



Clean Living Culture through Online Learning Using Digital Media for Junior High School Students

Desi Arita Maryani Br. Sinaga, Asep Bayu Dani Nandiyanto

Universitas Pendidikan Indonesia, Indonesia

Email: desiarita@upi.edu

Abstract. The purpose of this study was to analyse the teaching of clean and healthy living culture in daily life through online learning using digital media. This learning uses Zoom meetings, google forms and the Wordwall site and provides pretest and posttest before and after learning to 22 junior high school students in Dayun District. Learning begins by introducing a clean and healthy living culture and the use of digital media such as Zoom meetings, Google forms and the Wordwall site. Pretest and Posttest are given through Google Forms with 20 questions. The results of the pretest and posttest given, show on average that students can know well the culture of clean and healthy living in daily life by using digital media as much as 81.82 points, but in using digital media as a tool for learning for students less can be said. This is due to various obstacles faced by students including, students rarely interact with teachers via zoom and only give homework through Google Classroom and WhatsApp, there are network problems or signals that occur when online learning takes place and lack of knowledge of digital media used such as laptop or cell phone. In this case, the introduction to sites such as Wordwall is also very minimal, so it requires a lot of interaction in using the site. This research can provide new information about learning the culture of clean and healthy living through online learning using digital media and shows the obstacles in using it.

1. Introduction

A healthy lifestyle according to Kus Irianto (2014) is the practice of clean and healthy living habits in everyday life, both when students are in class and outside of class. Living culture is a habit or pattern of life that is carried out by everyone depending on the benefits of each [1]. This lifestyle aims to improve, maintain and protect physical, mental, spiritual and social health. During the ongoing pandemic, everyone is infected to live clean and healthy so as not to contract the covid virus. Cultures that must be familiarized since the emergence of the pandemic such as wearing masks when in public places, washing hands before entering public places and maintaining distance when outside. Not spared from this covid problem, schools must also follow the regulations made by the government to prevent the spread of covid 19. As an effort to prevent the Covid-19 pandemic, the government has issued a policy that schools ask students to study at home. Learning activities are carried out without direct face to face



between teachers and students by using learning applications and social networks. The learning system is implemented through digital media. Digital media is used as a means of receiving and providing information through digital platforms such as zoom meetings, google forms and so on.

There are many papers that discuss a clean and healthy living culture such as from Wulantika (2021) regarding " Website Analysis as a Media for Healthy Living Digital Campaign " which discusses websites about healthy lifestyle information in them [2]. However, there are still shortcomings in the website whose sources can be said to be incomplete. Then there is Calixtro (2021) who discusses " Health status and job performance of physical education instructors in higher education institutions " about the factors of the relationship between health and work performance for Physical Education teachers, in which the results have no relationship between the two [3]. Then there is a study from Bangkerd (2021) which discusses " Development of augmented reality application for exercise to promote health among the elderly" about the use of sports applications to improve health in the elderly whose samples were taken from Thailand. The results of this study are said to be effective for improving health in the use of applications for the elderly. As for other studies from Fale (2021) on " Battle of modern heroes: healthcare provider's crisis experiences during the covid-19 pandemic " which discusses the health and welfare of health workers in dealing with covid during the pandemic [4], as well as research from Masuda et al. which discusses " Mitochondrial biogenesis induced by exercise and nutrients: implication for performance and health benefits " about muscle health that affects the health status of the whole body and muscle health that depends on mitochondria (the powerhouse of cells to produce ATP and oxygen). demonstrated that exercise and nutrition-mediated mitochondria can upregulate mitochondrial function [5].

Therefore health is very important for everyone, be it for the government, society or schools. On the topic of this research, the culture of clean and healthy living through online learning using digital media is very much needed. The purpose of research on this topic is to analyze how the teaching of a clean and healthy living culture and the teaching of digital media can be channeled properly. Especially during the ongoing pandemic, a culture of clean and healthy living can be seen by complying with health protocols issued by the government, such as wearing masks, washing hands and keeping a distance in public places. Teaching Clean and healthy living culture taught to students is not much different from existing health protocols, only adding material to eat healthy and nutritious food, then maintaining sleep patterns and diligently exercising [6]. Through online learning using digital media, classes do not have to be face-to-face at school. Through the media zoom, teachers and students can interact through videos that are connected to the internet. But to be able to stay stable on zoom requires a strong network where students and teachers are often disturbed by unstable or non-existent networks. In this case, other digital media can also be used, such as Google Forms. Google Forms can be used instead of the exam papers or tests that are usually done in school. Besides being accessible anywhere. Google Forms also have a long timeout and can be opened multiple times. Similar to the use of google forms for students, the wordwall site can also be used easily. The thing that is more interesting than wordwall itself, this site can provide more interesting quizzes than google forms [6-8]]. On the wordwall there are points and a fairly short time to work on the questions but in the form of games or games. That way, questions that were previously only in the form of writing can take the form of various types of games that can be played casually. However, because there is no introduction to this site, students are quite

