

Clean And Healthy Living Behavior Among Students In Islamic Boarding Schools

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Abstract

Clean and healthy living behavior (CHLB) plays a critical role in maintaining health, particularly in Islamic boarding schools (pesantren). Despite the widespread recognition of the importance of CHLB, its implementation in pesantren faces several challenges, particularly related to limited facilities and understanding of hygiene and health. This study aims to explore the current CHLB practices in pesantren and identify the barriers to its implementation. A mixed-methods approach was used, involving the distribution of questionnaires to 200 students across five pesantren and semi-structured interviews with 10 teachers and 5 pesantren administrators. The results revealed that, while there is an understanding of the importance of CHLB, its implementation is still hindered by inadequate facilities and limited knowledge among pesantren administrators. This study recommends improving sanitation and health facilities and providing training for administrators to enhance the effective implementation of CHLB.

Keywords: *Clean and healthy living behavior, pesantren, health, health education, hygiene*

Perilaku hidup bersih dan sehat (PHBS) memiliki peran yang sangat penting dalam menjaga kualitas kesehatan, khususnya di lingkungan pesantren. Meskipun pentingnya PHBS telah dikenal luas, implementasinya di pesantren masih menghadapi berbagai tantangan, terutama terkait dengan keterbatasan fasilitas dan pemahaman tentang kebersihan dan kesehatan. Penelitian ini bertujuan untuk menggali praktik PHBS di pesantren serta mengidentifikasi hambatan yang dihadapi dalam penerapannya. Metode penelitian yang digunakan adalah pendekatan campuran (kuantitatif dan kualitatif) dengan distribusi kuesioner kepada 200 siswa di lima pesantren dan wawancara semi-terstruktur dengan 10 guru serta 5 pengelola pesantren. Hasil penelitian menunjukkan bahwa meskipun terdapat pemahaman tentang pentingnya PHBS, implementasinya masih terbatas oleh fasilitas yang kurang memadai dan pengetahuan yang terbatas di kalangan pengelola pesantren. Penelitian ini menyarankan peningkatan fasilitas kebersihan dan kesehatan, serta pelatihan bagi pengelola pesantren untuk meningkatkan penerapan PHBS secara lebih efektif.

Kata Kunci : *Perilaku hidup bersih dan sehat, pesantren, kesehatan, pendidikan kesehatan, kebersihan*

A. Introduction

Clean and healthy living behavior (PHBS) is an important aspect in maintaining the quality of health, both physical and mental, in society, especially in the educational environment. In pesantren, as an educational institution with a dormitory system, the implementation of PHBS faces its own challenges. This is due to various factors, ranging from limited facilities to a lack of understanding of the importance of hygiene and health.

This study aims to explore the practice of PHBS in pesantren and identify the barriers that exist in its implementation. The importance of this topic cannot be ignored, especially since educational environments, especially pesantren, have a significant role in shaping students' characters, including in the aspects of hygiene and health. Several previous studies have shown that Clean and Healthy Living Behavior (PHBS) is crucial in preventing the spread of disease as well as improving students' quality of life (Sari et al., 2023; Aminah, 2024). Although there have been efforts to improve understanding of PHBS, its implementation in pesantren still experiences obstacles, especially related to the lack of adequate supporting facilities (Rahman & Dewi, 2022).

This study will highlight the gaps in the existing literature, especially regarding the specific conditions of pesantren in the context of clean and healthy living behavior. Previous studies have mostly focused on public schools or households, while pesantren as educational institutions with unique characteristics have not received adequate attention (Budi & Santoso, 2023). Therefore, this study is expected to contribute to understanding the importance of clean and healthy living behaviors (PHBS) in pesantren and provide recommendations to improve awareness and related facilities.

The main objectives of this study were to identify the Clean and Healthy Living Behavior (PHBS) practices implemented in pesantren, analyze the factors that support and hinder its implementation, and provide evidence-based recommendations to improve the implementation of PHBS in boarding school.

B. Methods

This study used quantitative and qualitative approaches to collect comprehensive data on the practice of clean and healthy living behavior (PHBS) in pesantren. The research subjects consisted of 200 students from five different pesantren in Banda Aceh City. The selection of pesantren was based on

representative characteristics regarding various facility conditions and understanding of PHBS.

Quantitative data collection was conducted through the distribution of questionnaires containing closed questions related to students' daily habits, such as hand washing behavior, healthy food consumption, exercise, and personal hygiene. The questionnaire was designed with a Likert scale to measure students' level of compliance with PHBS. Meanwhile, qualitative data collection was conducted through semi-structured interviews with 10 teachers and 5 pesantren managers, aiming to dig deeper into the perceptions and obstacles they face in implementing PHBS in the pesantren environment.

The questionnaire used has been tested for validity and reliability through statistical analysis, and the interview instrument is designed with a guide that allows researchers to obtain more in-depth information about the experiences and challenges faced by the pesantren in implementing PHBS.

