

Personal Behavior of Hygiene Santri in Islamic Boarding School of The Metropolitan Ummushabri Kendari

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Abstract. Personal hygiene is an action taken to maintain one's cleanliness and health for physical and psychological well-being. Factors that influence a person's hygiene are seen from the behavior and conditions of environmental sanitation. This research is a quantitative study using a descriptive observational design. Sampling was done by total sampling technique, with a total sample of 277 people consisting of 124 male students and 153 female students, using Univariate analysis. The results showed that the knowledge, attitudes, and behavior of Santri about personal hygiene in Islamic Boarding School of the Metropolitan Ummushabri Kendari were categorized as good, but even though it was categorized as good for Santri actions showed that of 277 respondents (100%) around 17 Santri (6.1%) still had actions lack of personal hygiene, while for the sanitation conditions of the santri's dwelling, the male dormitory and female dormitory are categorized as fulfilling the requirements. With this research, it is expected that efforts in improving personal hygiene and sanitation behavior of each Santri, the results of the study suggest to always conduct socialization or counseling on personal hygiene to all Santri in Islamic Boarding Schools so that Santri can be avoided in various diseases, especially Scabies.

Keywords: Personal Hygiene, Knowledge, Attitudes, Behavior, Sanitation, Santri, Islamic Boarding School, Indonesia.

1. Introduction

Cleanliness is one of the essential aspects of health [1]. Clean and Healthy Life Behavior is one of the health programs that were applied in daily life as an effort to improve public health [2]. Good hygiene is an important barrier to many infectious diseases, including diseases related to one's hygiene. Personal hygiene refers to maintaining the cleanliness of one's body and clothes to keep overall health and well-being such as washing hands, bathing and washing clothes [3].

Clean and Healthy Life Behavior consists of various behaviors that must be practiced in daily life in different places including in households, workplaces, educational institutions, and the general environment [4]. Islamic boarding schools are one of the areas of education in Indonesia currently with a percentage of infectious diseases in the high category based on environment and behavior such as diarrhea, tuberculosis, upper respiratory infections, and skin diseases such as scabies and allergies [5]. In terms of health, in general, Islamic boarding schools still require the attention of various parties involved, both in terms of access to health

services, healthy behavior and health aspects of their environment. Islamic Boarding Schools are at risk of causing health problems by 40 % - 95 % [6].

In 2014, according to the International Alliance for Control of Scabies the incidence of scabies varied from 0.3 % to 46 %. Scabies is found in all countries with varying prevalence. Some developing countries the prevalence of scabies around 6 % - 27 % of the general population, attacks all races and age groups and tends to be high in children and adolescents. In 2015, the prevalence of scabies was 111 cases, in 2016 the prevalence of scabies was 173 cases, and in 2017 the prevalence of scabies was 84 cases [7]. The purpose of the study was to analyze Santri's Personal Hygiene Behavior at the Metropolitan Ummushabri Islamic Boarding School in Kendari.

2. Methods

The research method used was a quantitative method with a descriptive observational design, the population in this study were all Santri at Islamic Boarding School of the Metropolitan Ummushabri Kendari, which were 277 people consisting of 124 male students and 153 female students. The sampling technique uses total sampling and uses Univariate analysis.

3. Results

Knowledge is the result of knowing, and this happens after people have sensed a particular object. Sensing occurs through the five human senses, namely the senses of vision, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears [8]. Attitude is a reaction or response that is still closed from someone to a stimulus or object. Manifestations of beliefs cannot be directly seen but can only be interpreted in advance of closed behavior. The attitude clearly shows the connotation of the suitability of the reaction to a particular stimulus which in everyday life is an emotional reaction to social stimulus [9]. The action is a mechanism of an observation that emerges from perception so that there is a response to realizing an operation. For the realization of attitudes to be a real difference needed supporting factors or a possible condition, including facilities [10].

Table 1. Distribution of Respondents Based on Knowledge Criteria, Attitudes, and Personal Hygiene Actions of Santri at Islamic Boarding School of the Metropolitan Ummushabri Kendari.

