



## Fifth grade students care about the environment through the Clean and Healthy Friday event

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### ABSTRACT

*This research is motivated by the many cases of environmental pollution and careless waste disposal which can trigger environmental damage. Even though the function of the environment is very important to support human life. So, an attitude of caring for the environment must be implemented from an early age. This research aims to describe the environmental care attitudes of students at SD Negeri 1 Bantrung through clean and healthy Friday activities. This type of research uses qualitative research with a case study approach. Through case studies, the aim is to comprehensively reveal the character values of caring for the environment in Clean and Healthy Friday activities. Data collection techniques include observing the implementation of clean and healthy Friday activities carried out by the school and students' daily attitudes towards the environment, interviews with the Principal, class teacher, and 7 students conducted at different times with the same questions, and documentation of activities clean and healthy Fridays at school obtained by researchers during research. This research was carried out at SD Negeri 1 Bantrung, located in Bantrung Village RT.03 RW.01, Bantrung, Batealit District, Jepara Regency. Based on the results of research, students' environmental care attitudes towards the environment are quite good, students can love the surrounding environment with 5 indicators of environmental care attitudes, 4 of which are appropriate, namely saving electricity and water energy, availability of trash cans and hand washing facilities in each class, maintain the cleanliness of the school environment, the availability of bathrooms and clean water. An attitude of caring for the environment is instilled in educational levels through regularly carried out clean and healthy Friday activities. Clean and healthy Friday activities have a positive impact on attitudes that care about the environment.*

**Keywords:** Clean and healthy Friday; Attitude; Environmental Care

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**ABSTRACT**

Penelitian ini dilatar belakangi oleh banyaknya kasus pencemaran lingkungan maupun pembuangan sampah sembarangan yang dapat memicu kerusakan lingkungan. Padahal fungsi lingkungan sangat penting guna menjadi penunjang kehidupan manusia. Maka, sikap peduli lingkungan wajib diterapkan sejak usia dini. Penelitian ini bertujuan untuk mendeskripsikan sikap peduli lingkungan peserta didik di SD Negeri 1 Bantrung melalui kegiatan Jumat bersih dan sehat. Jenis penelitian ini menggunakan penelitian kualitatif dengan pendekatan studi kasus. Melalui studi kasus bertujuan untuk mengungkap secara komprehensif nilai-nilai karakter peduli lingkungan dalam kegiatan Jumat Bersih dan Sehat. Teknik pengumpulan data dengan cara observasi pelaksanaan kegiatan Jumat bersih dan sehat yang dilaksanakan sekolah dan sikap peserta didik sehari-hari terhadap lingkungan, wawancara kepada Kepala Sekolah, Guru kelas, dan 7 peserta didik yang dilakukan di waktu yang berbeda dengan pertanyaan yang sama, dan dokumentasi kegiatan Jumat bersih dan sehat di sekolah yang diperoleh peneliti saat pelaksanaan penelitian. Penelitian ini dilaksanakan di SD Negeri 1 Bantrung, berada di Desa Bantrung RT.03 RW.01, Bantrung, Kecamatan Batealit Kabupaten Jepara. Berdasarkan hasil penelitian sikap peduli lingkungan peserta didik terhadap lingkungan cukup baik, peserta didik dapat mencintai lingkungan sekitar dengan 5 indikator sikap peduli lingkungan, 4 diantaranya sudah sesuai yaitu hemat energi listrik dan air, tersedianya tempat sampah dan tempat cuci tangan yang tersedia di setiap kelas, memelihara kebersihan lingkungan sekolah, tersedianya kamar mandi dan air bersih. Sikap peduli lingkungan ditanamkan pada jajaran pendidikan melalui kegiatan Jumat bersih dan sehat yang rutin dilaksanakan. Kegiatan Jumat bersih dan sehat memberikan dampak positif terhadap sikap peduli lingkungan.

**Kata Kunci:** Jumat bersih dan sehat; sikap; peduli lingkungan

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**INTRODUCTION**

A developed nation is a nation that has quality human resources, so that the quality of education increases significantly and requires the formation of quality human resources (Kuryanto, Andriyani, et al., 2023). Education is one of the determining factors for improving the quality of human resources (Saraswati et al., 2023). Apart from increasing human resources, education is a process in forming the character of a nation because a person's character will be formed through activities carried out repeatedly until it becomes a habit which will ultimately become a character. Students' character education can be influenced by surrounding environmental factors, including the school environment (Anis et al., 2023). In every life, we often come across news about the environment, therefore damage is created by opportunities carried out by irresponsible people (Cholifah & Nugroho, 2022).

