

The Relevance of Public Knowledge and the Degree of Health: Public Health Literacy Study



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Abstract

This study wants to get more in-depth information from evidence from field studies about the relevance of public knowledge to the public on their health status. We have done the proof by examining some applications that discuss the issue of the two variables above, namely the correlation or application between the experience and education of the community and their health status. We got the data from publications both at home and abroad. We scrutinized the data under a phenomenological approach to get much information and examine it to get answers to appropriate and relevant understanding to answer the problems and hypotheses of this study. Our data search is done electronically with the help of the Google Search engine by entering keywords, and then the search occurs. In other words, this situation relies entirely on secondary data in the form of applications released between 2010 and 2020, relatively new and updated data. In a series of reports, we follow several study models written in qualitative form. Data so that we can say that there is a profound correlation between public health and public behavior and education. Thus this finding becomes an essential input in improving the quality of future studies.

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1 Introduction

With health education, it is hoped that adolescents can grow and develop for the better to maintain and improve their health (Basch, 2011). However, in reality, unhealthy living habits are still commonly found in teenagers who lack an understanding of the risks. Everyone in his life cannot be free from disease problems, whether the disease is mild or severe. In Health Law no. 23 of 1992, it is stated that health is a state of wellbeing of the mental and social body that enables everyone to live socially and economically productive lives. Many teenagers do not understand the importance of healthy living behavior, especially teenagers who have deviant behavior or unhealthy living behavior. Examples of harmful behavior of adolescent students both at school and in the community, which are currently still being sought, are the smoking habit and the habit of consuming narcotics, psychotropic substances, and other addictive substances. During the school period, changes in deviant behavior often occur. This behavior can be minimized by providing knowledge about health to students (Ahmed & Shekahawat, 2021).

Schools are one of the institutions that play a role in shaping student behavior, supporting the growth and development of a child before the student will interact with the community because at school, children can learn various knowledge, including health education (Beletsky et al., 2012). Education obtained from schools is expected to change student behavior into healthy behavior and be able to prevent student unhealthy behavior. School-age children are when children are considered to be starting to take responsibility for their behavior toward their parents, peers, and others. The development of school-age children tends to be influenced by the environment of their peers. The more they know about the impact of unhealthy living behavior, the more selective they will choose which ones are good and evil. Therefore, health education materials in schools must be well prepared, both in delivering materials and supporting infrastructure, and having competent teachers in health education, sufficient teaching materials, UKS, clean canteens, clean toilets, etc. Prevention through health promotion should be implemented more deeply in schools (Berenguera et al., 2017).

In addition, it also implements a healthy canteen to maintain the food consumed by students at school (Borsboom, 2017). The condition of the classroom building is quite good, but there are still empty rooms, broken and leaking roofs, scattered garbage. Even though a trash can is provided in front of the class, some students throw garbage carelessly. On each floor, there is a bathroom still lacking in maintenance. Many bathrooms are not suitable for use; much garbage is scattered inside and outside the bathroom. Not only was trash used for snacks, but many cigarette butts were also found in the bathroom. This illustrates the low awareness of students with healthy living behavior (Chaput et al., 2011).

The benefits of Clean and Healthy Living Behavior in Schools include the creation of clean and healthy schools so that students, teachers, and the school environment are protected from various disorders and threats of disease, increasing the spirit of the teaching and learning process, which has an impact on learning achievement (Chief et al., 2016). The benefits of Clean and Healthy Living Behavior in Schools include. They were creating clean and healthy schools so that students, teachers, and the school environment are protected from various disorders, and threats of disease increase the spirit of the teaching and learning process, which impacts learning achievement—likewise the general public. A healthy lifestyle will create a longer life expectancy. Another benefit that we get is to increase the body's immune system. The body's immune system can prevent diseases from entering our bodies, including the COVID-19 virus. Examples of healthy behaviors that must be continued include getting enough sleep every day (Choe et al., 2014).

Keep the house clean, drink enough water, wash hands with soap and clean water, eat fruits and vegetables regularly, do physical activity regularly, always use clean water. Another example of an invitation to healthy living is the GERMANS program, which is a movement that aims to promote a culture of healthy living and abandon unhealthy habits and behaviors of the community. This GERMANS action was also followed by

promoting clean and healthy living behavior and supporting community-based infrastructure programs (Fristiohady et al., 2020).