confused in using it, for that it is necessary to introduce and use it repeatedly so that students are familiar with this site and the google form. The novelty of this study (i); Knowing the culture of clean and healthy life of students during the pandemic (ii); knowing the importance of a clean and healthy living culture and being able to use digital media during online learning and (iii); know the problems that occur in the use of digital media both teachers and students.

2. Method

This research was taken from KKN activities that were carried out for a month, starting from February 9 to March 9 where the learning was carried out using Zoom meetings, Google forms and the Wordwall site as well as giving pretest and posttest before and after learning to 22 junior high school students in Dayun District. The students whose data were taken were 7th grade and 9th grade junior high school students at SMPN 4 Dayun in Berumbung Baru. Learning is done by introducing a clean and healthy living culture and providing an understanding of the use of digital media such as Zoom meetings, Google forms and the Wordwall site. Pretest and posttest were given via Google Forms with 20 questions. The questions are divided into two materials, namely 10 materials about Digital Media and 10 materials about Clean and Healthy Living Culture in everyday life. The purpose of introducing this material is to analyze the teaching about the material provided can be understood and can be used in everyday life. The results of the pretest and posttest given on average show that students can know the culture of clean and healthy living in daily life by using digital media 81.82 points, but the use of digital media as a learning tool for students can be said to be lacking which will be explained in the results and discussion. The pretest and posttest questions are discussed in table 1.

Table 1. Pretest and Posttest Questions

Pretest and Posttest Questions	
<p>Digital Media Material</p> <ol style="list-style-type: none"> 1. Have you ever used Wordwall? 2. Have you used Google forms before? 3. Have you ever used digital media other than Zoom? 4. Can you use Zoom during Online Learning? 5. Are there any problems while using Zoom during the lesson? 6. Do you know the Uses of Google forms? 7. If you have used Wordwall, what do you know about this Wordwall? 8. If you have ever used digital media other than Zoom, what would it be? 9. If you know the use of Google Forms, Mention one of the uses of Google forms 10. What are the obstacles you face when using Zoom? 	<p>Clean and Healthy Living Culture Material</p> <ol style="list-style-type: none"> 1. Do you always wear a mask every time you go out? 2. Do you always carry Hand Sanitizer every time you travel? 3. Do you always wash your hands before entering the house? 4. Do you exercise regularly? 5. Do you keep your distance in public? 6. According to health science, the length of human sleep in general ranges from... 7. Our healthy living culture must be based on 8. A balanced menu or food is more commonly called a dish.... 9. A good life full of discipline and regular eating, is the basis of the pattern 10. In the maintenance of food ingredients, it is necessary to pay attention to the quality of the materials to be selected and must meet the requirements, among others...

3. Results and Discussion

Figure 1 shows the data for the average value of 22 students using two classes, namely grade 9 and grade 7. This data is taken from Google Classroom with the average results achieved entirely. The questions given are 20 questions with 10 questions about digital media and 10 questions about Clean and Healthy Living Culture. The questions were done by students before being given material that aims as basic data in recognizing the material for Clean and Healthy Culture and the use of digital media in everyday life. The initial score obtained in this pretest is 69.09/100 points which can be said to be quite good as the basic data of this study. The score was taken from questions about a Clean and Healthy Living Culture, namely 5 questions in the last order, where only a few students were able to answer the questions correctly. the condition of the class when the data was taken was not conducive enough because many students did not understand how to use google forms and did not know what a wordwall site was, so many questions about digital media were filled in blankly or not filled in by students. the material about the culture of clean and healthy living does not look attractive when it is given to students. students do not ask many questions to the presenters but ask their classmates so that the presenters must first ask the obstacles they are facing. even so the points obtained are quite good and not bad, for that it is necessary to introduce and direct practice for material on the topic of digital media and the culture of clean and healthy living to students in the classroom.

