

HEALTH EDUCATION ON PERSONAL HYGIENE OF STUDENTS

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ABSTRACT

This study aims to determine the effect of health education on the Personal Hygiene of students at the Pancasila Islamic Boarding School in Bengkulu City. This study is a quantitative study using a cross-sectional approach. The results of the univariate analysis obtained that the average score of personal hygiene behavior before being given health education was 42.17 and after health education was 61.20. In conclusion, there is an effect of health education on personal hygiene and on average before and after being given health education on personal hygiene behavior.

Keywords: Health Education, Personal Hygiene

Introduction

Health, both physical and spiritual, is a very important need for a person. Good health status is needed by everyone in order to live a normal life. Health protection must start from oneself, including by maintaining the cleanliness of teeth, hair, eyes, nose, skin, nails and mouth (Sulastri, 2018).

In an orphanage, it was found that 18.8 percent of orphans were not good at implementing personal hygiene and as many as 69.2 percent of students who did not apply personal hygiene experienced pediculosis capitis (Anggraini et al., 2018).

The impact that often occurs in personal hygiene problems with many health problems suffered by a person is that personal hygiene is not maintained properly. Physical disorders often occur such as impaired skin integrity, disorders of the oral mucous membranes, eye and ear infections, and physical disorders of nails. Lack of personal hygiene in children can also cause diarrhea. Children are the age group that suffers the most because they still have a weak immune system. Diarrhea can be caused by infection or non-infectious disease diarrhea caused by unfavorable environmental conditions and community behavior (Triasmari & Kusuma, 2019).

The application of personal hygiene should be supported by good knowledge because the better the level of knowledge of a person eating, the greater the opportunity to apply personal hygiene. In addition to knowledge,

another factor that supports the application of personal hygiene is a person's perception of personal hygiene itself (Amanina et al., 2021).

Vice versa, the lower a person's knowledge, the less likely it is to apply personal hygiene. Female students have better knowledge of personal hygiene than boys. More information about personal hygiene is obtained from the family then from teachers and various media (Rajbhandari et al., 2018). Access to social media is one of the places to increase one's knowledge, so that it will affect the person's behavior. There is a relationship between social media exposure and personal hygiene behavior of children aged 9-12 years in Kalanganyar Village, Pancur Health Center Working Area. (Triasmari & Kusuma, 2019).

In Islamic boarding schools students have habits such as exchanging personal items such as pillows, combs, clothes, headscarves, hats, and jackets. They also often hang clothes that have been worn in the room. In addition, the uniform worn by female students has a material that tends to be thick, does not absorb sweat and is layered.

Health problems that are often experienced by scabies students are around 32% (37 of 114 female students), tinea 14%, bacterial infection 10.5%, milia 4%, prurigo 2%, atopic dermatitis 2%, contact dermatitis 2%, acne vulgaris 0.8%, pityriasis versicolor 0.8%.

The implementation of health education is a process of individual self-change associated with the attainment of individual and public

health goals. The purpose of health education is to change the behavior of children in class X and class XI Pancasila Islamic Boarding School they behave in a healthy manner, utilize existing health facilities and carry out personal hygiene for proper dental, hair, eye, nose, skin, nail and mouth hygiene (Sulastri, 2018).

A study revealed the influence of education on adolescent personal hygiene behavior. In the control group, education through photovoice interactive media significantly improved adolescent personal hygiene behavior (Samsuni et al., 2019). Research conducted by Padila et al., (2020) shows that there is a significant effect between the demonstration method on increasing the ability to wash hands in seven steps in early childhood in Aisyiyah 1 Kindergarten, Bengkulu City.

Increased knowledge will change a person's behavior, there is a change in the behavior of elementary school students about personal hygiene after being given health education. The educational method used is the lecture method (Hidayah, 2020), (Effendi, 2022). Health promotion media contained in the elementary school environment is a factor that supports a person's behavior change. A study found that the limitations of health promotion media had an impact on the education level of students, the need for increased health education.