Based on the importance of the study of public health literacy, it is better if we examine to gain an in-depth understanding in the form of study evidence rather than exports in the field that proves how the harmony between people's knowledge on health and their health status, therefore we need a modification and extract as much information as possible and to we inform the public how vital health knowledge is so that it gives health degrees to every citizen (Guyatt et al., 2002; Terwee et al., 2007).

2 Materials and Methods

Next, we will explain the stages of implementing a public health study, starting with formulating the problem, searching for data, analyzing the data, and finally writing the final report (Bennett et al., 2019). So for that, the first step is to search for data that is targeted at several published journals that discuss issues of public health and public education, which include the publication of international health journals and all forms of literature and information that we find by electronic search engines and We have used a phenomenological approach, an approach that collects as much data as possible and then examines it to get an understanding answer, which is to answer problems with the principles of high quality and reliability (Gale et al., 2013).

This study is fully supported by secondary data from various publications we marketed in journals ten years ago, marked by the 2010 to 2022 publications. We passed a series of studies with data studies that tried to criticize, seek relevance, and evaluate data as sharply as possible to use the data in answering problems a series of reports in our formulation following several published rappers (Bijlsma et al., 2011; McEwen, 2000). A systematic review and a literature review where we prioritize answering a minor problem, namely how the relationship between public knowledge on health and their health status were essential, was done (Da Silveira et al., 2001; Austin et al., 2002). We think this study is critical considering that health literacy is the most crucial part of the lives of individuals and community groups, such as the implementation process and data collection that we carried out to carry out the study (Gale et al., 2013).

3 Results and Discussions

Improve public health status

According to Cook (2012), four factors affect the health status of the public or individual health degrees. These factors are; heredity, health services, behavior, and the environment. Hereditary or genetic factors are one of the factors that affect health because genetically, humans can pass a disease on to their offspring. Health services are sufficient because, for example, the distance from a health care center can give people a choice to visit or not. A dirty environment can be a breeding ground for disease vectors. Healthy behavior is all a person's actions in maintaining and improving his health. Behavior itself can be categorized as covert behavior and overt behavior. Covert behavior is in the form of a person's knowledge and attitude towards an object, while undisguised behavior is behavior that is already an action or action.

Similar to above, *Stunting* is a global health problem caused by multiple factors ranging from mothers, children, living environment, health facilities, and health workers (Tahangnacca et al., 2020). Community health workers provide information and education about risk factors for stunting nutrition during pregnancy and after delivery. A good education will increase the mother's knowledge to apply good nutrition to children. This shows that women's empowerment is the main factor in preventing Stunting because mothers play an essential role in the family. Many risk factors affect Stunting. Stunting is caused by multidimensional factors and is not only caused by malnutrition experienced by pregnant women and children under five, but public health workers in providing information and education and efforts to empower women, especially mothers, are essential in reducing Stunting (Gustina et al., 2020).

Health education

Education cannot be separated from the learning process, and the human factors that play a role in the learning process are maturity, knowledge, and motivation (Davis et al., 2017). Changing the understanding of unhealthy behavior into a healthy behavior is divided into three types: 1) Behaviors that make health a value in society so that health cadres have a responsibility in their counseling to direct healthy lifestyles into daily habits. 2) Independently able to create healthy behavior for themselves and groups; in this case, essential health services are directed to be managed by the community in a tangible form, for example, Posyandu. 3) Encourage the development and use of existing health service facilities appropriately. From this limitation, it is implied that the elements of education are: inputs are educational targets (individuals, groups, communities) and educators (educational actors); processes (planned efforts to influence others); output (doing what is expected or behavior). The educational process takes place in an educational environment or where education takes place, usually divided into three educational centers: the family (informal education), school (formal education), and community (DeGroot et al., 2021).