Caring for the environment is an attitude and action that always tries to prevent damage to the surrounding natural environment and develops efforts to repair natural damage that has occurred (Ahmadi et al., 2021). Environmental problems have recently become a topic of conversation that is often discussed in various media and public discussions (Thoha et al., 2023). As good Indonesian citizens, we must protect and care about the surrounding environment because it affects human life directly and indirectly (Widiantoro & Minsih, 2023).

If humans are indifferent to the environment and do not pay attention to the surrounding environment, it will have an impact on human activities. If humans are indifferent to the environment and do not pay attention to the surrounding environment, it will have an impact on human activities (Maguire et al., 2019). Just as people who carelessly throw away rubbish can cause flooding, even water treatment facilities that are not paid attention to become puddles of water and become breeding grounds for mosquito larvae. There are concerns that malaria-carrying mosquitoes could spread the disease to students. There are concerns that the

mosquitoes that breed are malaria and could spread the disease to students (Agyemang-Badu et al., 2023). Throwing rubbish carelessly can make the environment dirty. Dirty places will become nests for flies and mosquitoes that carry various diseases. Diseases such as dengue fever, vomiting, diarrhea and malaria can be overcome by living clean. Frequently handing over cleaning tasks to other people does not reflect a caring attitude towards the environment. Because basically keeping the environment clean is a shared task. Schools that look neat, clean, beautiful, safe, comfortable and healthy usually cannot be separated from the management system but depend on the cooperation of all school members such as teachers, employees and students (Rahmat et al., 2021).

The clean and healthy Friday activity program includes activities that involve all school members involved in maintaining physical health and keeping the surrounding environment clean (Lidiatani & Sumardi, 2023). The aim is to be more aware of personal health, such as morning exercise which is good for students or young children because it can improve children's locomotor movements (Kuryanto & Pratiwi, 2018). For example walking, running, jumping, etc. Students can also be more aware of the environment and always make efforts to protect their environment. A comfortable environment will influence learning outcomes as an evaluation of the teaching and learning process by teachers in evaluating student learning achievement (D.C Karundeng et al., 2023). Therefore, a caring attitude towards the environment that is instilled from elementary school onwards is important.

Human attitudes and behavior will determine good and bad environmental conditions. If we consider it as an emerging environmental problem, the cause is mostly human activity (Santika et al., 2022). An attitude of caring for the environment must be developed, one of which is through routine school activities or school culture in order to prevent environmental damage caused by human activities (Fortuna et al., 2023). One of the school cultures to implement an environmentally caring character in educational units is clean and healthy Friday activities (Monica et al., 2023). Teachers as motivators and directors in clean and healthy Friday activities provide direction and opportunities for students to work together in activities at school (Pratiwi et al., 2018). Activities that are repeated continuously will become habits and will eventually become a person's character (Irfianti et al., 2016). This character must be formed and strengthened through positive habits, especially in the school environment. Because the waning of children's social caring character towards the environment around them will affect the child's social development process, especially children aged 6-12 years are at the stage of cultivating social caring character including the surrounding environment (Agustina et al., 2022). Therefore, a caring approach to the environment must be prioritized, especially at the elementary school level.

The relevant research includes (1) The journal with the title "Implementation of Environmentally Mindful Environmental Culture in Forming Elementary School Students' Environmentally Caring Character" obtained results from 3 implementations. Firstly, planning, by creating a special team from school residents and committees to maximize the *adiwiyata* program. Second, implementation with 4 components: making policies, implementing the curriculum, carrying out activities, managing supporting facilities and infrastructure. Third, evaluate school culture. The school management team routinely sorts waste and differentiates between recyclables. This program implements environmentally sound policies, provides learning materials (Mikhaylov, 2014). The implementation of the

school culture program is routinely carried out, this activity is a must for all school members. Activities include sweeping the yard, picking up and throwing away trash in its place. Based on the researchers' findings, it can be concluded that an environmentally friendly school culture forms an environmentally caring character (Rokhmah & Munir, 2021). The rural area is different from urban areas which have provided better waste processing to improve the environment, but rural areas are still beautiful and their small scope can be of greater concern to the community (Bento-Silva et al., 2015). This has an impact on people's health, especially children who are prone to disease, who need clean areas and teachers who are comfortable and protected from disease (Speiser et al., 2022).

