Clean and Healthy Living Behavior of Pupil at one of the Islamic Boarding Schools in Bandung Regency

Mia Kusmiati, Alya Tursina, Meta Maulida Damayanti, Arikoh Rahmat Putra

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Abstract

The lack of guidance related to healthy and clean behavior towards the community in the boarding school by primary healthcare workers, which has stopped since the Covid-19 pandemic era, has caused the need to identify the risk of diseases that often affect students. The study aimed to identify the clean and healthy living behavior of pupils in Islamic boarding schools. A survey method was conducted on 97 pupils of Nurul Huda Islamic boarding school in Bandung regency by using the questionnaire of PHBS (periuk hidup bersih dan sehat). They were recruited to fill out 18 items of a questionnaire of clean and healthy behavior with a total sampling strategy. Our finding indicated that participant was dominated by the age of 13-15 years old (58.76%), with female pupils greater than male pupils (60.82%;39.18%). Most of them are at the junior high school level (52.58%), followed by senior high school (37.11%) and elementary school (10.31%). The result of the study shows ablution before doing prayers, and the use of clean water are two habits that are very dominant among students. However, the habit of cleaning places that become mosquito nests and exercising are two habits that are still low, so they need to be improved. We summarize that clean and healthy living behaviors among students, in general, are quite good, and this reflects that they have implemented the behaviors expected by health workers in maintaining cleanliness and health.

Keywords: Boarding school, clean, healthy, living behavior, pupil

INTRODUCTION

Based on the results of observations and surveys in 2021-2022 at one of the Islamic boarding schools in Bandung regency, it was found that the incidence of scabies disease was still high, it was found that students studying at Islamic boarding schools did not have full awareness of running healthy and clean behavior. Likewise, the use of masks, distancing, and not crowding are things that are still rarely done among students. In addition to this, many students were found to have scabies (a disease caused by the parasite- Sarcoptes scabiei). This can be caused by the habit of behaving healthy and clean is still low, plus the lack of awareness to always maintain body condition to stay healthy. One indicator that can be assessed to see the extent of such habits of living behavior is to do PHBS. These habits can be assessed through self-assessment by filling out a questionnaire survey.

The pesantren (as an Islamic boarding school) actually has a good way in terms of management and infrastructure specifically to overcome existing health problems, with the existence of poskestren (pos kesehatan pesantren), but since the pandemic, its use has been diverted to become a barracks for students. Considering the location of the pesantren close to the primary health care, it should be to get health services for sick students. It is not too difficult. However, even though it is close to health service facilities, concern about the importance of clean and healthy
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Living behaviors, as well as the desire to seek treatment if you are sick, is not adequate. The aim of this study are to identify the clean and healthy living behavior of pupils at one of the Islamic boarding schools in Bandung regency.

LITERATURE REVIEW

The Environmental Quality Index (EQI) is an indicator that describes the performance of environmental management and is a common reference for all parties in measuring the performance of environmental protection and management nationally. Individual hygiene and environmental conditions in Islamic boarding schools are of the important components that are expected to support health promotion efforts. Behavioral changes related to individual hygiene require a continuous process that includes a combination of teaching materials, facilities, and infrastructure accompanied by clean and healthy behavior guidance from the authorities in the health sector, so it is necessary to carry out continuous guidance on health problems.

The concept of healthy and clean living behavior also includes all the activities that a person carries out when playing an active role in their health and the health of others. In addition, by increasing knowledge about implementing the clean and healthy behavior program, which relates to preventing the spread of COVID-19, attitudes in responding to it, and actions that must be carried out according to applicable regulations. World health organization (WHO) reported that from the beginning of the COVID-19 outbreak to the last update on March 17, 2021, there were 120,383,191 confirmed cases, with 2,664,386 deaths resulting from the disease. In observing the respond toward stimuli, there has 4 level that can be assessed, namely: 1) perception, which is expected to recognize various objects connected to an action taken, 2) response refers to the movement of someone by carrying out something following the provisions, 3) the stage where someone has acted correctly, and 4) is a practice or action that has developed well, meaning that the action has been modified without reducing the truth of the action.

