

Original Research Article

THE RELATIONSHIP BETWEEN MOTIVATION AND STUDENT COMPLIANCE IN THE APPLICATION OF CLEAN AND HEALTHY LIVING BEHAVIORS

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Abstract

Background: Clean and healthy living behaviors are efforts to improve preventive health to prevent the onset of diseases caused by lack of hygiene, such as diarrhea and scabies.

Objectives: This study aims to determine the relationship between motivation and student compliance in the application of Clean and Healthy Living Behaviors.

Methods: This research method is an analytical survey research with a cross-sectional approach. The sample of this study was 31 students who were in junior high school. Data collection tools using questionnaires and check lists.

Results: The results of the study found good motivation as much as 74.20%. And the compliance of students with the obedient category was 61.20%. The results of the bivariate analysis showed a p-value of 0.02 and $\alpha = 0.05$.

Conclusion: The means that there is a relationship between motivation and student compliance in the application of clean and healthy living behavior (p-value 0.02, $\alpha = 0.05$).

Keywords: Clean and Healthy Living Behaviors, Motivation, Obedience

INTRODUCTION

Every student is required to be able to maintain school health in accordance with what is exemplified by their teacher who is a role model in the school. Therefore, the presence of the teacher in the school not only teaches and educates to his students, but the teacher also needs to set an example that can be imitated by students. The phenomenon/ problem that occurs at the research site at the beginning of each semester students have been given counseling on Clean and Healthy Living

Behavior by health workers at the Nazhatut Thullab Islamic boarding school, but this has not been able to change the habits of students to be able to implement Clean and Healthy Living Behavior (PHBS) as evidenced by the incidence of diseases about PHBS is still quite high among students.

The application of clean and healthy living behaviors is very necessary for students because they live in one community for a long time. This must be started and tried by health workers and administrators of Islamic boarding

schools to foster the awareness of students in complying with clean and healthy living behaviors. Students' knowledge and compliance with clean and healthy living behavior is very important to realize Islamic boarding schools that behave clean and healthy. Increasing knowledge and awareness of a healthy lifestyle can prevent and reduce the prevalence and incidence of infectious diseases caused by the lack of students in establishing and complying with clean and healthy living behaviors such as the incidence of scabies which is still high in Islamic boarding schools.

The problems that occur at the research site at the beginning of each semester students have been given counseling on clean and healthy living behavior by health workers at the Nazhatut Thullab Islamic Boarding School, but this has not been able to change the habits of students to be able to implement clean and healthy living behaviors as evidenced by the high incidence of diseases among students.

The thinking framework of this study is based on the theory of behavior initiated by Lawrence Green. according to him, behavior is determined or formed from three factors, namely Predisposing Factors that are manifested in knowledge, attitudes, beliefs, values and so on. Enabling factors that manifest in the physical environment, the availability or unavailability of facilities or facilities and infrastructure as well as reinforcing factors that are manifested in the attitudes and behaviors of officers who are reference groups of community behavior.

The relationship between the variables in the study that want to be known in this study includes whether there is a relationship between motivation and santri compliance in the application of clean and healthy living behaviors.

Objective(s): The aim of the study was to find out the relationship between motivation and student compliance in the application of clean and healthy living behavior, among others, knowing the motivation of students in the application of clean and healthy living behavior, knowing the compliance of students

in the application of clean and healthy living behavior and analyzing the relationship between motivation and student compliance in the application of clean and healthy living behavior.

METHODS

Study Design

The research design used in this study is Cross Sectional, which is an independent variable and a dependent variable that is measured at the same time. This research will analyze together the relationship between motivation and student compliance in the application of Clean and Healthy Living Behaviors.

Setting

This research was conducted from June-August 2021 and was carried out at the Nazhatut Thullab Sampang Islamic boarding school.

Research Subject

The inclusion criteria were respondents are students at Nazhatut Thullab Islamic Boarding School, respondents are listed as junior high school unit students at Nazhatut Thullab Islamic Boarding School, willing to be respondents, 'the exclusion criteria were respondents do not live in the Islamic Boarding School environment. The participants were recruited by simple random sampling.