The journal with the title "Implementation of Environmentally Mindful Environmental Culture in Forming Elementary School Students' Environmentally Caring Character" obtained results from 3 implementations. Firstly, planning, by creating a special team from school residents and committees to maximize the *adiwiyata* program. Second, implementation with 4 components: making policies, implementing the curriculum, carrying out activities, managing supporting facilities and infrastructure. Third, evaluate school culture. The school management team routinely sorts waste and differentiates between recyclables. This program implements environmentally sound policies, provides learning materials. The implementation of the school culture program is routinely carried out, this activity is a must for all school members. Activities include sweeping the yard, picking up and throwing away trash in its place. Based on the researchers' findings, it can be concluded that an environmentally friendly school culture forms an environmentally caring character (Rokhmah & Munir, 2021).

The journal entitled "Analysis of the Cultivation of Environmentally Caring Character in Mutual Cooperation Activities for Class VI Students of SD Negeri Muktiharjo Kidul 03 Semarang" uses qualitative research methods with descriptive methods. Obtain findings from the available indicators: first, maintaining the school environment is carried out well through class picket. secondly, the availability of rubbish dumps provides a habit of throwing rubbish in its place so that students can study comfortably. Third, placing command stickers is carried out in mutual cooperation by all students, so that the habit of instilling character can be carried out optimally (Saraswati et al., 2023).

In this study, researchers used 5 indicators as a reference for implementing students' attitudes towards the environment through Clean and Healthy Friday activities. Weekly routine activities at school can provide the best examples in real life and familiarity with the environment. Friday's routine begins with health exercises and continues with cleaning classrooms and school areas using the facilities and infrastructure that have been prepared by the school. Adequate facilities and infrastructure are important components so that the character development process can run efficiently, comfortably and flexibly. Apart from being a school cleaning activity, this event is also a place for students to socialize with other students or classes. Provide direct knowledge about the importance of health and cleanliness of the surrounding environment, especially where the teaching and learning process takes place (Kosta et al., 2022).

This research aims to determine the environmental care attitudes of students in elementary schools. Because we can see the importance of an attitudinal approach to the environment that is instilled from elementary school level. After obtaining the data from the analysis, it is hoped that students will be able to develop an attitude or character that cares about the environment,

such as protecting the cleanliness of their surroundings, throwing away rubbish in its proper place, using clean water every day to maintain personal hygiene, reducing the use of plastic to avoid potential environmental damage .

## **METHODS**

### **Type and Design**

This research was conducted at SD Negeri 1 Bantrung, whose address is Bantrung Village, RT.03 RW.01, Bantrung, Batealit District, Jepara Regency. The subjects of this research were class V students at SD Negeri 1 Bantrung. Researchers in the research used qualitative methods through a case study approach. The use of case studies aims to comprehensively reveal the character values of caring for the environment which are internationalized into clean and healthy Friday activities (Muttaqin & Rohyana, 2023). Case studies are based on collecting data from several sources of information (Gal, 2024). Several stages in making a case study include: Determining the problem, creating an instrument, collecting data, making data analysis, and preparing a research report (Assyakurrohim et al., 2023). Qualitative research is research that intends to understand the phenomena experienced by research subjects, for example behavior, attitudes, actions, attitudes, etc., by describing them in the form of words and language (Sidiq et al., 2019).

### **Data and Data Sources**

In this research, data was collected systematically using primary data and secondary data. Primary data for this research was collected directly from direct observations and interviews with the principal, class teachers and class V students at SDN 1 Bantrung. Meanwhile, secondary data in this research is in the form of photos of activities, documents and reference books in this research. Observations allow a view of the clean and healthy Friday activities that the school routinely carries out in providing examples of implementing a caring attitude towards the surrounding environment, and documentation provides concrete evidence. Interview techniques were also the basis for data collection involving various groups of informants in the elementary school area, including school principals, class teachers, and class V students. This interview was designed to be loosely structured by preparing written questions.

