

**THE LEVEL OF STUDENT'S AWARENESS THROUGH SCHOOL RULE IMPLEMENTATION AND
TEACHER'S PARTICIPANT IN KEEPING SELF HEALTH AND ENVIRONMENT IN TARUNA BAKTI
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ABSTRACT

The aim of the research is to investigate the implementation of the rule in SMA Taruna Bakti Waena. The implementations are through student's self awareness to keep the healthy life for themselves and the school's environment. The other aim are finding the approach model and founding from the school in order to make the students' aware of their health as well as their environment. Thus, the students' awareness would become their personality as nation generation. Students should have Indonesian character as the motto of this school itself "Pro Eklesia Et Patria" (Love Church and nationality). This research is involving the students from the first grade until the third grade in Taruna Bakti Senior High School of Waena Jayapura. This research is using the model approach in the form of rule which actualize based on students' age "adolescent" to build the students' character.

Keywords: *School's rules, Model Approach and Founding, students' Awareness, Self and Environment Health*

1. INTRODUCTION

Health is one of the prosperity of human right for everyone in Indonesia. The students have the same right with the other society in getting a health service. However, based on observation, students still have a low self awareness about themselves and the environment. School and teachers should guide students to get the optimal self awareness in their health as well as the environment. The goal is to rebuilt Indonesian people who become more aware of their body and spiritual health. Another purpose is to make Indonesian people wiser, more moralist more polite, more aware of their culture and more assimilated based on basic principle of Indonesia "Pancasila".

National identity of Indonesia is written in the basic principle of Indonesia (NKRI) named *PANCASILA*. *Pancasila* is an identity that should be taken care for the country itself. It is written in UUD 1945; "...melindungi segenap bangsa Indonesia dan seluruh tumpah darah Indonesia dan memajukan

*kesejahteraan umum, mencerdaskan kehidupan bangsa.....)*¹.

The students should be introduced the rule of school by their teachers about some aspects, such as discipline, self awareness of health and the environment. The modern life is offering many patterns and ways of life to each individual including students of Taruna Bakti High School of Waena. Students have to choose wisely as a part of the society. They also have to choose self health as a positive way of life. The modern life is giving the negative impact to the people including health. One of the negative impacts is that the use of drugs in some friendship circle.

The negative impact is influencing ~~in~~ the education area started from the primary, middle, high school, until University students. The government has a responsibility to figure out how to solve it. Furthermore, the government is the one who take control of the nation and country. The government have to try to make the regulation and the program to

¹ *Undasar Undang Dasar 1945*

solve the problem. UUD number 35 in 2009 about narcotic in part A said that, “*bahwa untuk mewujudkan masyarakat Indonesia yang sejahtera, adil dan makmur yang merata materiil dan spiritual berdasarkan Pancasila dan Undang-Undang Dasar Negara Tahun 1945, kualitas sumber daya manusia Indonesia sebagai salah satu modal pembangunan nasional perlu dipelihara dan ditingkatkan secara terus-menerus, termasuk derajat kesehatannya*”²; selanjutnya part b is explained, “*bahwa untuk meningkatkan derajat kesehatan sumber daya manusia Indonesia dalam rangka mewujudkan kesejahteraan rakyat perlu dilakukan upaya peningkatan di bidang pengobatan dan pelayanan kesehatan,.....*”³.

Undang-Undang No. 36 in 2009 about health chapter explained that “*..... pembangunan kesehatan bertujuan untuk meningkatkan kesadaran, kemauan dan kemampuan hidup sehat bagi setiap orang agar terwujud derajat kesehatan masyarakat yang setinggi-tingginya, dan sebagai investasi bagi pembangunan sumber daya manusia yang produktif secara sosial dan ekonomis.*”⁴ Every institution including the government and non-government is expected to be active in increasing individual self-awareness to have a healthy life style physically and spiritually. School should be more active in building students’ awareness to keep health for themselves and their environment. This is going to decrease the negative habit.

The students’ awareness will grow in the school environment and the society. There should be a great contribution from the school’s rule and teacher’s participation to make this succeed. Thus, if the teacher’s control is weak and the approach is not maximal, the school’s rule will not give a positive effect toward students’ self-awareness in keeping their self and their environment health.

