

THE ROLE OF YOUTH RED CROSS (YRC) IN INSTALLING ATTITUDE SOCIAL CONCERN AND HEALTHY LIFESTYLE PATTERNS OF STUDENTS AT SDN 20 MATARAM

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ABSTRACTS	ARTICLE INFO
<p>This research was motivated by the author's attention regarding the role of the Youth Red Cross in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram. The objectives of this research are (1) to determine the role of the Youth Red Cross (YRC) in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram (2). To find out the obstacles and solutions to the role of the Youth Red Cross (YRC) in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram. This type of research uses qualitative descriptive research. The data collection methods used were observation, interviews and documentation. The data analysis method used data reduction model, data presentation, and drawing conclusions. The validity of the data used is the expansion of observations, triangulation and adequacy of references. Based on the results of research conducted by researchers, it can be obtained that the role of YRC (Youth Red Cross) at SDN 20 Mataram is carried out through the form of YRC activities which are divided into two, namely routine and period activities. The routine activities are activities carried out every week, such as material both theoretical and practical, YRC (Youth Red Cross) gymnastics, teaching how to wash hands properly and correctly, and community service on Fridays (clean Fridays). Then there are period activities when there are certain competition events which are held once a year, namely the Jumbara (Jumpa Bhakti Gembira) Beginner Level activities held by PMI Mataram City.</p>	<p>Article History: <i>Received: October 9th 2024</i> <i>Revised: October 22nd 2024</i> <i>Published: October 2024</i></p> <hr/> <p>Keywords: <i>YRC (Youth Red Cross), social awareness, healthy lifestyle</i></p>

INTRODUCTION

Formal education is education that takes place regularly, in stages and strictly follows certain requirements. Schools are formal educational institutions that not only educate and develop students in the academic field, but also develop the independence, skills and creativity of students in non-academic fields. Schools as formal educational institutions have the task of meeting these needs. Currently, it is not only necessary for students who have intellectual intelligence. Ideally, a student must be able to balance intellectual intelligence with his social life. In social life we cannot be separated from social interactions, if we behave in a socially acceptable manner and are separated from negative social interactions with people, in other words our social skills have been formed. Social skills must be possessed by every student because social skills provide students with their ability to socialize, get along with other people and communicate well with other people. Thus, an

individual who has social skills means he has a responsible personality, has a high sense of caring, good communication and a sense of cooperation. ² This is as stated in Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System, it is explained that: National Education functions to develop abilities and form a dignified national character and civilization in order to make the nation's life more intelligent. Aims to develop students' potential to become human beings who believe and are devoted to God Almighty, have noble character, knowledge, skill, creativity and become democratic and responsible citizens.

According to the National Education Standards Agency (NESAs), what is meant by self-development is: Self-development aims to provide opportunities for students to develop and express themselves according to the needs, talents and interests of each student in accordance with school conditions. Self-development activities are facilitated or guided by counselors, teachers or educational staff which can be carried out in the form of extracurricular activities. Based on the definition above, extracurricular activities are school activities that are not included in the subjects, but these activities are activities that have the aim of being a place or means to develop students' potential. Where in this activity, there is a teacher or guide who guides it.

In this regard, extracurricular activities can help students in forming character and serve as a place for students to develop their social potential. In general, this activity is of great interest to students. All extracurricular activities certainly have many benefits and experiences, especially for the students themselves. One of the extracurricular activities that can develop a student's social skills is the Youth Red Cross (YRC). The Youth Red Cross is a forum or place to foster students in the development of Red Cross character, namely directing YRC members to know, understand and behave according to the basic principles of the Red Cross and Red Crescent movements, in character development-based coaching carried out with a life skills approach that includes social skills or social skills and healthy lifestyles, namely an interactive coaching process whose aim is to maximize the knowledge, skills and attitudes of YRC members so that positive changes occur.

Youth Red Cross (YRC) activities are one of the extracurricular activities at SDN 20 Mataram. YRC activities are held every Saturday at 16.00 WITA, for training. The number of YRC members reached 46 people, consisting of 15 men and 31 women. YRC extracurricular activities always organize fun and useful activities for students. These activities teach students to have a socially conscious attitude, practice cooperation, responsibility and a healthy lifestyle. During initial observations at SDN 20 Mataram, researchers found YRC members carrying out routine exercises such as repetition of red head material and practicing first aid for bleeding victims. During the training, researchers saw that the facilities for training were still lacking and the YRC members who came were not fully present considering that the training hours were held after school, causing many YRC members to not be able to participate. In YRC activities, they are trained to be socially caring because this attitude is very much needed in social life. As social creatures, humans always depend on other people to continue their lives. Therefore, YRC members at SDN 20 Mataram are trained to have a socially caring attitude. This is demonstrated by the activities that have been carried out through YRC extracurricular activities, such as providing first aid to treat sick

students in various school activities, carrying out social service, and helping with other social activities carried out at school.