Recommendations to Keep Islamic Teachings very concerned about hygiene issues which is one of the important aspects of medical science. In terminology Islam, a problem related to cleanliness is called Al-Thaharat. In terms of hygiene and health, Al-Thaharat is a form of preventive efforts useful to reduce the spread of various types of germs and bacteria. Imam Al-Suyuthi, 'Abd Al-Hamid AlQudhat and other clerics states in Islam maintain chastity and cleanliness, including the worship part. As a form of Qurbat, part of Ta'abbudi is an obligation, as a key worship, the Prophet said: "From 'Ali ra, from the Prophet, saw, he said: "The key to prayer is to purify."

(Khairani, 2020)
RESEARCH METHOD

This study used a quantitative analytic observational study with a cross-sectional design. The study population was the students in one Islamic boarding school in Bandung regency. The amount of 97 pupils was recruited to participate in this study with a total sampling strategy. The measurement method for each item of the questionnaire in this study was the application of the healthy and clean living behavior program using an instrument with an ordinal measuring scale. Participants were asked to rate their approval of their habits in behaving clean and healthy, ranging from never (1), sometimes (2), often (3), to always (4).

This study is part of the community service partnership program special scheme of the Faculty of Medicine Universitas Islam Bandung.

FINDINGS AND DISCUSSION

We captured the demographic data following as participant was dominated by the age of 13-15 years old (58.76%) with female pupils greater than male pupils (60.82%:39.18%). Most of them are at of junior high school level (52.58%), followed by senior high school (37.11%), and elementary school (10.31%) (Table1).

Our finding shows that the application of the Healthy and Clean Living Behavior Program are in the always and often category, a total of 14 items. The rest of the items (4 items) are in sometimes and never. These items include reading with bright light intensity, smoking habits, doing sports activities, and efforts to eradicate mosquito nests.

Figure 1 shows that the clean and healthy living behavior of students for the category of clean water use and ablution habits are two items that get the highest scores. This is in line with the research conducted by Oktarizal et al., which states that there is a relationship between the application of the Healthy and Clean-Living Behavior program towards COVID-19 cases. (Oktarizal et al., 2022) This is related to health promotion efforts during the pandemic. Health promotion is the process of enabling people to increase control over, and improve, their health. To reach a state of complete physical, mental, and social wellbeing, an individual or group must be able to identify and realize aspirations, to satisfy needs, and to change or cope with the environment”. (Ottawa Charter, 1986). An Islamic boarding school is an educational place that teaches the practice of the Prophet’s sunnah.

Health is the biggest investment and an invaluable treasure. Live Healthy is the wish, the hope of every individual. Excellent health is not a gift not inherited, but healthy living requires effort and Struggle. Because human beings want to live healthily, many theories were created back to nature (Khairani, 2020).
CONCLUSION AND FURTHER RESEARCH

The results are quite good, and the response is very positive from the students, as can be seen from the assessment of clean and healthy living behaviors, which are quite high. This activity also provides a lot of insight for the service team, especially during the preparation of materials. Clean and healthy living behavior of a student in an Islamic boarding school. PHBS among the students of Nurul Huda Islamic boarding school is mostly good enough, but it is necessary to increase and link to the aspects of maintaining environmental sanitation and individual activities in maintaining health.

REFERENCES


*Rencana Pembangunan Jangka Menengah Daerah (RJPM) Kabupaten Bandung-2021-2026*

APPENDIX

Figures

Figure 1. Description of clean and healthy living behaviors of Nurul Huda students of 97 peoples
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Table
Tabel 1. Characteristics of Santri Pesantren Nurul Huda, n=97

<table>
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<tr>
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<th>Number</th>
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<tr>
<td>13 -15 years old</td>
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<td>&gt; 15 years old</td>
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