### **Data collection technique**

The operational techniques and tools used in this research are observation, interviews and recording to collect information related to the topic of students' environmental care attitudes. This was then adjusted to the 5 indicators of this research, 1) energy saving habits, 2) availability of rubbish dumps and hand washing facilities, 3) reduction in plastic use, 4) maintaining the cleanliness of the school environment, and 5) availability of bathrooms and clean water. The sample for this research is Class V students who can be role models for lower class and lower class society as well as role models for upper class society. Observation uses predetermined systematics to record behavior, events and other phenomena relevant to the research objectives. Based on student standards, interviews were conducted with the principal and principal of Class V as supervisors and with 7 Class V students, namely 4 active and hyperactive students and 3 passive or quiet students, with the same interview questions but at

different times. After that, the researcher combined the results of observations, interviews and documentation material during the implementation of the research.

### Data analysis

The data analysis techniques in this research are observation, interviews and documentation, while data validity is carried out using the technical triangulation method. The triangulation technique in this research was carried out by checking data from various sources through observation, documentation and interviews with the school principal, homeroom teacher and students. Various data obtained from data sources produce evidence related to the problems studied by researchers. The results will later be analyzed further by researchers so that the truth can be concluded. Data analysis uses the Miles-Huberman interactive model: First, data reduction focuses on observing students' attitudes towards the environment, the results of interviews with principals, principals and students, and direct recording of Clean and Healthy Friday activities, focusing on What. the importance of and their attitudes towards the environment during the research process; Second, data presentation is a collection of information that allows researchers to draw conclusions. The researcher described the results obtained through interviews with the principal, principal and Class V students and found consistency between observations, interviews and documentation. It was found that 4 of the 5 indicators identified by researchers were appropriate. (1) Energy saving habits developed by teachers and students; (2) Does each class have a trash can and hand washing place; (3) Class pickets are carried out every day to maintain the cleanliness of the school environment, students throw rubbish in the right place, school guards participate in cleaning the school yard, and other cleanliness activities are included in clean and healthy Friday activities; (4) provide bathrooms and clean water, adequate bathroom facilities, including spoons, buckets or bathtubs, soap and other cleaning tools; Third, conclusion by explaining the conclusions from the data obtained during the research.

## RESULTS AND DISCUSSION

There are 5 indicators to measure students' environmental attitudes :

1. The first indicator is energy saving. Based on the results of observations and interviews, "Electricity users are always reminded every day to turn off lights, fans, LCDs after use, and other electrical equipment" (Interview, January 9 2024). all school residents at SD Negeri 1 Bantrung are wise in using electrical energy and water as needed. One of them is that students save electricity by turning off the lights during the day and using sunlight to help light the classroom. Turn off the fan when the lesson is over. Agrees with research which states that students realize that if they cannot save electrical energy to the point of waste, it will lead to increased pollution which can result in global warming (Istiqomah, 2019).
2. The second indicator is the availability of trash bins and hand washing facilities. Based on the results of observations and interviews, it shows that trash and hand washing bins are available throughout the front of the class. However, sorting organic and inorganic waste is not yet available. So all the rubbish is put together, while the temporary rubbish dump

is behind the school and will be picked up by a rubbish truck every 3 weeks. This indicator has been included and is in accordance with the quotation from the book on indicators of environmental care (suryamin, 2014).

3. The third indicator is reducing the use of plastic.

“Plastic use is still relatively high. Because, most traders still use plastic which is considered more practical and makes it easier for students to carry it” (Interview, January 9 2024).

This was also conveyed by Mrs. Frizky (class V teacher):

“The use of plastic is still high, because it is felt that plastic is still a practical place to wrap up what traders sell. However, I still give advice to students to reduce the use of plastic instead of eating containers and always bring their own drinking water” (Interview, January 9 2024).

Based on observations and interviews, students at SD Negeri 1 Bantrung still use plastic at a high percentage, namely 42%, lower than students who still regularly use plastic. Principals and teachers are working to reduce plastic use, instructing students to bring supplies from home and talking to school vendors to reduce plastic use. However, traders fail to reduce the use of plastic because plastic is still considered useful.