This healthy lifestyle is really needed to protect the body from various diseases that can threaten health. Health is a state of physical, mental and social well-being that enables a person to live socially and economically. The concept of "health", the World Health Organization (WHO) formulates in a very broad scope, namely "a perfect state both physically, mentally and socially, not only free from disease or weakness/disability". In this definition, health is not just free from disease or disability. Of course, people who don't have a disease are not necessarily said to be healthy. He should be in perfect condition, both physically, mentally and socially. Physical health is a very determining factor for humans in carrying a number of burdens on their shoulders, whether related to their family, community or homeland. 7 Of course, as a student, this will also influence the learning process and YRC activities. If students participating in YRC cannot maintain a healthy lifestyle properly, then their obligations as SDN 20 Mataram students and YRC members will be disrupted. In YRC activities, students are trained to care for and maintain their health by teaching them how to wash their hands properly and correctly, eating healthy and nutritious food.

Based on the description presented above, the author raised a research topic entitled "The Role of the Youth Red Cross (YRC) in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram". From the background above, the next problem formulation to be studied are: 1) What is the role of the Youth Anger Cross (YRC) in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram? 2) What are the obstacles and solutions for Palang Anger Teenagers (YRC) in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram?

RESEARCH METHOD

This research uses a qualitative approach with a qualitative descriptive research type. Qualitative research methods are research methods used to research and understand individual or group behavior and social phenomena in natural conditions, so that descriptive data can be obtained in oral and/or written form. The location of the research was carried out at SDN 20 Mataram on Jl. Tourism No.24, East Monjok, District. Selaparang, Mataram City, West Nusa Tenggara. The primary sources in this research are information in the form of words and deeds, the Principal and Teachers of SDN 20 Mataram, YRC Advisors, YRC Members. In determining the informants among YRC members who would be interviewed, the researcher used a purposive sample. The secondary source in this research is documentation or written data related to the role of YRC in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram. In conducting research, of course, various kinds of data are needed that can support the continuity of the research itself, so to meet data needs, various data collection techniques are needed. In this research, the data collection techniques used were observation, interviews and documentation. In more detail, the researcher will explain it as follows: Data analysis is the process of searching for and compiling data from findings collected through data collection techniques such as observation, interviews and documentation, then sorting out the important data that will be studied and making conclusions so that it is easy to understand by yourself and yourself.

others. In this research, the data analysis used is analysis according to Miles and Huberman, including: 1) data collection, 2) data reduction, 3) data presentation and 4) conclusions.

RESEARCH FINDINGS AND DISCUSSION

Basically, YRC activities are a series of teaching and learning activity programs to increase students' horizons, foster talents and interests as well as a spirit of community service. At SDN 20 Mataram, YRC activities have been going on very well and can produce good output too. The YRC (Youth Red Cross) extracurricular plays a role in various school activities, especially in the social sector and healthy lifestyle. To find out the role of YRC (Youth Red Cross) activities in instilling attitudes of social awareness and healthy lifestyles in students at SDN 20 Mataram, researchers conducted direct observations and interviews in the field and observed how the daily activities of several students who took part in YRC (Palang Juvenile Red). The YRC (Youth Red Cross) extracurricular at this school has several forms of activities developed, the aim of which is to train students to have broad insight and equip students to form character. The activities are carried out indoors and outdoors. The activities are in the form of material and practice. Activities in the form of materials include: First Aid, PRS (Peer Youth Education), RSPS (Healthy Teens Caring for Others), and ASB (Come on Disaster Preparedness). Meanwhile, activities in the form of practice include: YRC (Youth Red Cross) gymnastics, outbound, and competitions.

The form of activity at YRC SDN 20 Mataram is in the form of daily activities, namely maintaining health and cleanliness of oneself and the school environment. This is a very important activity for them to do, because it is not only for themselves but for other people too, such as friends and teachers. This activity can also be an example for the school community, such as not littering and washing your hands before and after handling something.

Based on interviews conducted by researchers with the Principal, YRC (Youth Red Cross) supervisors, and several students who took part in YRC (Youth Red Cross) activities at SDN 20 Mataram, it was found that instilling an attitude of social awareness and a healthy lifestyle in oneself had been carried out, such as starting from yourself, namely helping friends who are sick, always trying to help yourself to do good, being disciplined, bathing 3 times a day, eating regularly, washing your hands before and after eating, and throwing away rubbish in the right place. (as in documentation attachment).

Meanwhile, according to observations made by researchers, instilling attitudes of social concern and healthy lifestyles in other people has also been carried out, including helping others selflessly and without discriminating between groups, maintaining ties of friendship, instilling healthy lifestyles in the school environment, and maintaining a healthy environment. clean. YRC (Youth Red Cross) extracurricular activities have quite an influence on the formation of students' attitudes, because with the presence of YRC (Youth Red Cross) students can help their friends who need help and prioritize togetherness, teaching them to live healthier and more disciplined lives.