The healthy living must start with individuals

One might say that our wellbeing is expected to our own "endeavors." Along these lines, individual wellbeing or individual wellbeing assumes a significant part. Individual wellbeing is the strength of every one of our body parts, which incorporates; soundness of skin, hair, and nails, the strength of eyes, nose, ears, mouth, and teeth, hands and feet, wearing clean garments, and practicing and resting (Elmaogullari et al., 2017). Different sorts of illnesses can be forestalled by keeping up with neatness. In this manner, keeping up with individual wellbeing starts with keeping up with the tidiness of our body parts. It is additionally significant the issue of the impact of daylight on our skin. In the first part of the day, daylight is helpful for the skin, which changes over supportive of vitamin D into vitamin D, which is significant for the skin. However, sunbathing or overheating in the warm sun is not great for the skin and wellbeing. In the long haul, bright beams in daylight can enter the epidermis layer and cause malignant skin growth (Farrington et al., 2012).

Eating is a significant need for giving energy to our bodies and an essential requirement for wellbeing and endurance. Food gives the supplements expected to different cycles in our body. Suppose it is not too much trouble, note, that no food contains every one of the supplements (Fertman & Allensworth, 2016). Subsequently, we want to eat an assortment of food sources to guarantee the satisfaction of the amplex of the supplements we want, to be specific energy substances, building blocks, and administrative substances. This is the place where the requirement for everybody to apply a decent dietary dish. A balanced nutritional dish is a food that contains energy, building blocks, and regulatory substances that a person consumes in one day in a balanced manner, according to the body's needs. This can be done by consuming various foods on our daily menu. This situation will be reflected in the degree of health, growth, development, and optimal productivity. Also, eat age-appropriate. When we have entered old age (Over 50 years), we need less food. Therefore, we need to reduce fat, sugar, and flour or carbohydrates (Gilbert et al., 2014). Apart from being age-appropriate, eat what we need, not too much. People who do not work hard need less food than people who work hard. To get a healthy weight, it is necessary to pay attention to the balance of energy intake and expenditure. This means that if we eat continuously more than our body needs or it is not balanced with the physical activities, there will be an excess of energy. All excess energy will be converted into fat so that we will experience obesity (Kaplan et al., 2022; Ludwick & Doucette, 2009).

Solid living requires what is going on, condition, and climate. In this way, ecological circumstances should be honestly thought about, not harming wellbeing. Natural wellbeing should be kept in control to help the soundness of every individual who lives nearby (Gilbert & Stickley, 2012). Keeping up with it implies keeping it clean. Grimy climate can be a wellspring of illness. In keeping up with the tidiness and soundness of the climate, three factors should be viewed as first, specifically: Availability of clean water, disposal of trash and wastewater, Maintaining the neatness and strength of washrooms, restrooms, or latrines. In addition to these factors, air quality also needs attention. Because the air quality in a room is a measure of the safety of everyone who is or works in the room, if a person has been in or worked in a polluted building for a long time, he or she can experience what is known as Sick Building Syndrome. The complaints are frequent headaches,

nausea, shortness of breath, constantly tired in, drowsiness, skin disorders, and influenza-like symptoms (Golden & Earp, 2012).

In addition to the things we need to do to maintain our health, there is one thing we also need to do, namely regular health checks. So, the treatment will be easier than when the disease is severe (Gove, 2018). It is sufficient for those under 40 years old to have a health check every two years. However, for those aged 40 years and over, we should do it once a year. Periodic health checks by checking themselves at existing health service places were essential (hospitals, clinics). Some bad habits that need to be avoided are: 1) Do not smoke, because the smoke generated from smoking is very harmful to lung health, both for the smoker and the people around him. It is not true that quitting smoking can lead to weight gain. Controlling body weight can be done by regulating food and regular physical exercise. It is not true that smoking can help focus and clear the mind. The thing that happens is just the opposite; smoking can damage the work of our nervous system. 2) Do not drink alcohol and eat illegal drugs because it can lead to loss of consciousness, addiction and dependence. Alcohol and illegal drugs can damage the stomach, liver, heart, and nervous system. 3) Do not have direct contact or socialize with people suffering from infectious diseases. 4) Do not use other people's equipment, such as towels, clothes, spoons, plates, toothbrushes, combs, mainly for people with infectious diseases (Hampson et al., 2018).