4. The fourth indicator is maintaining the cleanliness of the school environment. Based on the results of observations and interviews, all school residents always keep the school environment clean. This is proven by the routine activities carried out every Friday, namely cleaning the school environment and when there is rubbish strewn around, the students pick it up and then throw it in the rubbish bin.
5. The fifth indicator is the availability of bathrooms and clean water. Based on the results of observations and interviews, it shows that bathrooms are available in 2 places consisting of 2 teacher bathrooms and 4 student bathrooms with separate men's and women's bathrooms. Clean water is available at SD Negeri 1 Bantrung with the criteria of being odorless, colorless and tasteless.

Education is a process that really determines individual development and the development of society, which makes it a means of implementing and imparting cultural values (Rokhmah & Munir, 2021). Character education through school culture can be implemented through various activities and positive habits at school. One of the school cultures to implement an environmentally caring character in educational units is clean and healthy Friday activities (Mon ica et al., 2023).

Environment or often called the living environment. The environment of an organism is everything that is present around the organism, which influences the existence of the organism concerned. The organisms in question are everything that lives, both macro biological and micro biological, from flora and fauna (Mutakin, 2018). The environment has an important role in supporting human life. This role covers various fields including education, economics, social, cultural and others (Saraswati et al., 2023). The environment in question is all external, biological and physical elements that have an impact on organisms to survive, grow, develop and reproduce. Caring for the environment is an attitude and action that always tries to prevent damage to the surrounding natural environment and develops efforts to repair natural damage that has occurred (Ahmadi et al., 2021). Community concern is one of the important

factors for developing environmental policies, and this is likely to strengthen environmental awareness (Morrone, 2011).

Pro-environmental behavior means implementing the following actions: Designed to minimize damage to the environment or actively, Restoring the natural environment, this can be done in a private area, (e.g. recycling, eco-friendly purchasing, water conservation and energy) or in the public domain (e.g., encouraging others, Care and protect the environment, join a group environment (Teixeira et al., 2023). Several indicators can be used as a reference for assessing good environmental care behavior, such as wise use of natural resources such as electrical energy and water, the presence of trash cans so that students dispose of waste in the right place, reducing the use of plastic to prevent environmental damage by accumulating plastic waste which is difficult to decompose. land, cleaning the school environment, and providing bathrooms and clean water in the school area.

It is known from observations and interviews that teachers and students in class V have a good environmental care attitude regarding the indicator of cleaning the school environment with the response of students who participate in protecting the environment around the school. The results of the observations are also in line with the answers to the interviews conducted, as evidenced by the existence of clean and healthy activities on Fridays with morning exercise together to maintain physical fitness. Gymnastics training has a great influence on children's physicality, because gymnastics will greatly increase strength, flexibility, coordination, attitude and kinesthetic awareness in children (Kuryanto, Santoso, et al., 2023). Regular exercise carried out by students can later be useful so that students can move actively and hone children's motor skills such as gross motor skills in students. Gross motor skills are the ability to move the body using large muscles, such as jumping, running, dancing, bending the body, following rhythmic movements given by the teacher at school (Windayani, 2023).

Indicators of the availability of bathrooms and clean water, bathrooms are available with a total of 6 bathrooms with 2 teacher bathrooms and 4 separate bathrooms for female and male students. The bathroom already has facilities such as a scoop, bucket, and a water storage tank available on top of the bathroom building. Clean water is ensured through the criteria of being odorless, tasteless and colorless (Yunus & Mitrohardjono, 2019). So that the water can be used by all school residents to clean their hands, feet, and so on. The cleanliness of the bathroom is always maintained by being regularly checked by school guards, as well as students who take part in keeping the bathroom clean by flushing it with clean water after use. The toilets in the school bathrooms use sapitanks which are tightly closed so as not to pollute the air.

Ensuring school cleanliness and sustainability is one of the most important factors in creating a pleasant school environment, thus influencing the growth of students' character and personality (Ipin, 2017). All school residents must participate in maintaining the cleanliness of the school environment, one of which is through mutual cooperation activities which are held every Friday (Harsa et al., 2022). The final indicator is the availability of bathrooms and clean water. From the results of observations and interviews with students, bathrooms are sufficient for all school residents, especially students. The availability of clean water, which has the criteria of being rock-free, colorless and tasteless, is already available in schools for use according to students' needs. Such as washing hands and feet, watering plants, cleaning things, etc. Students are taught to maintain personal and environmental cleanliness and environmental sustainability.