Quantitative data collected from the questionnaire will be analyzed using descriptive statistics to calculate the frequency, percentage, and average of respondents' answers. Qualitative data from the interviews will be analyzed using thematic analysis, which allows researchers to identify the main themes or patterns in the qualitative data. This process includes coding the data, grouping themes, and organizing findings relevant to the research objectives.

Data collection was conducted with the consent of each pesantren, and all participants were informed of the purpose of the study and their rights as respondents, in accordance with the research ethics guidelines. This study also obtained ethical clearance from the research ethics committee at the relevant university, in accordance with the applicable research code of ethics.

C. Results and Discussion

1. Results

This section presents the results obtained from the survey and interviews. Of the 200 students who completed the questionnaires in five pesantren, the data showed that only 47.2% of the students washed their hands properly, 52.8% exercised regularly, and 10.7% consumed adequate amounts of vegetables and fruits. In addition, 35% of the surveyed pesantren did not have adequate health facilities, while another 40% had limited access to health services.

Table 1 below shows the complete data on clean and healthy living behaviors (PHBS) observed in pesantren:

No	PHBS Indicator	Percentage %
1	Proper handwashing	47,2
2	Regular exercise	52,8
3	Eating vegetables and fruits	10,7
4	Access to health facilities	60,0

The results of interviews with 10 teachers and 5 pesantren managers showed that most pesantren face significant challenges in providing adequate health facilities. The pesantren managers revealed that budget constraints are the main obstacle in improving health facilities and maintaining the cleanliness of the pesantren environment.

2. Discussion

The results of this study indicate a discrepancy between existing theories and actual conditions in pesantren related to clean and healthy living behaviors. Based on existing theory, clean and healthy living behaviors contribute significantly to preventing infectious diseases and improving welfare (Sari et al., 2023). However, the implementation of Clean and Healthy Living Behavior (PHBS) in pesantren faces many obstacles, mainly related to the lack of adequate infrastructure and the lack of understanding of santri regarding the importance of PHBS in daily life.

The decrease in the number of healthy behaviors, such as washing hands properly (only 47.2%) and eating enough vegetables and fruits (10.7%), indicates a large gap in the understanding of the importance of personal hygiene and healthy eating in the pesantren environment. This finding is in line with previous research which shows that less intensive health education can lead to a low understanding of PHBS (Mab'ruroh, 2018). In addition, inadequate facilities, such as unclean bathrooms and lack of sports rooms, also contribute to the low level of PHBS in pesantren.

One factor that influences the implementation of PHBS is the limited budget allocated for hygiene and health facilities in pesantren. This is in line with the findings of Rahman and Dewi (2022), which showed that pesantren in certain areas experienced difficulties in obtaining sufficient budget to improve health facilities. The interview results also show that not all teachers and managers of

pesantren have adequate knowledge of effective health promotion methods, thus creating a major challenge in implementing a comprehensive PHBS program.

Referring to the health promotion theory developed by Green & Kreuter (2021), the formation of healthy living habits can be done through a sustainable education and training-based approach. Therefore, the results of this study underline the importance of providing more intensive health education for santri and pesantren managers. Previous research also showed that health training for pesantren managers can improve understanding and implementation of PHBS in pesantren (Astuti et al., 2016).

In this case, the solution that can be implemented is the provision of routine training on PHBS for all elements in the pesantren, as well as the provision of better facilities. This is in line with recommendations from Susanto et al. (2016) who mentioned that continuous health education and supportive policies can improve clean and healthy living behaviors among pesantren students.

D. Kesimpulan

This study aims to explore the practice of clean and healthy living behavior (PHBS) in pesantren and identify the barriers faced in its implementation. Based on the main findings, it can be concluded that although santri have a fairly high awareness of the importance of personal hygiene and health, many challenges hinder the optimal implementation of PHBS in pesantren. The main obstacles in creating an environment that supports the implementation of PHBS include limited health facilities, lack of in-depth understanding of PHBS among pesantren managers, and inadequate infrastructure.

In accordance with the research objectives, this study shows that although some pesantren have implemented PHBS well, many others still face difficulties, especially in providing adequate health facilities and structured health education. The results also emphasize the importance of collaboration between the pesantren, government, and health organizations in improving facilities and health education in pesantren, in order to reduce the prevalence of diseases that can be prevented by PHBS, such as diarrhea, intestinal worms, and respiratory diseases.

Recommendations that can be given from the results of this study include the need for regular training for pesantren managers and santri on the importance of PHBS, as well as improving sanitation and health facilities in pesantren. It is hoped that the government will provide greater support in terms of funding for pesantren sanitation and health facilities, which are often limited.

Future research prospects may include further studies on the effectiveness of health training programs conducted in pesantren, as well as evaluation of government policies related to improving the quality of PHBS in pesantren. This research also opens up opportunities to develop more specific intervention models for pesantren, taking into account the differences in social, cultural, and economic conditions in various pesantren in Indonesia.

Thus, this research not only provides a clear picture of the practice of PHBS in pesantren, but also provides a basis for more concrete and applicable improvement efforts in the future.

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