



EDUCATING CHILDREN ABOUT HEALTHY LIFESTYLE AT PANTI

YATIM PIATU ANNI'MAH

*Fostering Health, Sparking Joy: educating children with a healthy lifestyle,
for a bright future*

UNDERGRADUATE THESIS

**Submitted as one of the requirements to obtain
Sanjana sosial**

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FACULTY OF HUMANITIES

INTERNATIONAL RELATIONS STUDY PROGRAM

CIKARANG

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Educating Children About Healthy Lifestyle at Panti Yatim Platu Anni'mah Fostering Health, Sparking Joy: educating children with a healthy lifestyle, for a bright future By Poetri Serline Hamidah - 016202105034 Ruri Wahyuning Tiyas - 016202000142 Syifa Nur Fadilah - 016202000144 Theresia - 016202005006 A final project presented to the Faculty of Humanities President University In partial fulfillment of the requirements For Bachelor Degree in International Relations Concentration in Diplomacy Studies December 2023 PANEL OF EXAMINERS' APPROVAL SHEET The Panel of Examiners declare that the final project entitled "Educating Children About Healthy Lifestyle At Panti Anni'mah" that was prepared and submitted by Poetri Serline Hamidah, Ruri Wahyuning Tiyas, Syifa Nur Fadilah, and Theresia in International Relations in the Faculty of Humanities has been assessed and approved to have passed the Oral examination on 29 February, 2024 The panel of Examiners: (Anggara Raharyo S.I.P, M.P.S) Chair - Panel of Examiners Final Project Advisor (Riski Muhamad Baskoro, S.Sos., MA.) Reviewer I (Muhammad Farid, S.S., M.PA.) Reviewer II 2 DECLARATION OF ORIGINALITY In my capacity as an active student of President

ABSTRACT

Health is one of the most crucial aspects of life. It can impact a person's physical, mental, and emotional well-being. To stay healthy, adopting a healthy lifestyle is essential. Embracing a healthy lifestyle can help prevent chronic and long-term diseases. Many people are still unaware of the importance of a healthy lifestyle, especially children. Providing education about a healthy lifestyle to children is also necessary. Implementing a Healthy Lifestyle program aims to raise awareness of the importance of a healthy lifestyle among children at the Anni'mah Orphanage, in addition to supporting the implementation of Sustainable Development Goals (SDGs), particularly in promoting good health and well-being as well as the Human Security. This involves enhancing awareness through various activities such as group discussions, games, watching videos related to a healthy lifestyle, and providing educational materials on aspects that support a healthy lifestyle. These aspects include the significance of consuming vegetables and fruits, maintaining personal hygiene (bathing, brushing teeth, washing hands, cutting nails, changing clothes), and engaging in regular physical activity.

Keywords: Health, Healthy Lifestyle, Sustainable Development Goals, Human Security, Anni'mah Orphanage.

ABSTRAK

Kesehatan menjadi salah satu hal yang paling penting dalam hidup. Kesehatan dapat mempengaruhi fisik, mental serta kesejahteraan emosi seseorang. Agar tetap sehat maka diperlukan gaya hidup sehat. Menjalani gaya hidup sehat dapat membantu mencegah penyakit kronis dan penyakit jangka panjang. Masih banyak orang yang belum menyadari betapa pentingnya hidup sehat, terutama anak-anak. Penyaluran edukasi mengenai gaya hidup sehat ke anak-anak juga diperlukan. Dengan menjalankan program Healthy Lifestyle yang bertujuan untuk meningkatkan kesadaran akan pentingnya gaya hidup sehat kepada anak-anak di Panti Asuhan Yatim Piatu Anni'mah, serta sebagai tambahan implementasi tujuan SDGs terutama dalam kesehatan yang baik dan kesejahteraan serta teori Keamanan Manusia. Meningkatkan kesadaran akan pentingnya gaya hidup sehat melalui berbagai sesi yang dilakukan seperti sharing dalam kelompok, permainan, menonton video yang berkaitan dengan gaya hidup sehat, penyuluhan materi mengenai beberapa hal yang menunjang gaya hidup sehat seperti; pentingnya makan sayur dan buah, menjaga kebersihan tubuh (mandi, menyikat gigi, mencuci tangan, memotong kuku, mengganti baju), serta berolahraga.

Kata Kunci: Kesehatan, Gaya Hidup Sehat, Tujuan Pembangunan berkelanjutan, Keamanan Manusia, Panti Asuhan Yatim Piatu Anni'mah

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