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## **ENVIRONMENTAL AWARENESS MOVEMENT TO REDUCE ENVIRONMENTAL IMPACTS ON HEALTH IN PP. AL FITRAH AS-SALAFIYAH SURABAYA**

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### **ABSTRACT**

Environmental health is essential in community-based health, prioritizing preventive and promotive efforts. A lousy environment has the potential to cause the emergence of various diseases, especially in Islamic boarding school environments. This community service aims to create an environmental awareness movement among Islamic boarding school students and female students to reduce the environmental impact on health in PP. Al Fitrah Assalafiyah Surabaya. This community service uses a descriptive analysis approach. PKM partners are 40 PP students and female students. PP. Alfitrah Assalafiyah Surabaya. Activities involve a lecture, discussion, and question-and-answer approach. As a result of community service, it is known that students can follow counseling well from start to finish. A total of 40 students arrived on time and actively asked questions and discussed. At the end of the event, a symbolic handover of recyclable waste bins was carried out as a symbol of the environmental awareness movement for Islamic boarding school students and female students. The conclusion is that students can understand the importance of environmental awareness movements after being given conclusions helpful in maintaining the health and comfort of students at the Al Fitrah Assalafiyah Surabaya Islamic boarding school.

**Keywords:** *Environmental Awareness Movement, Environmental Health, Students*

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## INTRODUCTION

Environmental health is essential in community-based health efforts that prioritize preventive and promotive efforts. According to PP RI Law No. 66 of 2014, it is stated that environmental health is carried out through Health, Safety, and Control efforts, which are carried out in residential environments, workplaces, recreation areas, as well as public places and facilities (Government Regulation (PP) RI No. 66, 2014). Indonesia is still experiencing an environmental crisis with various problems that have just been resolved. Therefore, further treatment is needed to handle the environmental crisis comprehensively.

Indonesia is the second largest country in the world as a contributor to plastic waste in the marine environment (Jing & Sutikno, 2020). Apart from that, Indonesia is ranked second in high accumulation of food waste, as revealed in a data report by The Economist in 2011 entitled "Improving Food: Towards a More Sustainable Food System." In the same year, each Indonesian citizen threw away around 300 kilograms of food waste annually on average (United Nations Environment Program, 2021). According to data from the waste composition graph based on waste type on the 2022 National Waste Management Information System (SIPSN) site, food waste dominates with a percentage of 41.5%. Wood waste, twigs, and leaves in second place followed them. This data indicates that food waste is the most significant component of various types of waste in this environment (Ministry of the Environment and Forestry, 2022).

Diseases originating from environmental factors are still a severe problem that Indonesia has not solved. For example, ARI and diarrhea, which are

environmental based, are always included in the 10 most common diseases encountered in almost all Community Health Centers in Indonesia. Environmentally based diseases can be divided into three main categories of causes. The first are diseases caused by viruses, such as ARI, pulmonary tuberculosis, diarrhea, polio, measles, and worms. The second is diseases caused by animals or animals, such as bird flu, plague, and anthrax. The third is diseases caused by mosquito vectors, including dengue fever, chikungunya, and malaria. Factors that support the emergence of environmental-based diseases include Availability and access to safe water, access to adequate basic sanitation, handling of rubbish and waste, disease vectors, and community behavior (Purnama, 2016).

Islamic boarding schools are known to play an important role in the history of struggle and education in Indonesia. This oldest Islamic educational institution is known as Islamic boarding school, which began to develop in the 15th century on the island of Java, especially under the influence of Islamic preachers known as Walisongo. Walisongo played a role in spreading Islam in this region and establishing Islamic boarding schools as centers for Islamic learning (Ministry of Health, 2021). Islamic boarding schools are scattered and can be found throughout Indonesia, namely 21,521 Islamic boarding schools, of which 78% are located in rural areas, giving an indication that Islamic boarding schools have the potential to become a driving force in spreading awareness about environmental conservation and sustainable development. The existence of Islamic boarding schools in rural areas has the opportunity to influence and shape people's views on the

need to protect the environment. In this case, the role of eco-Islamic boarding schools becomes increasingly important. Through this approach, Islamic boarding schools can become centers for education and understanding about a sustainable environment. Whether through the perspective of religious knowledge or other sciences, Islamic boarding schools can integrate the values of conservation and environmental protection into the daily teachings and practices of the students (Aulia et al., 2018).

## **OBJECTIVES**

### *General Purpose*

This community service aims to create an environmental awareness movement among Islamic boarding school students and female students to reduce the environmental impact on health in PP. Al Fitrah As Salafiyah Surabaya.

### *Special Purpose*

Provide counseling about the Environmental Awareness Movement to reduce environmental impacts on health in PP. Al Fitrah As-Salafiyah Surabaya

The community service wants to distribute rubbish bins to reduce environmental impacts on health in PP. Al Fitrah As-Salafiyah Surabaya.

## **PLAN OF ACTION**

### *Strategy Plan*

Islamic boarding school As. Salafiyah Al Fitrah Surabaya was chosen because it has thousands of students and various events, such as hauls, which can cause piles of kitchen waste and plastic in the Islamic boarding school. The average age of Islamic boarding school students ranges from 12-15 years for middle school and 15-18 years for high school.