Based on the results of initial observations made by researchers, the Pancasila Islamic Boarding School is the oldest Islamic boarding school in Bengkulu, which has 4 educational institutions, including: Madrasah Tsanawiyah (MTS) Level, Middle SchoolFirst (SMP) Based on Islamic Boarding School (BP), and Madrasah Aliyah (MA), Senior High School (SMA). Here the researcher focuses on research at the Madrasah Tsanawiyah (MTS) Aliyah level where the number of students at Madrasah Aliyah class X is 20 boys 9 people and 16 girls, class XI 13 boys 4 girls 9 people (Pancasila, 2019).

The results of the observation of learning activities followed by class X students, 20 participants consisting of 10 students who did not understand or did not understand personal hygiene. From the results of initial interviews with 6 students who experienced healthy hair with head lice because he often slept together without knowing his friend had lice and borrowed things such as combs that had head lice, that's where the lice spread in the students' hair. There were 10 male students whose health was proven by the majority of residents with skin disorders who did not

perform other types of health services. Meanwhile, in terms of personal hygiene, most of the students used bar soap together and shared one towel. Santri don't wash their hands when they want to eat and there are other students who wash their hands before eating that's where the behavior of students who don't understand personal hygiene and can't take care of themselves well because if they don't wash their hands before eating they will get diarrhea. Researchers want to see how the level of health education and personal hygiene behavior at the Pancasila Islamic Boarding School is.

Method

The type of research used is pre-experimental with a one-group pretest-posttest design, which is done by giving a test at the beginning (pre-test) before the intervention is given, then a test is carried out at the end (posttest) after the intervention activity is carried out. This research was carried out at the Pancasila Islamic Boarding School in Bengkulu City from 02 June 2020 to 30 June 2020.

The research population taken was all students of the Bengkulu City Pancasila Islamic Boarding School class X and XI with a total of 30 students, the entire population was taken as the research sample. Research data were collected using a questionnaire regarding personal hygiene that has passed the validity and reliability test phase.

Before conducting the intervention, the researcher gave a questionnaire. The intervention is providing health education. Health education is conducted face-to-face. After carrying out health education, researchers measured the application of personal hygiene carried out by students. Furthermore, the data collected in the univariate and bivariate analysis using the dependent t test.

Result

Table. 1

Disstribution of personal hygiene behavior before and after health education for santri

Personal hygiene behavior	mean	SD	Min-max	95% CI
Before (pre tes)	42,16	8,554	30-57	38,97-45,36
After(post tes)	61,20	1,471	57-83	80,85-81,74

Based on table 1, it is known that the average personal hygiene behavior of the Pancasila Islamic Boarding School students in Bengkulu City before (pre-test) given the health education intervention was 42.17 with a standard deviation of 8.554. The lowest score was at 30 and the highest was 57 with a 95% CI: 38.97–

45.36. Meanwhile, from the results of the analysis, the average personal hygiene behavior of the students of the Pancasila Islamic Boarding School in Bengkulu City after being given a health education intervention (post test) was 61.20 with a standard deviation of 1.471. The lowest score is 57 and the highest is 63 with a 95% CI value: 60.65-61.74. with p-value = 0.001 (<0.005) (PH et al., 2018).

Bivariate analysis was conducted to see the effect of health education between before (pre test) and after (post test) on personal hygiene behavior in Pancasila Islamic Boarding School students, Bengkulu City. Based on the results of the normality test (Kolmogorov Smirnov) the significance value of personal hygiene behavior was > 0.05, namely 0.184 in the pre-test and 0.111 in the post-test, thus it can be concluded that the data is normally distributed

Table. 2

The effect of health education on personal hygiene on santri

<i>Personal hygiene behavior</i>	mean	SD	SE	P value N
Behavior(pre test)		8,554	1,561	
After(post test)	19,04	1,471	0,268	0,000 30

Based on table 2 shows that the average difference in personal hygiene behavior of students at the Pancasila Islamic Boarding School in Bengkulu City before (pre test) and after (post test) given health education is 19.04. From the results of statistical tests, the p-value is 0.000, so it can be concluded that health education has an effect on personal hygiene for students at the Pancasila Islamic Boarding School in Bengkulu City.

Discussion

Personal hygiene before being given health education that the results are good. The results of the analysis test on personal hygiene found that there was an effect of health education on the personal hygiene behavior of students at the Pancasila Islamic Boarding School.

