need assessment in 7 RWs by group 1 at PAUD Al-Walidah show that almost 90% of parents and children in Sukajaya, Tarogong Kidul, Garut District do not understand personal hygiene in boys, especially those who have not been circumcised and complain that their children have complaints of pain when peeing and the foreskin cannot be opened because it is sticky, in an area with a total population of 16,291 people. consists of 19

RWs and 70 Neighborhood Units (RT) with an area of 250 Ha (Sukajaya Village, 2024) which is the location of the Thematic KKN of Bhakti Kencana University.

Based on the data above, we specifically strive to make innovations with natural ingredients to help problems in the community to improve health and carry out community service with the title Personal Hygiene Education for Boys Through Betel Leaf Innovation to Improve Health at PAUD Al-Walidah, Sukajaya Village, Tarogong Kidul District, Garu Regency.

### Research Method

The educational method was carried out in the Al-Walidah PAUD Classroom with a lecture and demonstration method using leaflets and phantom or miniature penises, and equipped with natural antiseptic liquid made from betel leaves. The demonstration was used to practice how to clean children's preputum with betel leaf antiseptic liquid spray which was distributed to all participants.

**Figure 1.** Antiseptic liquid spray



The target of this community service is parents who have uncircumcised sons who experience adhesion or phimosis attending school at PAUD Al-Walidah and domiciled in Sukagalih Village.

### Result and Discussion

The preparatory activity for the implementation of education lasts 1 week starting from the preparation stage, interviews with partners, then carrying out observation of the situation and documenting, 1 day (Thursday 29 August 2024) starting at 08:00 WIB, Personal Hygiene Education activities for Boys through Betel Leaf Innovation to Improve Health at PAUD Al-Walidah, Sukajaya, Tarogong Kidul, Garut District.

**Figure 2.** Implementation of Education



Education was given to parents as many as 53 people, starting with a pre-test, then the implementation of counseling and post-tests to find out the ability of parents to clean the child's preputium area to prevent phimosis, then documentation and monitoring and re-evaluation of each process that has been running well and smoothly, participants can also receive the material well and enthusiastically see the seriousness on their faces when getting the material and doing practice.

**Figure 3.** Doorprize Giving



The response of the participants was also good as evidenced by the presence of several participants who immediately asked about their children's complaints and were immediately answered by the presenter, the door prizes were given to the best participants 1,2,3, and received attractive prizes such as toys for children. The complaints that children usually feel

are that the foreskin cannot be pushed back because it is sticky, often complain of pain during bowel movements, and occasionally there is a fever.

**Figure 4.** Group 1 Student Engagement



Student involvement in community service can provide many benefits, including expanding relationships, maintaining relationships with community leaders and the local government, opening opportunities for cooperation, and encouraging social change by students filling out PHBS materials, especially good and correct hand washing to support Personal Hygiene Education activities for Boys Through Betel Leaf Innovation to Improve Health at PAUD Al- Walidah, Sukajaya, Tarogong Kidul, Garut District.

Through an intensive counseling program at school, children are taught how to wash their hands properly and take good care of their private areas to prevent infection. In support of this program, we developed a natural antiseptic product made from betel leaves, which has long been known to have antimicrobial properties. This product is expected to be easily accessible and used by the surrounding community, especially by children in the Al-Walidah PAUD environment. The use of betel leaves as a natural antiseptic can be an effective preventive solution for maintaining children's health. In addition, we will also conduct downstream research related to this product, both through scientific publications and research reports that can be accessed by the public, to provide scientific evidence regarding the effectiveness and safety of the product.

This community service activity is carried out with an integrated approach through the "Child Nursing" course taught by members of the community service team. In this course, material related to personal hygiene and the development of natural antiseptic products from betel leaves will be delivered in depth. Students will be involved in the process of educating the community and developing products so that they can understand and apply the concepts learned in real contexts.

## Conclusion

Community service activities can provide useful information and experience for parents who have boys at PAUD Al-Walidah, Sukajaya, Tarogong Kidul, Garut District, all parents

understand and understand techniques and procedures for maintaining the cleanliness of their children's preputium area by using natural ingredients, namely betel leaf liquid sprays.

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