Criteria	Total	
	n	%
Knowledge		
Good	270	100
Less	0	0
Attitude		
Good	270	100
Less	0	0
Behavior		
Good	260	93,9
Less	17	6,1
Total	277	100

Table 1 Distribution of respondents based on the criteria of knowledge of Santri in Islamic Boarding School of the Metropolitan Ummushabri Kendari. In 2019 it was found that

277 (100 %) respondents indicated that all respondents 277 (100 %) had good knowledge criteria. Based on the requirements of the Santri's attitude it is known that 277 (100 %) respondents indicated that all 277 (100%) respondents had good attitude criteria, and based on the requirements of Santri's action it was known that 277 (100 %) respondents indicated that 260 respondents (93.9 %) had the criteria for good measure, while as many as 17 respondents (6.1 %) had fewer action criteria.

Environmental sanitation is the health status of an environment that includes housing, sewage, clean water supply and so on. Whereas if applied in the scope of Islamic boarding schools, the sanitation of Islamic boarding schools is an attempt to control or supervise the factors that can disrupt physical development, health and human survival caused by Islamic boarding schools as a place to gain religious knowledge for the santri [11].

Table 2. Distribution of Residence for Santri Based on Sanitation Criteria for Residence in Islamic Boarding School of the Metropolitan Ummushabri Kendari

Criteria	Total	
	n	%
Qualify	2	100
Not eligible	0	0
Total	2	100

Table 2 Distribution of respondents' residences based on sanitation criteria for santri residences at Islamic Boarding School of the Metropolitan Ummushabri Kendari In 2019 it is known that 2 dormitories (100%), namely male dormitories and female dormitories, have residential sanitation that meets the requirements.

Table 3. Sanitation Distribution of Santri Housing Based on Criteria for Clean Water Supply, Availability of Toilets, Provision of Trash Can, and Ventilation and Lighting at the Islamic Boarding School of the Metropolitan Ummushabri Kendari.

Item of observation	Yes		No	
	n	%	N	%
Clean water				
Clean water facilities are available	2	100	0	0
The physical quality of water: Colorless	2	100	0	0
The physical condition of water: Not taste	2	100	0	0
The physical quality of water: No Smell	2	100	0	0
Toilets				
A bathroom is available	2	100	0	0
All baths can be used	2	100	0	0
The bathroom uses a gooseneck	2	100	0	0
Equipped with clean water supplies	2	100	0	0
Providing trash				
There is a place to dispose of garbage	2	100	0	0
Each class or dormitory room is available in bins	0	0	2	100
Trash cans/trash cans use a lid	1	50	1	50
Ventilation and Lighting				
Ventilation Available	2	100	0	0
Ventilation works well	2	100	0	0
Natural light immediately entered the room	2	100	0	0
There is artificial lighting in each room	2	100	0	0

Table 3 Distribution of respondents' residence based on the criteria of clean water supply at the Islamic Boarding School of the Metropolitan Ummushabri Kendari in 2019 shows that

from 2 dormitories in Islamic Boarding Schools, two water sources (100 %) meet the criteria for clean water, where the physical quality of the water is colorless. Tasteless, and odorless. Based on the requirements for latrine availability, it is known that from 2 dormitories in Islamic Boarding Schools, restrooms are available in 2 dormitories (100 %) that can be used and use gooseneck and are equipped with clean water supplies. Based on the criteria for providing trash cans, it is known that of the 2 dormitories in Islamic Boarding Schools, there are available bins to dispose of garbage in 2 dormitories (100 %) which in each dormitory does not provide trash bins in each room, and those who use the place closure garbage cans are only used in 1 dormitory (50 %), namely female dormitories. Based on the criteria for ventilation and lighting availability, it is known that from 2 dormitories in Islamic boarding schools, ventilation is available in 2 dormitories (100 %) that can function adequately, and natural light such as sunlight can enter directly into the room, and there is artificial lighting — each room.

Table 4. Distribution of condition sanitation on Criteria Bedroom, Kitchen, and Waste Water Disposal at the Islamic Boarding School of the Metropolitan Ummushabri Kendari.