Keep up with individual cleanliness and natural cleanliness 6) Do not have sexual relations outside of marriage or have a freak sexual way of behaving (gay, free sex) since they can be presented to physically communicated sicknesses (STDs), including HIV AIDS (Heiman & Artiga, 2015). Avoidance is superior to fix is the most suitable adage in general wellbeing endeavors and in further developing wellbeing status. One of the endeavors to further develop wellbeing is through wellbeing training and the use of a sound way of life. Wellbeing instruction and the use of a sound way of life that has been encouraged since the beginning in each Indonesian will deliver quality people in the future, both intellectually and indeed, as the truism goes, "In a solid body there is a sound soul." think a solid worldview, as wanted by the vision of future wellbeing advancement, to the entire local area, particularly strategy creators (Hollnagel et al., 2015).

The nature and impact of health education

Instruction is a steady cycle that is completed in an organized way, and there are restricting principles, which in execution include specific gatherings are the primary parts in the educating and learning process (Iwao et al., 2019). Schooling cannot be completed because it will severely affect the instructing and learning process, essential for the training system. Training itself is a cognizant and arranged work to make a learning air and learning process with the goal that understudies are effectively ready to foster their capability to have strict profound strength, discretion, character, insight, honorable person and abilities required without help from anyone else, society, country, and state. As expressed in the Law on the National Education System No. 20 of 2003 article 1 passage 1, schooling is cognizant and arranged work to make a learning climate and learning process with the goal that understudies are effective (Jansz, 2011).

The higher an individual's schooling, the more mindful of the significance of wellbeing is essential. In the execution of the instruction, the substance of training on wellbeing is incorporated. The motivation behind wellbeing data disseminated through instruction is training faculty who are wellbeing educated. That is, instruction individuals know about the significance of wellbeing. Through instruction, people can get well-being, proper living way of behaving, and the advantages of wellbeing. Familiarity with the significance of solid living urges individuals to keep up with and save their wellbeing (Kivunja & Kuyini, 2017).

The educational environment programs healthy education management is an essential matter. Healthy education concerns the educational environment and the administration of education (Kushi et al., 2012). The scope of a healthy educational environment includes physically and mentally healthy personnel in the educational environment. The influence of a healthy education management program on health is relatively strong. The application of healthy living in the educational environment is a culture of clean living, smoke-free, efforts to improve health and fitness through sports. In addition, activities related to health, for example, program activities for Clean and Healthy Lifestyle Hand Washing Movement with Soap. Educational content about health is included in the lesson content. The topic of discussion on the theme of clean living, maintaining body hygiene, clean and healthy food is a topic that aims to provide an understanding of health in the

educational environment. This content about health has a significant influence on healthy living behavior and the maintenance and preservation of health (Malik et al., 2021).

Theoretical health education supported by practice increases understanding and awareness of its health benefits. Students are encouraged to apply what is obtained from learning (Mamurov et al., 2020). Students always try to improve their health as recommended. The effects of implementing the health recommendations can also be felt. Healthy living behavior becomes a community culture. Health is maintained and sustainable. We can see indicators of the health level of the population from the mortality rate and life expectancy. The high mortality rate illustrates the low level of population health, and the high life expectancy illustrates the excellent health level of the population. At the higher education level, education is central in producing outputs that will transform knowledge to the public in increasing awareness of the importance of health for the welfare of the Indonesian nation (Moorhead et al., 2013).

Impact of instruction on wellbeing

The higher an individual's schooling, the more mindful of the significance of wellbeing in the execution of training, the substance of instruction on wellbeing is incorporated. The purpose of information about health that is distributed through education is so that education personnel is health literate. That is, educated people are aware of the importance of health (Paoli et al., 2015). Through education, humans can understand health, healthy living behavior, and health benefits. Awareness of healthy living encourages people to maintain and preserve their health—the educational environment programs healthy education management. Healthy education concerns the educational environment and the administration of education. The scope of a healthy educational environment includes physically and mentally healthy personnel in the educational environment. The influence of a healthy education management program on health is relatively strong (Piercy et al., 2018).