## *Implementation*

Community service is implemented by counseling students using lectures, question and answer, and discussion methods. The activity consists of three stages: the preparation stage, the implementation stage, and the final stage. The preparation stage consists of licensing, location survey, and problem analysis. The implementation stage consists of outreach regarding the environmental awareness movement for health. The final stage consists of evaluation suggestions followed by the symbolic distribution of rubbish bins to increase the spirit of cleanliness in the Islamic boarding school environment. Indicators of success consist of the presence of 40 participants, the activeness and enthusiasm of the participants, and the selection of cleanliness ambassadors in the Islamic boarding school environment.

## *Setting*

This community service, which aims to shape the behavior of the environmentally conscious movement, will be carried out in May 2023 at the As Islamic boarding school As-Salafiyah Al Fitrah Surabaya.

## *Target*

The activity was conducted by 40 Islamic boarding school students and female Islamic boarding school students. The average age of Islamic boarding school students ranges from 12-15 years for middle school and 15-18 years for high school.

## **RESULTS AND DISCUSSION**

The outreach event was successfully carried out and involved 40 Islamic boarding school students and female students at the As Islamic boarding school.

Salafiyah Al Fitrah Surabaya. The outreach program began with remarks from Islamic boarding school representatives, organizers, and activity heads. Participants who attend then fill in the absences and occupy seats according to their respective genders. All students participated in the activity enthusiastically. Not only that, but the students also arrived on time and followed the sequence of events from start to finish, which shows that the students were interested in following the agenda. The students were also active during and during the counseling (figure 2) and actively asked the presenters about the material presented. At the end of the event, a symbolic handover of rubbish bins was given to encourage the students to carry out environmental cleanup movements to avoid environmental-based diseases (figure 3). Activities went smoothly from the start to the end of the event. At the event's closing, a cadre of cleanliness ambassadors and a group photo were also appointed (figure 4).



Figure 3. Group photo of all participants and committee

Caring for the environment is a task that must be carried out by Islamic boarding school communities, especially Islamic boarding school students, because the environment plays a vital role in influencing health levels. In this case, students are responsible for maintaining their environment's cleanliness and sustainability. One of the problems that often arises in Islamic boarding school environments is the problem of cleanliness. Cleanliness reflects people's behavior in maintaining their health. Cleanliness includes everything related to dirt that can impact various actions and activities carried out by the community. To achieve environmental cleanliness, a high level of awareness and attention from the public is needed regarding the importance of maintaining cleanliness and health. Apart from that, this also requires the community to be involved in development activities to protect and preserve their environment (Khoiriyah, 2021).



Figure 1. The 3 best participants were selected



Figure 2. Symbolic handing over of trash cans and cleanliness posters

Al Fitrah As Salafiyah Islamic Boarding School has good waste management from collection to disposal at the final disposal site. This governance is carried out by students, student administrators, and ustadz administrators and collaborates with other parties in organizing waste disposal. This shows that the Al Fitrah As Salafiyah Islamic boarding school pays attention to environmental



cleanliness. Previous research conducted at the Almansur Darunnajah 3 Islamic boarding school stated that the students were accustomed to implementing Islamic values in cleanliness. Santri has been taught how to be proactive in cleaning duties (picketing), supported by regulations for maintaining cleanliness to create an atmosphere conducive to worship and learning (Muhtarom, 2014).

The community service program at the Al Fitrah As Salafiyah Islamic boarding school focuses on educating students to understand the impact of the environment on health. Students are given more knowledge about how the environment can cause diseases that often appear in Islamic boarding schools, such as UTI, Scabies, and even other diseases such as DHF, Typhoid, and Tuberculosis. Students are taught not to throw rubbish anywhere. Apart from that, students are also taught to keep their rooms clean, keep the classroom clean, and keep themselves clean. The implementation of this community service program is also by the PHBS program, which is the main factor determining the health status of the Islamic boarding school community (Islamic boarding school leaders, ustadz/ustadzah, santri, other employees at the Islamic boarding school). Health and cleanliness are things that receive significant attention from the Islamic religion. As Abu Malik Al-Ash'ari revealed, the Prophet Muhammad said, "Cleanliness is half of faith." (Ministry of Health, 2021). The results of previous research show that the role of counseling causes changes in the attitudes and behavior of students in maintaining a clean environment to avoid various diseases (Wulandari et al., 2023). Therefore, counseling can act as a reminder of messages about cleanliness that have been

given previously, or it is hoped that it can change students' behavior, mainly by providing a new perspective on the benefits of cleanliness from a health perspective.

## CONCLUSION

Implementation of community service activities at Islamic boarding school As. Salafiyah Al Fitrah went well and was enthusiastically followed by santri and female students. Students increasingly understand the benefits of maintaining the environment and cleanliness, so it is hoped that students will be able to maintain the Islamic boarding school environment to avoid environmental-based diseases. Furthermore, it is hoped that students can maintain the cleanliness of the environment actively and independently with the knowledge they have.

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