



# The Relationship between Housewives' Knowledge and Attitudes towards Clean and Healthy Living Behavior

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## **Authors' contributions**

*This work was carried out in collaboration between both authors. Both authors read and approved the final manuscript.*

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## **ABSTRACT**

**Aims:** The research aims to determine the relationship between knowledge and attitudes of housewives towards clean and healthy living behaviour in Intan Lestari Housing, Bekasi City in 2024

**Introduction:** Clean and healthy living behaviour can be done anywhere, such as at home, work, health facilities, or in public places. Maintaining a healthy and clean home environment is very important because the home is a place for family members to fulfil each other's needs and build relationships with each other.

**Study Design:** The approach used is a cross-sectional design, which is a type of observational research in which the relationship between variables is observed and studied simultaneously over a certain period.

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**Place and Duration of Study:** This research was carried out in the period January 2024 to February 2024. The data collection and retrieval process were carried out online via the Google Form platform which was distributed to housewives at Intan Housing, Bekasi, West Java.

**Methodology:** The population in this study were all housewives in the Intan Lestari Bekasi Housing Complex. The samples used in this research were all housewives in the Intan Lestari Housing Bekasi who lived in the RW 022 area. To calculate the number of samples that would be used as respondents in the research, the researcher used the Slovin formula, obtaining a total sample of 93 housewives.

**Results:** From the research results, data was obtained that of the 93 housewife respondents, there were 62 people (67%) had good abilities; there were 51 people (55%) had an attitude in the good category; In terms of implementing a Clean and Healthy Lifestyle (PHBS), there are 63 people (68%) who implement PHBS well. The results of the bivariate analysis to see the relationship between housewives' knowledge of PHBS using SPSS obtained a p-value of  $0.005 < \text{sig } 0.05$ , meaning that there was a significant relationship between housewives' knowledge of PHBS behaviour, as well as the bivariate test of the relationship between attitudes towards PHBS and obtained a p-value of  $0.015 < \text{sig } 0.05$ , which means there is a significant relationship between housewives' attitudes towards PHBS.

**Conclusion:** From the research results, it can be concluded that a person's good knowledge and attitudes are very significant in influencing clean and healthy lifestyle habits (PHBS), meaning that a habitual pattern for a clean and healthy life requires good knowledge and attitudes.

*Keywords: Knowledge; attitude; healthy living behaviors.*

## 1. INTRODUCTION

Clean and healthy living behavior (PHBS) is a collection of health behaviors that are practised with a person's awareness so that family or family members can help themselves in the health sector and play an active role in activities in the community [1]. This is in line with what was conveyed by Hendrik L. Not to mention, that in influencing the health of a person or group of people, behavior plays an important role, namely it is the second biggest factor after environmental factors [2]. Therefore, the implementation of PHBS as a form of health behavior in Indonesian society is regulated in the Regulation of the Minister of Health of the Republic of Indonesia Number 2269 /MENKES/ PER/XI/2011. This PHBS includes many behaviors which include knowledge of the importance of personal hygiene, attitudes in responding to illness, and actions taken in dealing with an illness or other health problem.

Clean and healthy living behavior can be done anywhere, such as at home, work, health facilities, or in public places. Maintaining a healthy and clean home environment is very important because the home is a place for family members to fulfill each other's needs and build relationships with each other. For this reason, a healthy home will certainly create a healthy family within it. Based on 2019 Ministry of Health data shows that 55% of households in Indonesia

have implemented a clean and healthy lifestyle (PHBS). A healthy family will also have a good impact on the community around the house and the environment. In the family, the figure of a mother influences improving the level of health. A mother's habits can easily become an example for other family members. If a mother usually behaves healthily, her family will do the same and vice versa [3,4].

Therefore, this research aims to find out the knowledge and attitudes of housewives towards clean and healthy living behavior.

