

# SELF-CARE TRAINING FOR SANTRI AS AN EFFORT TO PREVENT SCABIES IN PESANTREN

*By Khamida et al*

## SELF-CARE TRAINING FOR SANTRI AS AN EFFORT TO PREVENT SCABIES IN PESANTREN

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### ABSTRACT

Islamic boarding schools in Indonesia have classic problems related to the health of students, one of which is common in Islamic boarding schools and identical to the lives of students, is scabies. This community service activity was carried out at the As Syafiiyah Islamic boarding school to provide solutions to the problems of the As Syafiiyah Islamic boarding school community by providing education, training as well and mentoring Islamic boarding school health cadres in preventing scabies. This activity is carried out by providing education, training, and assistance to students and poskestren cadres about "self-care" in preventing scabies. Evaluation of this activity was carried out using pre and post-test scores. It was found that there was an increase in the post-test score compared to the pre-test. Before the self-care training was given, it was found that 20% of the students were still not clean in maintaining their hygiene, but after the self-care training was given, it was found that none (0%) of the students were clean and 58.5% of their hygiene was good. It is concluded that self-care training can improve the ability of students to prevent scabies through personal hygiene skills which include: clothing hygiene, skin hygiene, hand and nail hygiene, genital hygiene, towel hygiene, and cleanliness of prayer tools. The behavior of preventing scabies through maintaining personal hygiene needs to be stated in the *Pesantren* regulations and socialized to the *Pesantren* community and requires support from the Kyai or *Pesantren* leaders, including Bu Nyai *Pesantren* so that it can be implemented properly.

**Keywords:** Boarding School, Hygiene, Scabies, Self-Care

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## INTRODUCTION

Islamic boarding schools (*Pesantren*) in Indonesia have classic problems related to the health of students, one of which is common in boarding schools and is synonymous with the lives of students, is scabies. Unhealthy habits cause the transmission of scabies in boarding schools, such as hanging clothes in the room, not allowing female students' underwear to be dried outdoors, and exchanging clothes and personal objects, such as combs and towels. Inadequate individual hygiene and scattered garbage in the *Pesantren* environment will disturb the aesthetic value and comfort of the residents (Febrina et al., 2021). Health education, routine examinations, and treatment for the sick have been carried out by *Pesantren*, but these efforts have not been able to fully overcome the incidence of scabies.

The prevalence of scabies in the world is still relatively high, which is around 455 million cases per year (WHO, 2019). In 2017, scabies were added by the World Health Organization (WHO) to the list of Neglected Tropical Diseases (NTDs) (Romani et al., 2017). The Global Burden of Disease (GBD) analysis estimates that scabies cause an estimated 3-8 million disability-adjusted life years (DALYs) (Vos et al., 2016). Scabies cause an age-adjusted morbidity burden similar to Haemophilus influenza, type B meningitis, and acute lymphoid leukemia (Engelman et al., 2012). Scabies is the 3rd leading skin disease in Indonesia (Mayrona et al., 2018). The prevalence of scabies throughout Indonesia is between 4.6-12.95%. Scabies is ranked 7th out of 10 major diseases at Puskesmas and ranks 3rd among the most common skin diseases in Indonesia (Data and Information Center, 2020).

As Syafiiyah Sidoarjo Islamic Boarding School has around 300 students, the results of an interview with one of the boarding school administrators stated that students experiencing scabies is a common thing in *Pesantren*. Borrowing clothes, towels, and prayer tools is a common thing and is a form of solidarity between friends in the *Pesantren*.

The humid environment and crowded room settings make scabies easily transmitted to other students, while inadequate infrastructure facilities such as the unavailability of personal clothes hangers. The slogan "santri if they have not got scabies are not said to be santri" has even been normalized in the Indonesian *Pesantren* environment (Wulandari, 2018). Santri in Islamic boarding schools learn the science of Fiqh Thaharah, namely purification or cleanliness.

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Health promotion programs on clean and healthy living behaviors are implemented in boarding schools to improve the knowledge, attitudes, and practices of students in preventing scabies. However, students implementing cleanliness in preventing scabies are still lacking, such as rarely changing clothes, eating without washing hands, taking turns in bed, the habit of often exchanging personal items such as pillows, combs,

clothes, headscarves, Kopyah, and jackets and often hanging clothes that have been worn in the room (Cahyati et al, 2020; Prasasty et al, 2020; Trasia, 2020). Maintenance of personal hygiene<sup>17</sup> the act of maintaining personal hygiene and health for physical and psychological well-being. Santri are said to have good hygiene if they can maintain their body hygiene such as cleanliness of skin, nails, hair, mouth, and teeth, cleanliness and neatness of their clothes, cleanliness of the eyes nose, and ears, and cleanliness of the environment (Samosir et al., 2020). The ability of santri hygiene is needed in an environment that is at risk of disease transmission. It is often found that santri separate the concepts of "clean" and "holy", often santri are only concerned with "purity" and sometimes do not focus on the "health" aspect, for example, the sarong or clothes used for prayer are not washed for days because they are still holy and have not been exposed to impurities.