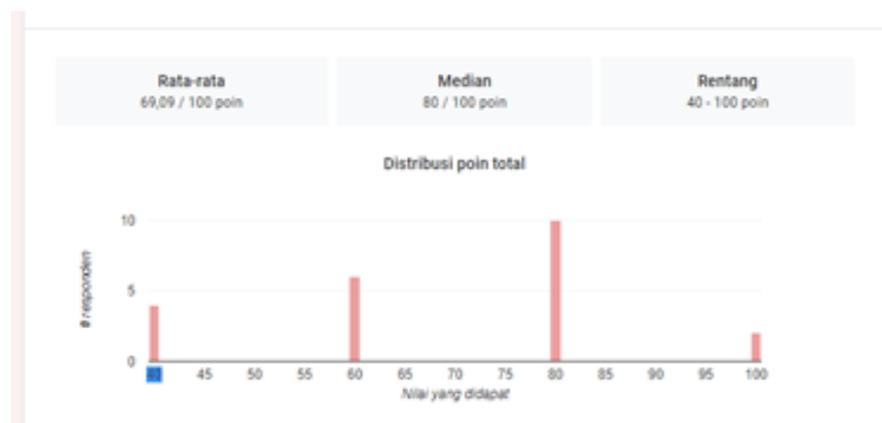


Figure 1. Pretest Average Score

Figure 2 shows the average posttest scores obtained after treatment. The questions given are the same as the previous pretest questions. This is because to see students' knowledge in understanding the material that has been delivered directly and has practiced it in class. According to Pupuh (2013), the practical learning method is a method by providing educational materials using either tools or objects, such as demonstrations, with the hope that students will become clear and easy at the same time practicing the intended material so that the scores obtained are quite good and the average points are good. each question obtained has increased (6). The material for a Clean and Healthy Living Culture and the use of digital media can be said to be successful in its delivery so that students are able to understand and use the knowledge that has been obtained for use in everyday life. Meanwhile, the material that has been conveyed should be used as well as possible by students so that it can be useful

for themselves and the surrounding community. For this reason, the average point value obtained from the posttest results is 81.89 points, this value is included in the good category so that it is said to be successful in conveying the material to students.

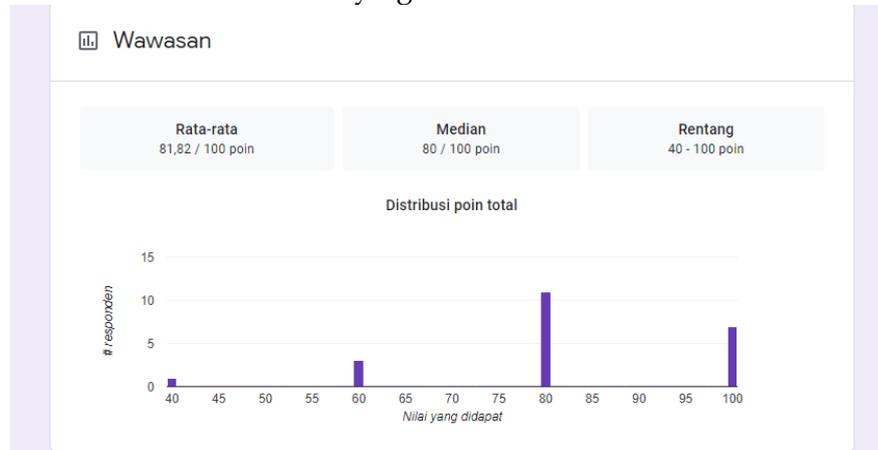


Figure 2. Posttest Average Score

The results of the data obtained can be seen in Table 1, this table contains a comparison of the students' average scores on the pretest and posttest questions. It can be seen which questions increase and which questions remain. However, there is no question that its value has decreased or decreased. These questions are 20 questions that contain 2 materials, namely a Clean and Healthy Living Culture and the Use of Digital Media. The results of the pretest and posttest scores were taken from the Google Form that was given to students before and after learning through zoom and practicing directly using Wordwall as the material used.

