

## Literature Review The Effect of Health Education by Nurses on Clean and Healthy Living Behavior in Adolescents

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### ABSTRACT

**Background:** Adolescent health is an important aspect in developing a healthy society. The ability of nurses to provide health education must include education about preventive (prevention), promotive (improving health), curative (treatment) and rehabilitative (returning function to normality) efforts. Indicators for achieving the Millennium Development Goals (MDGs) target, namely environmental health which is related to Clean and Healthy Living Behavior (PHBS) which is related to healthy living behavior, has programs including: 1) drinking water, 2) proper sanitation, 3) clean living behavior and healthy, and 4) healthy district/city administration **Objective :** to identify and analyze research journals that explain the influence of health education by nurses on clean and healthy living behavior in adolescents. **Method :** the research design used was a literature review. Journal research subjects were carried out using databases in the form of Pubmed, Google Scholar and ScienceDirect. The journal search was carried out in May-June 2024. The journal findings used in this research were from the last 10 years. The search results obtained 5 relevant journals. Journal quality assessment process using JBI Critical Appraisal. **Results:** Research in the literature review shows that health education is very important to improve clean and healthy living behavior in adolescents. The educational program containing socialization activities and interactive questions and answers to increase public knowledge about clean and healthy living behavior (PHBS) is carried out in accordance with the initial activity plan. **Conclusion:** Based on the results of the analysis of 5 journals in the literature review. So it can be concluded that health education is an important thing to do to improve PHBS, especially in adolescents. Clean and healthy living behavior (PHBS) is a behavior related to a person's efforts or activities to improve their health based on awareness

**Kata kunci:** Health education, Nursing, PHBS