The healthy lifestyle taught at YRC (Youth Red Cross) is personal hygiene which includes washing your hands before and after eating, maintaining cleanliness, maintaining your diet, eating healthy and nutritious food, getting enough rest, brushing your teeth and not

snacking carelessly. 53 Apart from a healthy lifestyle for oneself, the healthy lifestyle taught at YRC (Youth Red Cross) is cleanliness for the environment, namely community service every Friday, and not littering wherever you are.

There are several changes that students feel before and after taking part in YRC (Youth Red Cross) activities, namely changes in terms of knowledge, such as increasing their insight, knowing about first aid when treating small wounds, how to care for themselves, and knowing more about healthy ways of living. Apart from changes in terms of knowledge, there are also changes in behavior, such as managing a healthier lifestyle, maintaining cleanliness, being more confident, being able to learn from mistakes, being more caring, and learning to be disciplined. After conducting research and collecting data from the research results obtained through observation, interviews and documentation methods, the researcher then analyzed the data from the research results at SDN 20 Mataram. The YRC (Youth Red Cross) extracurricular is a forum for channeling the talents and potential that exist within students in the social and health fields, because participating in this extracurricular will have a big influence on students' attitudes.

Attitude is a person's emotional reaction to their environment, whether positive or negative, whether approval or rejection related to the social conditions they experience. 54 Students' attitudes towards socially caring behavior and healthy lifestyles can determine the quality of the student's behavior, whether the behavior is good or bad. . This YRC (Youth Red Cross) activity teaches students to form good character, such as helping sick friends, prioritizing togetherness, maintaining ties of friendship, teaching them to live healthier lives and be disciplined in all positive things. An attitude of social care is an action that seeks to help people who are in trouble and who are in need. Social care can be carried out by anyone and does not look at each other in terms of status or position. The efforts made by students to instill an attitude of social care are carried out by helping others selflessly and not discriminating between each other. From observations made by researchers, several YRC (Youth Red Cross) students helped deal with sick students and provided basic assistance to these students. This illustrates that the students' behavior is a form of their social concern for other people, because social care is part of worship.

The YRC (Youth Red Cross) extracurricular at this school is not only focused on theory, but is able to practice it in everyday life. YRC (Youth Red Cross) at SDN 20 Mataram in several school activities. The role of YRC (Youth Red Cross) activities in instilling an attitude of social care can be seen from activities such as providing First Aid or basic aid, keeping the environment clean, and participating in every activity held at school. The existence of this activity can motivate students to always help other people in need, because by practicing it in everyday life they can get used to behaving and behaving well.

Meanwhile, instilling a healthy lifestyle can be seen from activities such as washing hands before and after eating, maintaining cleanliness, maintaining a diet, brushing teeth, throwing rubbish in the right place, and not snacking carelessly. By getting used to it, it will help students to live healthily. This is as stated in the basic principles for maintaining health in the Islamic view, including:

1. Islam pays attention to efforts to maintain health as a whole preventive (maintaining health before illness), such as eating food hygienic, good and halal food, and not eating

and drinking excessively.

2. Islam recommends immediately treating liver diseases, such as stress, sadness, anger and other emotional disorders.
3. Islam recommends cleaning the mouth and teeth using miswak or a toothbrush.
4. Islam recommends keeping the environment clean to protect it from various diseases.
5. To maintain individual health.
6. Islam commands and recommends seeking treatment.
7. Islam recommends exercising. As reflected in worship practices, such as prayer, fasting and Hajj.

According to Anne Ahira's theory as quoted by Suryanto, a healthy lifestyle is a lifestyle that pays attention to the factors that determine health, for example food and exercise. In the YRC (Youth Red Cross) extracurricular at SDN 20 Mataram, activities that teach healthy living behavior include: washing hands before and after eating, consuming nutritious food and drinks, eating regularly, bathing 3 times a day, throwing rubbish in its place, community service every Friday (clean Friday), and exercise once every three weeks. Through the YRC (Youth Red Cross) extracurricular, students are required to be able to form an attitude of social awareness and a healthy lifestyle. Students can not only broaden their knowledge, they can also change their behavior. In this way, his behavior can be used as an example for other students.

CONCLUSION

The conclusions can be drawn as; The forms of YRC (Youth Red Cross) activities at SDN 20 Mataram are divided into two, namely routine and period activities. The routine activities are activities carried out every week, such as material both theoretical and practical, YRC (Youth Red Cross) gymnastics, teaching how to wash your hands properly and correctly, and community service on Fridays (clean Fridays). Then there are period activities when there are certain competition events which are held once a year, namely the PMI Mataram City Jumbara (Jumpa Bhakti Gembira) activities. The activities carried out really help students in instilling an attitude of social awareness and a healthy lifestyle.

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