The application of healthy living in the educational environment is a culture of clean living, smoke-free, efforts to improve health and fitness through sports. In addition, activities related to health, for example, program activities for Clean and Healthy Lifestyle Hand Washing Movement with Soap (Prince et al., 2016). Educational content about health is included in the lesson content. The subject of conversation on clean living, keeping up with body cleanliness, perfect and quality food is a point that gives a comprehension of wellbeing in the instructive climate. This substance about wellbeing impacts sounds living way of behaving and the support and conservation of wellbeing (Prunuske et al., 2014).

Theoretical health education supported by practice increases understanding and awareness of its health benefits. Students are encouraged to apply what is obtained from learning. Students always try to improve their health as recommended. The effects of implementing the health recommendations can also be felt. Healthy living behavior becomes a community culture. Health is maintained and sustainable. We can see indicators of the health level of the population from the mortality rate and life expectancy. The high mortality rate illustrates the low level of population health, and the high life expectancy illustrates the excellent health level of the population. At the higher education level, education is central in producing outputs that will transform knowledge to the public in increasing awareness of the importance of health for the welfare of the Indonesian nation (Rahman et al., 2018).

Further developed health degrees

Expanding the general wellbeing level is required to fill the improvement completed by the Indonesian country one of the endeavors to further develop wellbeing in developing local area sustenance. Adjusted sustenance can increment body opposition, build insight, and make typical development.

The Millennium Development Goals (MDGs) or the thousand years advancement objectives are endeavors to satisfy fundamental everyday freedoms through a joint responsibility between 189 part conditions of the United Nations (United Nations) to carry out 8 (eight) improvement objectives, to be specific: Eradicating neediness and yearning, accomplish essential training for all, advance orientation equity and enable ladies, lessen youngster mortality, work on maternal wellbeing, battle the spread of HIV AIDS, jungle fever and other irresistible infections, safeguard the climate, and assemble a worldwide organization for improvement (Ritchie et al., 2013).

Improve the degree of public health

The assertion of a wellbeing program is the reason for improvement, notwithstanding the framework. Good HR are resources that help practical turn of events. Understanding the most significant level of wellbeing is a significant spotlight at the territorial level, and Denpasar City is no exemption. Denpasar City has a heterogeneous local area everyday routine that prompts sound experiencing conduct. As a facilitator in coordinating the degree of general wellbeing status, the Denpasar City Government keeps doing local area wellbeing advancement programs (Ruckelshaus et al., 2015).

The Denpasar City Government's consideration regarding wellbeing is displayed completely through predominant wellbeing programs, including creature wellbeing. The people group administration approach in the wellbeing area is the program's focal point through the collaboration of the significant Regional Apparatus Organizations (Sarin et al., 2020). Endeavors to keep up with and further develop general wellbeing are helped out through projects to work on sound ways of life, keep a stable climate, and cover wellbeing administrations (Diachenko et al., 2021). Like the case in the spread of the Dengue Hemorrhagic Fever (DHF) episode through joint development with the local area or the Simultaneous Movement (Gertak), which straightforwardly focuses on the local area's current circumstance. Particularly in keeping up with the wellbeing of youngsters, particularly in the spread of the Japanese Encephalitis (JE) infection, which is done consistently. In stifling the spread of the HIV/AIDS infection, it is helped out through joint development with the local area and mingling NGOs that give directing administrations in each puskesmas. Moreover, since the beginning, the avoidance of cervical disease has not gone unrecognized by the Denpasar City Government, which targets school understudies and fortifies the neighborhood guideline on No Smoking Areas (Sharon, 2017).

Aside from this, it is additionally upheld through different wellbeing advancements, which lead to the improvement of wellbeing administrations. Denpasar Smart City is additionally an outline of wellbeing improvement programs. Under the initiative of Denpasar Mayor I.B Rai Dharmawijaya Mantra and Deputy Mayor I GN Jaya Negara, they bundled the Damakesmas (Denpasar Mantap Public Health) advancement as a work to improve pre-medical clinic and reference administrations (Vance et al., 2009; Petticrew et al., 2005). The Damakesmas program adds a clinical workforce to the Regional Disaster Management Agency (BPBD) and incorporates three 24-hour long-term wellbeing communities. This program cooperates between the Health Office, BPBD, and the Ministry of Communication and Information (Skinner et al., 2012).