This is in line with Livana's research which found an increase in public knowledge before and after health education was carried out. Increased knowledge can be successful because of the learning process that occurs in a person. Implication with p-value = 0.001 (<0.005) (PH et al., 2018).

Health education can be done by various methods such as educational education by means of snowball. Education with this method is effective in increasing students' knowledge, attitudes and personal hygiene behavior. The knowledge of Santri Pondok Pesantren Nurul

Hidayah Kebumen has changed after education, before education was found 26 percent had less knowledge and after education there were no students who lacked knowledge. Personal hygiene behavior also changes before and after education by 50 percent (Has et al., 2020).

In addition to education with the snowball method, health education with the lecture method for elementary school students is also effectively used, the results of the study indicate a change in students' personal hygiene behavior before and after the intervention (P = 0.000). Increased knowledge will change a person's behavior, there is a change elementary school students' behavior about personal hygiene after being given health education. The educational method used is the lecture method (Hidayah, 2020).

Differences in personal hygiene behavior between boys and girls are different, boys tend to have less personal hygiene than girls. The application of personal hygiene must also be supported by the availability of clean facilities and infrastructure in schools. A clean school environment with good sanitation will also form good personal hygiene in students (Kouakou et al., 2021).

A study conducted in elementary schools with treatment in the form of hand washing practice. Before the practice was carried out, students did not know how to wash their hands properly, after health education in the form of good and correct hand washing practices the students understood how to wash their hands properly. Students are also given education about personal hygiene, the results of the study show an increase in student awareness before and after the intervention (Boshra & Mariod, 2021), (Nugraha, 2021).

In general, personal hygiene factors are influenced by factors of knowledge, attitudes, information, support, and availability of facilities. The dominant factor influencing the behavior of adolescent girls regarding personal hygiene in SMP Negeri 12 Pekanbaru is the availability of facilities. The availability of facilities is very important in shaping a person's behavior in an area. For example, if a school does not provide facilities for the availability of clean water, soap and a place to wash hands (Suryani, 2019).

Scabies is a skin disease caused by not applying personal hygiene behavior. The increase in the incidence of scabies in the Raudlatuth Islamic boarding school is due to the lack of knowledge of students about scabies so that students do not apply personal hygiene

behavior. Through education, it is hoped that it can increase the knowledge of students and can influence the behavior of students (Dewi & Caesar, 2019).

Research conducted at the Integrated Agricultural Vocational School of Riau Province found that scabies in students was caused by poor knowledge, unsupportive attitudes, personal hygiene behavior, cleanliness of clothes and the role of UKS (Alhidayati et al., 2019).

To realize a healthy pesantren, it is necessary to have a policy from the leadership of the pesantren. The policies made should be obeyed by all parties in the pesantren, both teachers, employees and students. One of the activities carried out by Islamic boarding schools is to monitor the health of students by checking their nails once a week every day, checking their hair every two weeks. Meanwhile, the activities carried out to maintain the environmental health of Islamic boarding schools are not littering, carrying out picket, mutual cooperation (Wijaya & Asih, 2021).

The application of personal hygiene between men and women is different, girls are more likely to apply personal hygiene such as washing hands, bathing, cleaning teeth, cleaning nails and keeping clothes clean than boys. Teacher participation in training on healthy schools is also related to the implementation of personal hygiene, teachers who have received training on healthy schools have a 7,559 times chance to apply good personal hygiene when compared to teachers who do not attend training on healthy schools (Ranga & Majra, 2020).

Interventions through horay and video methods are effective in increasing students' knowledge, attitudes and personal hygiene practices. The control group showed an increase in knowledge before the intervention was carried out in the control group of students' knowledge 100% low, but after the intervention there were no students who had low knowledge, as well as personal hygiene attitudes and behavior (Riya et al., 2020).

There was a decrease in student morbidity in the intervention group schools compared to the control group schools. However, the effect of morbidity is persistent/unsustainable, this is because in the ninth number there is an increase in the morbidity score after six months of ongoing intervention (Pal & Pal, 2017).

Conclusion

There is an effect of health education on personal hygiene for students at the Pancasila Islamic Boarding School in Bengkulu City.

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