Given the considerable potential of Islamic boarding schools and the many health problems in them, it should be a shared responsibility, for this reason, the purpose of this community service is an effort to provide solutions to the problems of the As Syafiiyah Islamic boarding school community by providing education, training as well as mentoring poskestren cadres regarding efforts to prevent scabies.

## OBJECTIVES

### General<sup>24</sup> purpose

The purpose of this study was to improve the ability of students to prevent scabies.

### Special Purpose

The special purpose of this research was an effort to provide solutions to the

problems of the As Syafiiyah *Pesantren* community by providing education, training as well as mentoring poskestren cadres in preventing scabies.

## PLAN OF ACTION

### Strategy Plan

Based on the analysis of the situation and problems in the *Pesantren*, community service was carried out by providing education, training, and assistance to santri and pokestren cadres about "self-care" in preventing scabies.

### Implementation

The process<sup>17</sup> of preparing this training material was based on the results of research conducted before the implementation of this community service. Previous research was conducted using an explanatory design consisting of three stages of<sup>21</sup> research. The first stage of research uses a quantitative descriptive research design with a cross-sectional approach which is analyzed using descriptive and inferential through SEM PLS, stage 2 research: Preparation of a spiritual-based self-motivation regulation module with the stages of compiling strategic issues, conducting focus group discussions, making module drafts, expert review and finalizing module drafts, and stage 3 research: Module implementation.

### Setting

<sup>27</sup> This service activity was carried out at the As Syafiiyah Sidoarjo Islamic boarding school.

### Target

The population in this research was 65 students at the As Syafiiyah Sidoarjo.



## RESULTS AND DISCUSSION

The community service activity "Self-care training for students as an effort to prevent scabies in Islamic boarding schools" which was carried out at the As Syafiiyah Islamic boarding school in Sidoarjo aims to increase the ability of students to prevent scabies. The ability of students is measured through personal hygiene skills which include: cleanliness of clothing, cleanliness of skin, cleanliness of hands and nails, genital hygiene, cleanliness of towels, and cleanliness of prayer tools.



Figure 1. Implementation of Self-Care Training



Figure 2. Implementation of Self-Care Training

The results achieved from the community service activity "Self-care training for students as an effort to prevent scabies in *Pesantren* are an increase in the ability of students to prevent scabies after being given self-care training. The results show that personal hygiene in students

before being given self-care training is obtained almost entirely (76.9%) students are sufficient to maintain personal hygiene and 20% are lacking in maintaining cleanliness, but after being given training there is an increase, none (0%) students are lacking in maintaining cleanliness and most (58.5%) are good at maintaining cleanliness.

Based on the results of the personal hygiene questionnaire in students, it shows that the cleanliness of clothing in students has changed or increased after being given training, namely the delta mean value of 8.46. Skin hygiene there is a change or increase in score after being given training, namely the delta mean value of 1.68. While in hand and nail hygiene, genital hygiene, towel hygiene, and cleanliness of prayer tools there is a change or increase in scores after training. Likewise, the total score of students' self-cleanliness was found to have changed with a delta mean score of 18.71. This shows that self-care training can improve the ability of students to maintain personal hygiene.<sup>28</sup>

Self-care training to improve the ability of students to prevent scabies can improve the cleanliness of clothing, skin, hands and nails, genitalia, towels, and cleanliness of prayer tools. Behavior is an implementation of the students' gratitude for the pleasure of health which will be held accountable in the hereafter, as in the Al-Quran letter At Takasur verse 8 which explains that Allah SWT commands us to always be grateful for His blessings, especially healthy favors by always taking care of each other's health because health is one of the pleasures that will be accounted for in the hereafter (Susanti et al., 2021).

This self-care training can also foster the value or meaning of religion that is believed in preventing scabies. The

stronger the santri internalize gratitude, patience, and sincerity in their daily behavior, the more behavior is reflected that has an impact on the quality of santri health (Koeng, 2012). Islam is a religion that loves cleanliness. Rasulullah SAW strongly encouraged his people to always maintain cleanliness. Cleanliness is part of worship. One of the valid requirements for prayer is wudlu or purification from najis and the place of prayer must also be clean, besides the teaching of cleanliness as part of faith, which is quoted from the book *Ihya 'Ulumuddin* by Imam Al Ghazali, Rasulullah SAW made cleanliness half of faith. This relates to the faith of students who become complete if the students can maintain cleanliness (Sujatmiko, 2020). Allah SWT reminds humans to always maintain cleanliness because cleanliness is very important for humans. Clean living can include physical and spiritual, healthy physical and mental, steady faith and devotion, commendable behavior, and a comfortable and pleasant environment (Masrifah, 2013).

## CONCLUSION

Self-care training can improve the ability of students to prevent scabies through personal hygiene skills which include: clothing hygiene, skin hygiene, hand and nail hygiene, genital hygiene, towel hygiene, and cleanliness of prayer tools. The behavior of preventing scabies through maintaining personal hygiene needs to be outlined in *Pesantren* regulations and socialized to the *Pesantren* community and requires support from the Kyai or *Pesantren* leaders, including Bu Nyai *Pesantren* so that it can be implemented properly.

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