Senior high school Taruna Bakti senior high school in Waena Jayapura has one of the strategy unit to apply the government regulation. One

of the strategy is listing the rule of school toward students and teacher. So, the awareness can be achieved based on the education goal. The school rule is one of the key to avoid students from negative influence. It also becomes an effective tools in building the students’ awareness. So, character development can be created. If the school rule is applied and handled by the school consistently, the expectation of the government would be achieved. The research question in this research is how the students’ low awareness and teacher participation toward school rule to keep theirselves and environment healthy in the school and society of Taruna Bakti High School.

2. PREVIOUS RESEARCH

Yoni Hermawan dan Komara Nur Ikhsan⁵ said that the health attitude in the school shows the unsatisfied result. It can be seen from the sort survey that is conducted in 2009 at Ciamis. It is shown that; PHBS at school level I is 40,8%, PHBS level II is 33,3%, PHBS level 3 is 20,5% and PHBS level IV is 5,4%. Based on the result, the attitude problems are found that 83,7% of students are smoker, 63,6% students do not do the sport regularly. While, the environment problems consist of the lack of toilet in the school 60%, the school that do not organize the trash 62%. the influence of environment health toward students’ knowledge at Junior High School of Tembaksari, Ciamis District in 2011.

Maria D. LaRusso, Daniel Romer, Robert L. Selman⁶ said that the positive effect of school situations may also influence the positive mental health toward students. The teachers do not promote

⁵ Yoni Hermawan and Komara Nur Ikhsan (2013) *Pengaruh Penyuluhan Kesehatan Lingkungan Terhadap Tingkat Pengetahuan dan Pelaksanaan Kesehatan Lingkungan at SMP Negeri Tambaksari Kecamatan Tambaksari Kabupaten Ciamis. Jurnal Bumi Lestari. Vol 13, No.1 Feberuari 2013, hlm 166-173*

⁶ Maria D. LaRusso, Daniel Romer, Robert L. Selman (2008) Teachers as Builders of Respectful School Climates: Implications for Adolescent Drug Use Norms and Depressive Symptoms in High School. *Journal Youth Adolescence. 37 : 386-398*

² UU. No. 35 Tahun 2009 tentang Narkotika

³ Ibid.

⁴ UU No. 36 tahun 2009 tentang Kesehatan.

the school climate effectively. Based on social control theory and contextual model development of social, predicted that, the teacher can help in building the school climate by respecting the point of view and the ability of students in taking a decision. It is including the respect of the norms of health attitude. The adolescent get higher teacher support and feel students' perfective in middle school more disposed has climate and health norm. That both students and teacher respect the rules and Laws at school abundantly. So, the students who included as narcotic is decreasing.

Irwin A. Hyman and Donna C. Perone⁷ explained that the school policy should consider the effect on the student's behavior. Some bad attitudes of students are sometimes booming in social media. It effects the implementation the right school's rule.

3. TEORITICAL DESCRIPTION

a. Low Awareness

According to Soerjono Soekanto⁸, Low awareness is the human value that hasn't fulfill the expectation.. Achmad Sanusi⁹ said that self-awareness or society potential should have certain control. According to Paul Scholten¹⁰, the awareness which present in people life which always to obey the low. Based on three theories above, the researcher has an opinion that awareness is is a value of a person from their habit and culture to obey the rule from the law.

⁷ Irwin A. Hyman and Donna C. Perone (1998) *The Other Side of School Violence: Educator Policies and Practices That May Contribute to Student Misbehavior. Journal of School Psychology*. Vol. 36. No. 1. pp. 7-27

⁸ Soerjono Soekanto⁸ (1983) *Pokok-Pokok Sosiologi Hukum*, Cetakan Kedua (Cetakan pertama 1980), CV. Rajawali: Jakarta