### 1.1 Research Problem

Based on the description of the background above, the formulation of the research problem is how the knowledge and attitudes of housewives relate to clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

### 1.2 Research Purposes

#### General Objectives:

To determine the relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

#### Specific Objectives:

1. Find out the demographic picture (age and level of education) of housewives in Intan Lestari Housing, Bekasi City in 2024.

2. Understand the description of housewives' knowledge of clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.
3. Understand the description of housewives' attitudes towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.
4. Knowing the relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

### 1.3 Benefits of Research

**For Researchers:** Increasing researchers' knowledge about the description and relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

**For Agencies:** This research can be used as an evaluation material and input in looking at the picture and relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

**For the Community:** This research can be used as scientific reading and a source of information for the community regarding the description and relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.

#### Research Hypothesis:

1.  $H_0$ : There is no significant relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024.
2.  $H_1$ : There is a significant relationship between knowledge and attitudes of housewives towards clean and healthy living behavior in Intan Lestari Housing, Bekasi City in 2024

## 2. MATERIALS AND METHODS

### 2.1 Materials

**Understanding knowledge:** Knowledge is the product of an individual's understanding of an object obtained through their senses. Apart from that, knowledge is also a process that

continuously develops, where individuals continually experience reorganization of their concepts due to new understanding obtained [5]. Individuals' knowledge varies depending on how they perceive an object or situation. Humans use the five senses, such as sight, hearing, smell, taste, and touch, to sense these objects. The sensing process carried out to obtain knowledge is influenced by the intensity of attention and perception of the object. The majority of a person's knowledge is obtained through the use of the sense of hearing and the sense of sight [6].

**Definition of behavior:** Behavior is a series of actions or responses carried out by someone in response to a stimulus, which then becomes a habit because it is influenced by the values they believe in. Human behavior includes actions or activities that can be observed or not observed as a result of human interactions with their environment. This interaction is manifested in the form of knowledge, attitudes, and actions [7].

In a more rational context, behavior can be explained as the response of an organism or individual to external stimuli. This response can be divided into two forms, namely passive form and active form. The passive form involves internal responses that occur within humans and cannot be directly observed by others. Meanwhile, the active form occurs when behavior can be observed directly [8].

### Understanding PHBS

Clean and Healthy Living Behavior (PHBS) is all health behavior carried out with awareness so that family or family members can help themselves in the health sector and play an active role in health activities in the community [9,10].

**Implementation of PHBS:** PHBS can be carried out in households, schools, public places, workplaces, and health institutions [11].

1. PHBS in the household is an effort to empower household members to know, be willing, and be able to implement PHBS and play an active role in the health movement in the community.
2. PHBS in schools is a set of behaviors practised by students, teachers, and the school community based on awareness as a result of learning so that they are independently able to prevent disease,

improve their health, and play an active role in creating a healthy environment.

3. PHBS in the workplace is an effort to empower workers, business/office owners, and managers, to know, be willing, and able to practice PHBS and play an active role in creating a healthy workplace.
4. PHBS in public places is an effort to empower visitors and managers of public places to know, be willing, and able to practice PHBS and play an active role in creating healthy public places.
5. PHBS in health institutions is an effort to empower patients, visitors, and staff to know, be willing, and able to practice PHBS and play an active role in creating Healthy Health Institutions and preventing disease transmission in health institutions.

## 2.2 Methods

### 2.2.1 Research types and designs

This research is based on an analytical research design that uses primary data collected through questionnaires or surveys. The approach used is a cross-sectional design, a type of observational research in which the relationship between variables is observed and studied simultaneously over a certain period. This study was conducted without follow-up or follow-up procedures. The focus of the research is to identify the relationship between knowledge and attitudes toward clean and healthy living behavior among housewives in RW 022 Perumahan Intan Lestari Bekasi.

### 2.2.2 Research location and time

This research was carried out in the period January 2024 to February 2024. The data collection and retrieval process was carried out online via the Google Form platform at Intan Lestari Housing Bekasi.

### 2.2.3 Research population and sample

#### 2.2.3.1 Research population

The population in this study were all housewives in the Intan Lestari Bekasi Housing Complex.