Table 1. Pretest and Posttest Results

NO	QUESTION	PRETEST	POSTTEST
1	Have you ever used Wordwall?	54.5%	90.9%
2	Have you used Google forms before?	50%	54.5%
3	Have you ever used digital media other than Zoom?	68.2%	95.5%
4	Can you use Zoom during Online Learning?	86.4%	100%
5	Are there any problems while using Zoom during the lesson?	45.5%	63.6%
6	Do you know the Uses of Google forms?	63.6%	68.2%
7	If you have used Wordwall, what do you know about this Wordwall?	80% (Don't Know)	100% (Know)
8	If you have ever used digital media other than Zoom, what would it be?	55% (Know)	95.5% (Know)
9	If you know the use of Google Forms, Mention one of the uses of Google forms	72.8% (Don't Know)	77.3% (Know)
10	What are the obstacles you face when using Zoom?	72.5% (Network)	72.5% (Network)
11	Do you always wear a mask every time you go out?	68.2%	86.4%

12	Do you always carry Hand Sanitizer every time you travel?	22.7%	50%
13	Do you always wash your hands before entering the house?	45.5%	63.6%
14	Do you exercise regularly?	22.7%	63.6%
15	Do you keep your distance in public?	59.1%	63.6%
16	According to health science, the length of human sleep in general ranges from...	22.7%	54.4%
17	Our healthy living culture must be guided by.....	59.1%	72.7%
18	A balanced menu or food is more commonly called a dish....	95.5%	95.5%
19	A good life full of discipline and regular eating, is the basis of the pattern	81.8%	95.5%
20	In the maintenance of food ingredients, it is necessary to pay attention to the quality of the materials to be selected and must meet the requirements, among others...	86.4%	90.9%

The results of the discussion of the pretest and posttest regarding the use of Digital media and a Clean and Healthy Living Culture in table 1 show several points, namely:

- i. In questions number 1-9 with the material on the use of Digital Media in the table, it can be seen that these values have increased after the reintroduction treatment and direct practice when zooming. students become more aware when using Zoom directly and the wordwall site so they can see what their obstacles are while using them. The obstacles obtained will be explained in question number 10 with the same material.
- ii. For questions 1-7 with the material on a Clean and Healthy Living Culture. it can be seen in the table that it has increased after being given an introduction and understanding of the importance of a clean and healthy culture during the ongoing pandemic. the material provided is not much different from the topic of wearing masks, washing hands and so on. students are able to understand this material further by looking for other materials related to the culture of clean and healthy living on an individual basis.
- iii. For 9-10 with material on the culture of clean and healthy living, it can be seen in the table that there was a big increase after being given further introduction about healthy and nutritious foods. An example is also given in the material by providing what are healthy and nutritious foods that can be consumed during a pandemic to avoid viruses and diseases while studying from home.
- iv. For question 10 with digital material there is no improvement at all, because in this question the obstacles faced by students and the average student answers are signals or networks when carrying out the teaching and learning process using zoom. because of this the students also don't have enough internet quota where using zoom can eat up a fairly large internet quota, therefore, teachers only sometimes provide material via zoom. most of the material is provided through the WhatsApp group application which is easier to use and was first used as a sophisticated messaging tool. however, some students have different understandings, so there may be some students who do not understand the material if it is not explained directly.

- v. For questions 8 with the material of clean and healthy living culture, there is no increase but is included in the very good category. because the question is a question that is easily answered by students. These questions are part of a healthy diet consisting of 4 healthy and 5 perfect. with the results of the average value of 95.5% this material is easily understood by students so that many of the initial data answered correctly

Based on the explanation of the points in the previous table about the pretest and posttest questions digital media learning and a clean and healthy living culture can be carried out well. by using digital media as a distance learning tool, students are able to operate digital media well after being given direct practice in the classroom. quoted from Titin (2016) learning methods with practice are seen as being able to help and facilitate students in developing creativity, and student skills in learning, as well as interest and motivation of students which have not been applied by teachers in learning. this can be seen from the results of the pretest and posttest given to students. The practical learning method will develop thinking skills, train intellectual skills which can then develop and increase student learning motivation and improve student learning outcomes is a practical learning method based on the problems encountered (7) For this reason, it is necessary to practice in using digital media and provide examples of a clean and healthy living culture in the school, home and community environment. The introduction in this material is very suitable to be known further at this time, especially with the pandemic period that has not shown to have diminished. therefore it can be suggested to be able to provide more material about digital media and the culture of clean and healthy living in schools that still have little knowledge about it [9,10].

4. Conclusion

Learning The culture of living clean and healthy in life through online learning using digital media with zoom meetings for 22 students shows good results. This has been evaluated through pretest-posttest distributed through google forms with mixed results, there were some students who experienced an increase and some others did not experience any increase but the average score obtained was good, which was 75.11%. This factor is supported by using a wordwall site that increases students' attention in doing quizzes or assignments with joy and enthusiasm. Therefore the method used affects the success of the learning process.

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