The sample in this study was junior high school students who were determined by the researcher and were willing to be respondents who would be taken as research subjects. The sample of this study was 105 out of 142 populations. The sample is calculated using the Slovin formula.

Instruments

In this study, the instrument used was a questionnaire with 10 statements about the motivation of students in complying with Clean and Healthy Living Behaviors and 10 questions about student compliance in Clean and Healthy

Living Behaviors. There is a procedure for collecting research data carried out by applying for a research permit to bakesbangpol accompanied by a letter of introduction from STIKES Nazhatut Thullab Sampang, waiting for a reply letter from bakesbangpol, applying for a research permit to the person in charge of the Nazhatut Thullab Islamic Boarding School, waiting for a reply letter from the person in charge of the Nazhatut Thullab Islamic Boarding School, providing a letter of approval to become a respondent (informed consent) to prospective respondents, conducting research using questionnaires on selected research samples with a total of 105 students, data processed and analyzed and data presented in the form of a distribution table.

Data Analysis

Analysis of student compliance data in Clean and Healthy Living Behaviors. For compliance data, it is done by giving a score of 1 for the correct application with a sign (V), and for incorrect implementation in a score of 0 with a sign (X), on the question asked on the checklist sheet. The respondent answer of each question is then multiplied by 100% the result is a percentage. Data tabulation is carried out by calculating the frequency of general and special data from the research results into a frequency distribution table. Data processing is carried out by tabulation and grouping according to the sub-variables studied. Then the percentage results are tested using the Chi square test. To find out the relationship between independent variables and dependent variables with a meaningfulness level of $p \leq 0.05$.

Ethical Consideration

Research that uses humans as subjects should not be contrary to ethics. The purpose of the study must be ethical in the sense that the respondent's rights must be protected. The consent sheet given to the respondent as the subject to be studied. The subject is willing to be examined if he has signed the approval sheet, on the other hand, if he refuses, the researcher will not force himself, Maintaining the

confidentiality of the identity of the researcher's subject will not include the name of the respondent on the data collection sheet or questionnaire, it is enough to give a code number to each of these sheets, The confidentiality of the information provided by the subject is kept secret by the researcher, only certain groups of data will be presented or reported so that the secret remains awake.

RESULTS

The frequency distribution of respondents is based on the level of motivation of students in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Prajjan Islamic Boarding School, Camplong, Sampang. in September 2021 can be seen in Table 1.

Table 1. Distribution of Respondent's Motivation

Motivation	Frequency	Percentage (%)
Good	82	78.10
Not good	23	21.90
Total	105	100.00

The frequency distribution of respondents is based on the level of compliance of students in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Prajjan Islamic Boarding School, Camplong, Sampang. in September 2021 can be seen in Table 2.

Table 2. Distribution of Respondent's Compliance

Compliance	Frequency	Percentage (%)
Obedient	76	72.40
Disobedient	29	27.60
Total	105	100.00

Cross-tabulation of the relationship between motivation and student compliance in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Prajjan Islamic Boarding School, Camplong, Sampang. in September 2021 can be seen in Table 3.

Tabel 3. Crosstabulation of the relationship between motivation and student compliance in the application of Clean and Healthy Living Behavior

Motivation	Compliance				Total	
	Obedient		Disobedient		f	%
	f	%	f	%		
Good	76	72.40	6	5.70	82	78.10
Not good	0	0.00	23	21.90	23	21.90
Total	76	72.40	29	27.60	31	100.00

DISCUSSION

Level of Motivation of students in the application of Clean and Healthy Living Behavior in the new normal era at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Based on the results of the study, it was found that the motivation of students mostly showed a good number of 82 (78.1%) at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Motivation is the first step in a person to perform actions due to physical and psychic deficiencies or in other words is an impulse shown to meet a certain goal (Harahap, 2018) According to Gibson in (Gibson, 2019) the theory of motivation consists of, first, content theories or satisfaction theories that focus on factors in the person that strengthen, represent, support and stop behavior. The second is process theory, which is to describe and analyze how behavior is corroborated, directed, supported, and stopped. Both categories have an important influence on managers to motivate employees.