Based on the results of student observations and interviews, it can be concluded that class V has a fairly good environmental care attitude on four of the five indicators of environmental care attitudes, seen from the students' behavior towards the environment. Therefore, character education in educational units, especially elementary schools, is very meaningful for all school residents who care about the environment and protect the environment from damage. Education not only forms skills in learning but can shape a person's character and personality (Setiawati, 2023). Apart from mastering concepts, schools must also be an effective means for students to grow their awareness of the environment. awareness towards health protection is preceded by a theory of change health behavior (Kim & Jeong, 2022). Therefore, teachers must provide innovative techniques to engage students and form them with good attitudes (Amalia & Abduh, 2023). Because protecting the surrounding environment is a form of success that must be widely shared by everyone, including children who are studying, schools must take an efficient approach.

As a result of learning about the environment, students are expected to have more awareness about nature and the environment. Developing students' relationships with the environment is one of the learning outcomes related to environmental protection. The limitation of this research is that the subjects selected were only class V category among the class VI categories. Therefore, in future research, a wider range of subjects can be used or several schools can be compared, so that the scope of the research is more diverse. Regarding the research entitled "Fifth grade students care about the environment through the Clean and Healthy Friday event" the researcher explained previous research that was relevant to the researcher's title.

Hadi Gunawan, et al. In 2019 the title was "Environmental Care Attitudes of Students at SD Negeri 184 Pekanbaru". The conclusion of this research is to find out how students care about the environment in elementary school. This research makes an assessment of 6 indicators, namely cleaning toilets, cleaning the school environment, cleaning rubbish bins, and beautifying the classroom and school with plants, taking part in protecting the surrounding environment and taking part in maintaining plants or gardens at school. This assessment showed that students at SDN 184 Pekanbaru had a caring attitude towards the environment with a score of 89.02 in the very caring category. The similarity with this research is that they both examine students' environmental care attitudes, while the differences lie in the research methods and research subjects.

Umami Nur Rokhmah, et al. In 2021, the title is "Implementation of an Environmentally Conscious School Culture in Forming Environmentally Caring Characters for Elementary School Students". The conclusion of this research is a description of how the implementation of an environmentally friendly school culture in forming students' environmentally caring character at SDN Temas 01 Batu. The subjects in this study were the principal, 3 teachers, 4 students, 1 janitor, 1 canteen keeper, and the students' parents. As a result, an environmentally friendly school culture is implemented through: first, planning activities to form a school environmental management team, make environmental studies and plan environmental actions. Second, implementation activities create environmentally sound policies on a participatory basis, and manage environmentally friendly supporting facilities. Third, evaluation activities are carried out by monitoring the state of biodiversity in schools, electricity bills and expenses for purchasing office stationery, weighing the amount of waste

and monitoring students' ability to manage the environment from affective, cognitive and psychomotor aspects. The research equation uses qualitative methods and discusses environmental care. Meanwhile, the difference lies in the research focus, research subject, and here the researcher uses 5 indicators as a reference in measuring students' attitudes towards the environment.

## CONCLUSION

Based on the results of the research and discussion above, this research can be concluded that the attitude of caring for the environment in class V students received a good category from a total of 5 indicators, 4 of which met the good criteria with the answer from the resource person being "yes, there is and often". Through clean and healthy Friday activities, it is also an effective activity to instill an attitude of caring for the environment in young children, with various kinds of activities included. These activities include gymnastics for students' fine motor skills, scheduling class pickets, participating in school cleaning activities using the facilities and infrastructure provided by the school, turning off lights and fans or other electronic items if they are not needed, and working together with all residents. Schools have a positive impact on the social life of students. Caring for the environment in schools cannot be separated from the role of teachers and school principals who set a good example for students, by reprimanding them and providing clear understanding to them so that they can instill an attitude of caring about the environment.

Situations where plastic use indicators are not implemented properly must be taken seriously because waste takes a long time to accumulate and decompose. Teachers can educate students as much as possible by bringing lunch from home and using lunch boxes as snack containers in the school canteen to reduce excessive use of plastic. Research can provide useful input for the government to encourage people to protect the surrounding environment and create a clean and healthy living environment. This study can also provide positive input for researchers to study further the environmental legal aspects of environmental pollution due to industrial waste.

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