⁹ Achmad Sanusi (1977) *Kesadaran Hukum Masyarakat. Hukum* No. 5 tahun ke-4

¹⁰ Paul Scholten (1954) *Algemeen/Deel*, NV Uitgeversmaatschappij W.E.J. Tjeenk Willink

b. Students

In Indonesia amendment of UU RI No. 20 in 2013 about national education system, chapter 1 verse 4 states that “*Peserta didik disebut sebagai peserta didik yang dimengerti sebagai anggota masyarakat yang berusaha mengembangkan potensi diri melalui proses pembelajaran yang tersedia pada jalur, jenjang, dan jenis pendidikan tertentu. Bahwa yang dinamakan peserta didik adalah semua anggota masyarakat yang menempuh pendidikan baik yang sedang menempuh TK, SD, SLB, SMP, SMU dan Perguruan Tinggi adalah termasuk peserta didik*”¹¹

c. School Rule

According to Indonesian dictionary, Rule is a guidance, norms and determination which are made to organize something. ¹² According to Mulyono, discipline is the collection of rule which is provided in written form in order to control the society. The discipline rule in school discipline consists of obligations and prohibitions¹³.

d. Teacher Participation

Participation is a person who takes part in certain situation. According to Keith Davis, participation is a mental and emotion involvement of a person. The purpose of this involvement is to achieve something and be responsible of something. In this definition, the key of thinking is that the teacher has a role to educate people as well as have the prominent duty¹⁴.

In Indonesia amendement of UU No. 14 in 2005 chapter 1 verse 1 states “*guru adalah pendidik profesional dengan tugas utama mendidik, mengajar, membimbing, mengarahkan, melatih, menilai, dan mengevaluasi peserta didik pada PAUD, jalur pendidikan formal, pendidikan dasar dan menengah*”¹⁵. The teacher is the person who has

¹¹ UU. RI No 20 Tahun 2013

¹² <https://jagokata.com/arti-kata/peraturan.html>

¹³ <http://annemeri15.blogspot.co.id/2015/11/tata-tertib-sekolah-pengertian-tata.html>

¹⁴ <https://id.wikipedia.org/wiki/Partisipasi>

¹⁵ UU No. 14 Tahun 2005

an important role to guide students' awareness-about keeping themselves and environment health. One of the way is through a discipline in running the school rules. This pattern helps the students to be guided comprehensibly. So, the goal of enjoying the healthy life can be achieved.

e. Self-health and Environment

Self-health is a situation a person's body is escaping from the illness. This illness may come from the inside or outside. Environment is one of the outside factors. The bacterial and other organisms are the examples of virus which cause illness. A healthy person is a person who doesn't have illness whether from inside or outside the body.

According to World Health Organisation (WHO) Healthy environment is that, "Those aspects of human health and disease that are determined by factors in the environment. It also refers to the theory and practice of assessing and controlling factors in the environment that can potentially affect health". The conclusion is that there should be an ecology balance between people and environment. So, it can ensure human healthy life"¹⁶.

4. RESEARCH METHODS

This research was using qualitative method with purposive technique. According to Gay¹⁷, the research development is an effort to develop a project effectively to use at the school. According Borg and Gall¹⁸, research development is "Educational Research". Development (R & D) is a process used to develop and validate educational products. The steps of this process were usually referred to the R & D cycle. The first step was studying research findings pertinent to the product to be developed. The second step was developing the products based on these finding. The third step was field testing it The last

step was revising it to correct the deficiencies found in the field-testing stage. This cycle was repeated until the field-test data indicated that the product met its behaviorally defined objectives in more rigorous programs of R&D.

This research was a development model¹⁹. This research consisted of two activities. Firstly it was to identify the attitude of students toward school rule as well as the awareness and obedience toward school rule. The purpose was to keep self-health and environment of school. Secondly was the development of approach model and founding based on the form of school rule. Rule validation was one of the element which was able to maximize the student's awareness. The respondents this research were a principle, consoling teacher, and homeroom teacher in Taruna Bakti Senior High School.