The results of research on the level of motivation of students at the Nazhatut Thullab Prajjan Camplong Sampang Islamic boarding school found that most of the students have good motivation, the things that underlie the students in motivation are the cultivation of attitudes and values given by the ustadz caused by changes in the system held at the Nazhatut Thullab Islamic boarding school. Motivation is a series of attitudes and values that can influence each individual who can achieving

more tangible things with the goal. Especially for students who are still in junior high school, the most important thing is morals and values which are invisible or visible things that give a person encouragement to behave in achieving goals. In addition, motivation is defined as the impulse that an individual has to behave or act because they want to do deeds that can achieve goals or successes (Ahmadi, 2019).

Compliance of students in the implementation of Clean and Healthy Living Behavior at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Based on the results of the study, it was found that the compliance of students mostly showed a good number of 76 (72.4%) at Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Compliance is a phenomenon similar to self-adjustment. The difference lies in terms of the influence of legitimacy (as opposed to coercion or social pressure), and there is always an individual, the holder of authority. Obedience as a positive behavior is considered an option (Ismail, 2021). This means that individuals choose to perform, obey, respond critically to rules, laws, social norms, requests or desires from someone who holds authority or an important role (Habibie, 2020).

The results of research conducted at the Nazhatut Thullab Prajjan Islamic boarding school, camplong, Sampang on the level of compliance of students found that most of the students were declared obedient to clean and healthy living behaviors based on observational data conducted by researchers and assisted by room coaches. The things that underlie the level of compliance of students are changes in the system and the distribution of points at the Nazhatut Thullab islamic boarding school which requires all students to comply with clean and healthy living behaviors which are summarized in the word 5R (concise, neat, cool, caring and diligent).

The relationship between motivation and student compliance in the application of Clean

and Healthy Living Behavior at Nazhatut Thullab Prajjan Islamic Boarding School, Camplong, Sampang.

From the results of the Chi-Square statistical test, a p value = 0.000 means a p value = $< \alpha$ (0.05) which means there is a relationship. Thus, it can be concluded that H_0 is rejected and H_1 is accepted which means that there is a motivational relationship with the compliance of students in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Based on the results of the test, it can be concluded that the higher the motivation, the more obedient it will be to clean and healthy living behaviors. In the results of the statistical test using chi-square, the p-value result from the Continuity Correction test = 0.000% ($\alpha = 0.05$) was obtained, meaning that there was a relationship between motivation and student compliance in clean and healthy living behaviors.

The results of this study are in accordance with the existing theory that there is a relationship between motivation and student compliance in the application of clean and healthy living behaviors, judging from the comparison between the p-value obtained from the Continuity Correction test, which is 0.02% with ($\alpha = 0.05$), meaning that there is a relationship between motivation and student compliance in the application of clean and healthy living behaviors in the new normal era at the nazhatut thullab islamic boarding school.

Based on the explanation above, although there are several factors that can affect compliance such as gender, age, length of service and so on, motivation is one of the dominant factors that affect compliance, it can be seen from the results of research where high motivation can affect the compliance of students in carrying out clean and healthy living behaviors.

CONCLUSION

The results of the research on the relationship between motivation and student compliance in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency; The level of motivation of students is mostly well motivated at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency, the level of compliance of students mostly has a level of compliance with the obedient category at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency, There is a motivational relationship with the compliance of students in the application of Clean and Healthy Living Behavior in the new normal era at the Nazhatut Thullab Islamic Boarding School, Prajjan Village Camplong Subdistrict, Sampang Regency.

SUGGESTIONS

Advice for Nursing, it is hoped that the results of this study can be a source of information, material for the development of nursing science regarding the relationship between motivation and student compliance in the application of Clean and Healthy Living Behavior at the Nazhatut Thullab Islamic Boarding School, Prajjan Village, Camplong District, Sampang Regency.

Advice for students, it is hoped that students can increase insight and knowledge about clean and healthy living behaviors in order to reduce the incidence rate caused by lack of awareness about clean and healthy living behaviors such as scabies and diarrhea.

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DECLARATION OF CONFLICTING INTEREST

This study contains neither internal conflicts nor external conflicts.

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AUTHOR CONTRIBUTION

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Master of plan and collecting data

Author 2:

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