The development program is relied upon to have the option to build the freedom of people, families, gatherings/networks to defeat medical issues so that general wellbeing degrees can be acknowledged ideally (Tolley et al., 2016). Administrations from the puskesmas to the clinic are likewise helped out through the utilization of Smart City through internet-based references (Tong & Ebi, 2019). This becomes an accommodation for the old in doing wellbeing checks from the puskesmas level to the medical clinic. The presence of the puskesmas is likewise helped develop wellbeing locally, which presently Denpasar has 11 wellbeing communities and 27 helper wellbeing focuses. Some have accomplished ISO 9001:2008 authentication, and some offer 24-hour assistance and long-term administrations are three long-term wellbeing habitats: Denim I Health Center, Dauh Puri Sub Health Center, Pekambangan, and South Denpasar Health Center IV. These three puskesmas likewise serve general wellbeing checks and give conveyance administrations (Sutton & Austin, 2015).

Focusing on psychological wellness for People with Schizophrenia (ODS) is helped out through the presence of Rumah Berdaya. Help has been given to ODS at Rumah Berdaya from treatment and affecting imaginative individuals in delivering inventive items for ODS. Recuperation for ODS is helped out through Home Care, visiting the ODS home straightforwardly, and associating with families. The general wellbeing administration approach additionally focuses on the Banjar region or local area meeting place through a wellbeing safari program which is likewise upheld by Plenary Posyandu exercises. General assessments to eye assessments are done in a wellbeing safari (Nurhidayah et al., 2019).

In keeping up with creature wellbeing, the Denpasar City Agriculture Service likewise completed a collaboration program to do rabies immunization and free disinfection exercises for public pets and homeless canines. This action is consistently done to limit the spread of rabies cases. The aftereffects of assessing dengue cases from January to October 2017 were 910 cases, or the rate (IR) was 99.53 per 100,000 populace. This number diminished contrasted with 2016 in a similar period. What is the reference for general wellbeing

projects and developments that are relied upon to have the option to develop further the wellbeing status and future of the Denpasar people group ([World Health Organization, 2012](#)).

4 Conclusion

At the end of this section, we will explain the main points that we have summarized in various public health applications and databases to understand the pot between public knowledge and health status, a literacy study for public health. Through a study of various sources of information and data b about public health, We believe this study has answered the core of the problem where the degree of health is closely related to the understanding of life motivation and each individual's perspective on their health condition. To prove this, we have carried out a series of studies which we summarize. Among other things, we have found out how people can improve their health. In this paper, we explain that many factors positively or negatively impact public health, including the heredity of behavioral health services and the environment wherever they are located. We believe that these factors have a more significant impact on health conditions than the community.

Furthermore, we also summarize that health education is a process of change that occurs throughout life, meaning that it does not occur only supported by education and work, but health education is a process that continues throughout a person's life, the better the baby's health, the more optimal health they will get. Next, we also summarize that public health starts with each individual. Why is that because the first party who knows how to act is the individual himself; therefore, both healthy and unhealthy depends on the individual's ways of looking at how to make perspective and how he sleeps, then that will happen. Furthermore, we also saw how important it is to understand the Constitution on health and how it relates to education. So his girlfriend's education came from life experience, which was especially endeavored to get various training and education and gain understanding starting from the household from school from a school. People in a system that regulates them to become individuals who understand the importance of health, and caring for physical, mental, and mental health is essential.

Next, we also look at how learning impacts a person's health. This is important because people who receive education, experience, and good health conditions will impact their health, and conversely, people who do not receive education and teaching and training on health will be different from what was previously mentioned. Likewise, the development of how the millennial generation, everything must be found with the help of websites and data on how they can change their behavior from being unhealthy was essential. They can improve their health status through good education, a normal and healthy lifestyle with good associations, and keep themselves in good health by fulfilling breaks, eating patterns, work patterns, and all behaviors closely related to health. Those are the essential points that we have summarized above; we think there are certain shortcomings. Therefore we hope for input, criticism, and feedback so that future improvements will be even better.

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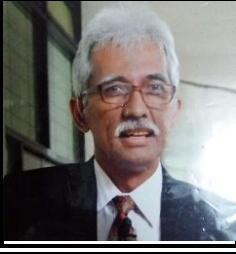

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