5. DISCUSSION

School rule implementation and teacher participation are two things that can prevent low awareness of the students toward their health. The other things are developing students' knowledge and forming the attitude to keep in self-health and environment.

a. School rule implementation to prevent students low awareness at Taruna Bakti Senior High School of Waena

The implementation of school rule to prevent the students' low awareness is conducted by several ways. The first is through socialization about rule information by the teacher. Teacher is a connection source of learning, protector, facilitator and catalyst of students. It is not limited to socialization only. The rule is also made in the form of book in learning session. The purpose is to give the responsibility to the students. So, they have to obey the rule which is provided by the school. This

¹⁶ <http://www.indonesian-publichealth.com/pengertian-kesehatan-lingkungan/>

¹⁷ Gay, L.R. (1991). *Educational Evaluation and Measurement: Com-petencies for Analysis and Application*. Second edition. New York: Macmillan Publishing Compan.

¹⁸ Borg and Gall (1983). *Educational Research, An Introduction*. New York and London. Longman Inc

¹⁹ [https://navelmangelep.wordpress.com/2012/04/01/penelitian-pengembangan-development-research/Seals dan Richey \(1994\)](https://navelmangelep.wordpress.com/2012/04/01/penelitian-pengembangan-development-research/Seals dan Richey (1994))

can create the health awareness for students themselves but also the surrounding environment.

The teacher observes the students by pretending to walk surrounding students. The teacher is also able to create the friendship situation. In this case, the students do not aware that the teacher is controlling their attitude. Students have to keep their self and environment healthy. Teachers have to control whether they bring and consume the drugs such as narcotic or not. Urine check up becomes one of the school rule that should be done in the beginning of the semester. It also should be done regularly for every semester. The next school policy to prevent deviate attitude of students is twice checkup urine by BNN to the students

Mechanism of urine checkup is guarded by the teachers in front of toilet door. The purpose is to avoid the urine exchange. Another thing that may be happen is that it will be given from the students who are not narcotic user to the students who are active user of narcotic. It should done at the school, there is the same case happen when students do the urine checkup in Bayangkara hospital. The case is that the students who are free from narcotic test still using the narcotic in the learning process. This phenomena is influenced by the position of Jayapura. The location is near with Papua New Guinea which has a high user and distributor of narcotic.

b. Teacher's participation in conducting school rule to form the students' awareness in Taruna Bakti Senior High School.

The involvement and teacher participation is the important. It is done in the classroom by the role of teacher and homeroom teacher. The implementation of this rule is determined by teacher involvement to educate students in the classroom. Teacher participation in educating students is by using reminding method about school rule also about headmaster policy. This policy has a role to be an innovator, motivator and collaborator.

The strategy is given from the principle to the teacher in the scheduled meeting to achieve the effectiveness of the school rule. there is a meeting between homeroom and students as well as

homeroom teacher with parents and consoling teacher.

The form of students' awareness of low refer to implementation of school rule and active teacher role in Taruna Bakti Senior High School. The implementation of urine checkup which is conducted cooperative with BKN of Papua Province produce students' awareness toward the importance of self-health and environment. The school rule is important to be one of the tool to keep Indonesia country especially Papua to avoid destruction action as the beginning of nation destruction²⁰.

Furthermore, the facts show that there are no students who consume the prohibited drugs during the past four years. It shows that students level of awareness in obeying school rule is very good 90%. The rest are shown the bad attitude to other friends. Those students who show bad attitude are known from the broken family. They do not live with their family. The school is responsible to educate the students specifically through homeroom teacher, and consoling teacher. However, if there is no change in the student's attitude during the education process, the school will call their parents. If there is no change, the school will give those students a movement letter to other school.

6. CONCLUSION

- a. School rule implementation is should be done beside socialization. It is done also by producing the hand book for students. They will always bring the book in every learning session.
- b. After school rule implementation, BNN involvement is also important to do the controlling. They are able to test the of students 'urine. So, it will increase the students' awareness of keeping their and environment during these four year.

6) Lickona, Thomas (1992). "Educating For Character How Our Schools Can Teach Respect and Responsibility", New York-Toronto-London-Sydney-Auckland: Bantam Books

7. SUGGESTION**1. Teacher**

The teachers are expected to educate the students. Teachers run the role as parents in the school. So, the students have to be stronger than before. They also should know that they are valuable.

2. Students

By school implementation, the students are expected to be aware. They also expected to change their way of thinking, feeling and behaving to keep in self- health and environment.

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