#### 2.2.3.2 Research sample

The samples used in this research were all housewives in the Intan Lestari Housing Bekasi who lived in the RW 022 area. To calculate the

number of samples that would be used as respondents in the research, the researcher used the Slovin formula.

### Inclusion and Exclusion Criteria:

**Inclusion Criteria:** All Housewives residing in RW 022 Intan Lestari Bekasi Housing in 2024

**Exclusion Criteria:** Housewives who do not live in RW 022 Intan Lestari Bekasi Housing.

### 2.2.4 Data collection technique

#### Data Sources and Data Collection

**Techniques:** This research uses primary data derived from the results of filling out a questionnaire with closed questions that meet the requirements of the validity and reliability tests for housewives who live in RW 022 Perumahan Intan Lestari Bekasi.

**Instruments:** The instrument used in this research is a questionnaire containing closed questions

### 2.2.5 Data analysis

#### 2.2.5.1 Univariate

Univariate analysis is used to describe the frequency distribution of each independent variable and dependent variable. The aim is to understand the characteristics of respondents and analyze the data in further research.

#### 2.2.5.2 Bivariate

Bivariate analysis is used to see the relationship between the independent variable and the dependent variable to prove whether the two variables are significant or not. Using data analysis in the form of chi-square ( $X^2$ ) and probability value (P value). Presented in cross-tabulation form.

## 3. RESULTS AND DISCUSSION

### 3.1 Results

This research was conducted from January 2024 to February 2024 by providing a questionnaire in the form of Google Forms and distributed via several social media such as WhatsApp, Facebook, or Line. Respondents in this study can be described based on age and education [12-15].

**Table 1. Distribution of Housewives in Intan Lestari Housing Bekasi according to Age and Education Characteristics**

Characteristics	Amount	Percentage
<b>Based on Age</b>		
21-30 year	36	39%
31-40 year	33	35%
41-50 year	14	15%
51-60 year	9	10%
> 60 year	1	1%
<b>Total</b>	<b>93</b>	<b>100%</b>
<b>Based on Education</b>		
Not completed in primary school	2	2%
Completed elementary school/equivalent	4	4%
Completed junior high school/equivalent	3	3%
Completed senior high school/equivalent	36	39%
Graduated from College/Academy	48	52%
<b>Total</b>	<b>93</b>	<b>100%</b>

**Univariate Analysis:** The following are the results of processing a questionnaire that was distributed to 93 housewives at Intan Lestari Bekasi Housing.

The housewives who were research respondents had diverse age backgrounds. The results of the data analysis show that there are 36 housewives aged 21-31 years (39%), those aged 31-40 years consisting of 33 people (35%), those aged 41 - 50 years consisting of 14 people (15%), and aged 51-60 years amounted to 9 people (10%). Meanwhile, the remaining 1 person (1%) is a housewife who is over 61 years old. These details prove that the majority of research respondents were housewives aged 21-30 years. Regarding education level, 2 people (2%) are housewives who have not completed elementary school, 4 people (4%) have graduated from elementary school/equivalent, and 3 people have graduated from secondary school/equivalent. Not only that, 36 housewives are high school/equivalent graduates (39%) and 48 college/academy graduates (52%). Based on this explanation, it is known that the majority of respondents in the research were housewives who had an educational background as college/academy graduates.

Based on the frequency distribution in Table 2 above, housewives' knowledge is divided into two levels, namely good and poor. It is known that there are 62 people (67%) of respondents who have good knowledge. Meanwhile, 31 people (33%) had poor knowledge. The education variable category is said to be good and is not obtained from calculating the median value. Based on this description, it can be concluded that housewives who live in Intan Lestari Housing are dominated by housewives with good knowledge of clean and healthy living. Regarding attitudes, respondents also gave various responses. These responses show the attitudes of housewives regarding clean and healthy living. The following is the distribution of respondents' answers [16-20].

