

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

Mia Kusmiati¹, Alya Tursina², Meta Maulida Damayanti³, Ariko Rahmat Putra¹

¹Department of Medical Education, Bioethics and Humanity, Faculty of Medicine, UNISBA, Indonesia

²Department of Neurology, Faculty of Medicine, UNISBA, Indonesia

³Department of Anatomical Pathology, Faculty of Medicine, UNISBA, Indonesia

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 determine 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 (*perilaku 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*



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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 conducting clean and healthy living behavior (CHLB) or was called perilaku hidup bersih dan sehat (PHBS) in the Indonesian context. These habits can be assessed through self-assessment by filling out a questionnaire survey. One study in Jember Indonesia of 114 students indicated a low value for CHLB students in Indonesia, as confirmed by only 32.3% of CHLB with good achievement based on a national Indonesian survey (Susanto *et al.*, 2016).

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Implementation of the Clean and Healthy Living Behavior (PHBS) program that has been proclaimed by the Indonesian government, still encounters many hindrances in some district areas, one of them in Bandung district. Other studies in Sulawesi showed a low achievement of 44.75% -49.75% (Jayadipraja *et al.*, 2018). Low coverage of PHBS in the Islamic boarding school is caused by the lack of pupil knowledge regarding PHBS, low sanitation facilities, and lack of health education provided by health workers, especially health promotion officers (Susanto *et al.*, 2016).

The *pesantren* (as an Islamic boarding school) 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 living behaviors, as well as the desire to seek treatment if you are sick is not adequate. This study aims 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 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. Some evidence has shown that health problems, including intestinal worms, diarrhea, toothache, skin disease, malnutrition, and so forth, arise due to a lack of clean and healthy living behavior which in turn leads to poorer health status and quality of life (Pokras, 2002).

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 (Word Health Organization, 2021). In observing the response toward stimuli, there has 4 levels that can be assessed, namely: 1) perception, which is expected to recognize various objects connected to an action is taken, 2) response refers to the movement of someone by carrying out something

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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 effort, useful to reduce the spread of various types of germs and bacteria. Imam Al- Suyuthi, 'Abd Al- Hamid AlQudhat and other clerics state, 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).

Health education for a pupil of an Islamic boarding school is an effort to improve healthy behavior. Health education is any combination of learning experiences designed to help individuals and communities improve their health, by increasing their knowledge or influencing their attitudes (Kandou and Kandou, 2019). One of the indicators of CHLB is to engage in physical activity through sports. Sport is a form of activity that is planned, structured, and physically continuous, involving repetitive body movements with rules. Specific rules are intended to improve physical fitness and achievements (Wicaksono, 2020). Physical activity is all the form of body movement that occurs due to the contraction of the skeletal muscles that, causes an increase in need calorie or calorie use of the body exceeding the inner energy requirement state of rest (Organization, 2018).

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.

We used a self-administered questionnaire to collect the data. The questionnaire was adopted from the checklist of the Indonesian Ministry of Health for measuring behavior toward CHLB.

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). The indicator of PHBS of boarding schools is a measuring instrument or a guide that limits the focus of attention to assess pupil health situations or problems in boarding school settings. This instrument consists of 18 indicators with four Likert scales.

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 is in the always and often category, a total of 14 items. The rest of the items (4 items) are in the sometimes and never categories. These items include reading with bright light intensity, smoking habits, doing sports activities, and efforts to eradicate mosquito nests.

The findings on the behavior toward clean and healthy living based on the 18 indicators showed that only three indicators have the lowest score, namely doing sports activities (2.78), efforts to eradicate mosquito nests (2.84), and reading with bright light intensity (2.93), whilst smoking habits has a score of 1.68. This means that there are still students smoking in the pesantren environment. Sports activities need special attention from Islamic boarding school managers. This is due to the low habit of exercising. Even though we know that exercise can improve body performance and fitness, physical activity can increase muscle and bone strength and improves balance, flexibility, and fitness. In children, physical activity supports growth and healthy development and mitigates risks of diseases that can occur (Wicaksono, 2020). This result is in line with Susanto's study in Jember, East Java declared that physical activity is still difficult to implement among students of Islamic boarding schools, therefore they are more prone to obesity. Yet, this result is somewhat different from the research conducted by Kandou in Manado. The physical activity habit in junior high school students showed a high average achievement of 93.2% (Kandou and Kandou, 2019).

The findings on the behavior toward eradicating mosquito larvae, showed the lowest score for that indicator, in addition, to the sports activities indicator. Similar to the study in Jember, our result depicted unhealthy behavior regarding dengue fever prevention (Susanto *et al.*, 2016).

