



**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
Sarjana Sosial (S.Sos)**

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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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