Referring to Table 3 regarding the frequency distribution of respondents' attitudes, 51 people (55%) have a good attitude regarding a clean and healthy lifestyle, while 42 people (45%) have a less favourable attitude towards a clean and healthy lifestyle. These details also prove that the majority of housewives who live in Intan Lestari Housing have a good or positive attitude towards a clean and healthy lifestyle.

**Table 2. Frequency Distribution Based on Housewives' Knowledge of PHBS in Intan Lestari Housing**

Variable	Category	Amount	Percentage
<b>Knowledge</b>	Good	62	67%
	Not Good	31	33%
	<b>Total</b>	<b>93</b>	<b>100%</b>

**Table 3. Frequency Distribution Based on Housewives' Attitudes Towards PHBS in Intan Lestari Housing**

Variable	Category	Amount	Percentage
Attitude	Good	51	55%
	Not good	42	45%
	<b>Total</b>	<b>93</b>	<b>100%</b>

Housewives' behavior towards clean and healthy living shows varying responses. The following is the distribution of respondents' answers to the clean and healthy living behavior of housewives at Intan Lestari Housing.

Based on the descriptive analysis in Table 4 above, it is known that 63 people (68%) have good clean, and healthy living behavior, while the other 30 people (32%) are considered less good. This condition indicates that housewives in Intan Lestari Housing are dominated by individuals who have good clean and healthy living habits.

**Bivariate Analysis:** Bivariate analysis of the research was continued using the Chi-Square Test technique. Testing was carried out to determine whether there was a relationship between respondents' characteristics, as well as knowledge and attitudes, and clean and healthy

living behaviour. The following are the results of the tests carried out. The test results can be seen in the following Table 5.

Based on the results of the data analysis above, the significance value obtained from the knowledge variable is 0.005 with an Odd Ratio of 3.657. The results of this analysis show that there is a significant relationship between knowledge and the clean and healthy living behaviour of housewives in Intan Lestari Housing. Housewives who have good knowledge tend to have clean and healthy living behavior 3.657 times better than housewives with less good knowledge. This also indicates that the hypothesis proposed in the research is accepted. This means that the better the knowledge they have, the better and more positive the clean and healthy living behaviour of housewives at Intan Lestari Housing will be.

**Table 4. Frequency Distribution Based on the Implementation of PHBS for Housewives in Intan Lestari Bekasi Housing**

Variable	Category	Amount	Percentage
Clean and Healthy Living Behavior	Good	63	68%
	Not Good	30	32%
	<b>Total</b>	<b>93</b>	<b>100%</b>

**Table 5. Relationship between Housewives' Knowledge and Clean and Healthy Living Behavior in Intan Lestari Housing**

Knowledge	Clean and Healthy Living Behavior				Total	P-value	OR
	Good		Not Good				
	N	%	N	%			
Good	48	52	14	15	62	67	0,005 3,657 (1,454- 9,198)
Not Good	15	16	16	17	31	33	
<b>Total</b>	<b>63</b>	<b>67</b>	<b>30</b>	<b>32</b>	<b>93</b>	<b>100</b>	

**Table 6. The Relationship between Housewives' Attitudes and Clean and Healthy Living Behavior in Intan Lestari Housing**

Attitude	Clean and Healthy Living Behavior				Total	P-value	OR
	Baik		Kurang Baik				
	N	%	N	%			
Good	40	43	11	12	51	55	0,015 3,004 (1,218- 7,407)
Not Good	23	25	19	20	42	45	
<b>Total</b>	<b>63</b>	<b>67</b>	<b>30</b>	<b>32</b>	<b>93</b>	<b>100</b>	

Based on the results of the data analysis above, the significance value obtained from the attitude variable is 0.015 with an Odd Ratio of 3.004. The results of this analysis show that there is a significant relationship between attitudes and the clean and healthy living behaviour of housewives in Intan Lestari Housing. Housewives who have a good attitude tend to have clean and healthy living behavior 3.004 times better than housewives with a less good attitude. This also indicates that the hypothesis proposed in the research is accepted. This means that the better the attitude, the better and more positive the clean and healthy living behavior of housewives at Intan Lestari Housing will be.