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). The finding on behavior toward using the healthy latrine and clean water use of this study are following Kandou's study in Manado. Indicators of clean and healthy toilets indicate that most respondents already have good behavior to use clean and healthy latrines as well as clean water (38.6%) (Kandou and Kandou, 2019).

Related to a healthy toilet, several requirements must be met, including not contaminating drinking water sources, being odorless, non-contactable by insects and mice, not polluting the surrounding soil, being easy to clean and safe to use, and equipped with protective walls and roofs,

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adequate lighting and air ventilation, floors water resistant, water, soap and cleaning tools available.

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 that is not inherited but healthy living requires effort and Struggle. Because human beings want to live healthily many theories were created, or 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. Environmental health must be maintained to support the health of everyone who lives in the vicinity. Further research is needed to compare clean and healthy living behavior (CHLB) after getting health education and conducted with a larger sample at various Islamic boarding schools in Bandung district and its surroundings.

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APPENDIX
Figures

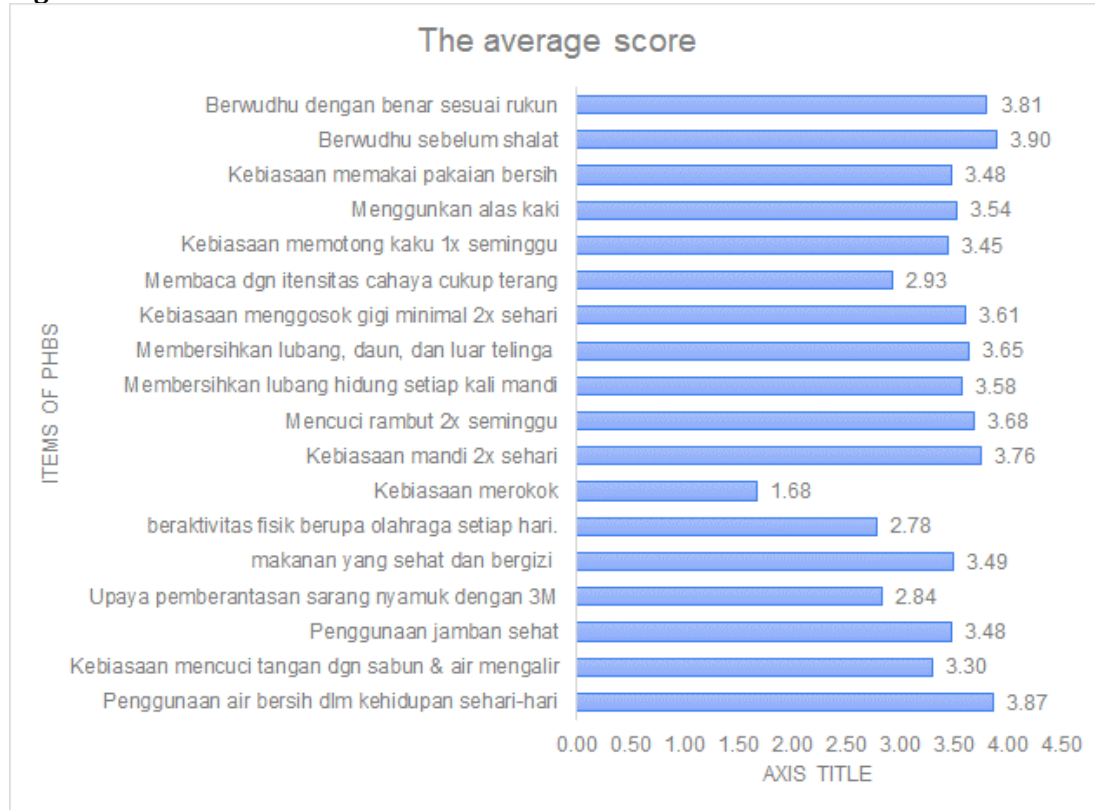


Figure 1. Description of clean and healthy living behaviors of Nurul Huda students of 97 peoples

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Table

Tabel 1. Characteristics of Santri Pesantren Nurul Huda, n-97

Demographic characteristic	Number	%
Age		
<12 years old	16	16.49
13 -15 years old	57	58.76
> 15 years old	29	29.90
Gender		
Male	38	39.18
Female	59	60.82
Education Stage		
elementary school/Ibtidaiyah	10	10.31
Junior high school/Tsanawiyah	51	52.58
Senior high school/Aliyah	36	37.11
Total	97	100.00