### **3.2 Discussion**

#### **3.2.1 Relationship between Housewives' Knowledge in Intan Lestari Housing and PHBS**

A value of  $p=0.005$  was obtained in the statistical test on the knowledge variable, so it can be concluded that there is a significant relationship between respondents' knowledge and PHBS among housewives in Intan Lestari Housing. According to Notoatmodjo, society as the primary target is expected to have the correct understanding (knowledge) about health. With correct knowledge about health, they will have a positive attitude about health, and it is hoped that behavior changes will occur. Knowledge is influenced by education which can not only shape knowledge but also attitudes, perceptions, and assessments of health. So it can be concluded that the higher a person's knowledge, the higher their self-awareness of their health and environment. This is very by the results obtained, namely 67% of respondents with good knowledge had good behavior. The results of the analysis also obtained a value of  $OR=3.657$ , meaning that housewives who have good knowledge have 3.657 times better implementation of PHBS. This can also be influenced by the fact that most of them are housewives who have completed a university education. Understanding of good and bad, the dividing line between what can and cannot be done, is obtained from education. However, this research had different results from those conducted by Rayhana and Triana in Bekasi in 2016. The research conducted by Rayhana and Triana did not show a significant relationship between the level of knowledge of PHBS among housewives.

In this study, if we look at age, the majority were found in the 21-30 year age category. According to Suryanto, in his research in Yogyakarta in 2004, young people are more receptive to information and are more dynamic than older people, so they are more receptive to changes in behavior. Erfandi in his research said that knowledge is very closely related to formal education, where it is hoped that someone with higher education will have broader knowledge. However, a person's knowledge can also be influenced by information media, economics, experience, and the environment.

Based on Lawrence Green's theory, several factors influence making a behavioral decision, namely predisposing factors (age, occupation, education, knowledge, and attitude), enabling factors (distance to health facilities), and reinforcing factors (support from family and community leaders). The results of this research are also in line with the existing theory that attitudes and knowledge influence a person's behavior.

#### **3.2.2 The relationship between housewives' attitudes in Intan Lestari housing and PHBS**

Based on Table 6, the significance value obtained from the attitude variable is 0.015 with an Odd Ratio of 3.004. The results of this analysis show that there is a significant relationship between attitudes and the clean and healthy living behaviour of housewives in Intan Lestari Housing. Housewives who have a good attitude tend to have clean and healthy living behaviour 3.004 times better than housewives with a less good attitude. This also indicates that the hypothesis proposed in the research is accepted. This means that the better the attitude, the better and more positive the clean and healthy living behaviour of housewives at Intan Lestari Housing will be. The results of other research by Safrina in 2018 and Suryani in 2013 also revealed the same thing, namely that a housewife who has a poor attitude tends to behave in a clean and healthy lifestyle that is not good, and vice versa.

### **4. CONCLUSION**

From the research results, it can be concluded that a person's good knowledge and attitudes are very significant in influencing clean and healthy lifestyle habits (PHBS), meaning that a habitual

pattern for a clean and healthy life requires good knowledge and attitudes.

#### 4.1 Suggestion

Based on the findings of the research, some suggestions can be given, namely that this research has limitations so that it is possible to carry out further research. Considering that the focus of the research is to examine knowledge and attitude variables towards clean and healthy living behavior, research can be carried out by examining in more depth the variables that correlate with other clean and healthy living behaviors. Apart from that, research can also be developed by using different data analysis techniques or even increasing the number of populations studied.

#### DISCLAIMER (ARTIFICIAL INTELLIGENCE)

Author(s) hereby declare that NO generative AI technologies such as Large Language Models (ChatGPT, COPILOT, etc) and text-to-image generators have been used during writing or editing of manuscripts.

#### CONSENT AND ETHICAL APPROVAL

It is not applicable.

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#### COMPETING INTERESTS

Authors have declared that no competing interests exist.

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