Item of observation	Yes		No	
	n	%	N	%
Bedroom Condition				
Meet the capacity of Santri	2	100	0	0
The room looks neat	2	100	0	0
There is a wardrobe	2	100	0	0
Hanging clothes in place	0	0	2	100
Kitchen conditions				
There is a supply of clean water	2	100	0	0
Tableware and cooking are neatly arranged	2	100	0	0
Cookware is cleaned after use	2	100	0	0
Cutlery that has been used is immediately washed				
Waste Water Disposal Conditions				
Wastewater flows smoothly (no puddles)	0	0	2	100
Closed sewerage	2	100	0	0
Wastewater is flowed by general distribution				

Table 4. Distribution of respondents' residences based on the criteria for the condition of the bedrooms at the Islamic Boarding School of the Metropolitan Ummushabri Kendari in 2019. It is known that of the two dormitories in Islamic Boarding Schools, the available rooms meet the capacity of each Santri in 2 dormitories (100%), where the Santri's room looked neat, and there were wardrobe facilities, and the Santri did not hang their clothes in their place. Based on the criteria for kitchen conditions it is known that from 2 dormitories in Islamic boarding schools, clean water is available in each public kitchen in 2 dormitories (100%), eating utensils and cooking are neatly arranged, then cooking utensils are cleaned after use, and cutlery already used immediately washed. Based on the criteria for wastewater disposal, it is known that from 2 dormitories in Islamic boarding schools, wastewater flows not smoothly (there is a puddle), and the sewerage is not closed, then the general wastewater has flowed.

4. Discussion

Knowledge is the result of "knowing" a human being towards something or all human actions to understand an object it faces or the result of a human effort to follow a particular purpose [12]. The attitude taken by the Santri in this research is not something that has been done but is a picture or reflection that the Santri will do. Attitudes are strongly influenced by several factors, including the other people around who affect a person's attitude [13].

Based on univariate results and interviews of 277 respondents (100%) as many as 150 respondents (54.2%) had exchanged clothes among fellow santri, where this often happened or became the habit of santri living in the same room or the same room, there were several factors that influence the habits of santri in the dormitory are one of them due to the familiarity of fellow santri, they assume that fellow friends may borrow or exchange personal objects including exchanging personal clothes. These habits include the use of towels, clothes, beds, and towels that are not good enough. Most students still borrow towels or clothes from each other, use beds together, and wash or dry towels or clothing that is not good. Clothing can absorb sweat and dirt produced by the body and also direct contact with the skin. If the clothes are moist by sweat and dirt, it will facilitate the growth of skin bacteria [14]. Likewise with beds that can act as a reservoir in the transmission of scabies especially in shared use of beds [15].

Availability of clean water is a boarding school that has access to clean water and uses it for daily necessities that come from bottled water, tap water, pump water, protected wells within 10 meters of shelters or waste shelters. Based on the results of observations on the provision of clean water facilities at the Ummushabri Metropolitan Islamic Boarding School in Kendari, in the form of drill wells divided into two water sources in each dormitory and equipped with electric pumps to drain water to the dormitory of male students and female students who were first accommodated in a shelter in the form of a water reservoir. The quantity and physical quality of water meet the criteria of good.

The availability of proper toilets is Islamic boarding schools that have or use gooseneck latrines with septic tanks or dirt storage holes as final disposal [16]. Based on observations made at the Islamic Boarding School of the Metropolitan Ummushabri Kendari, using gooseneck latrines with septic tanks or sewage holes as final disposal, besides that, restrooms are also equipped with an adequate supply of clean water.

Garbage is an object of human activity that is no longer used, disliked or dense which occurs because it is related to being disposed of by sanitary methods except waste originating from the human body [17]. Based on observations, the provision of trash cans still lacks in each room. Public bins that use trash covers are only used in girls' dormitories. Meanwhile, wet waste and dry garbage are not separated. The trash bins in each dormitory are emptied every day by students and disposed of in temporary trash shelters or trash bins in front of the Ummushabri Islamic Boarding School.

Ventilation is the process of providing fresh air into and removing dirty air from a closed room naturally or mechanically. With proper ventilation, fresh air can quickly enter the room [18] Based on observations at the Islamic Boarding School of the Metropolitan Ummushabri Kendari, vents function correctly so that air circulation can enter the room and natural light such as sunlight, besides that there is also artificial lighting in each room that performs appropriately. Sunlight is essential because it can kill pathogenic bacteria in the room.

Occupancy density is a comparison between the occupied floor area for each Santri's sleep. Based on the occupancy health conditions of a suitable dwelling, namely the space of a bedroom of at least 4 m² / soul and not recommended for more than two people sleeping [19].

Based on the observation of the density of residents in Islamic boarding schools already fulfilling the capacity of Santri where the room area of about 6 x 5 m can accommodate 6-7 students with room facilities such as cabinets and mattresses. Even so, there are still many Santri who often hang clothes, not in their place like clothes piled on top of cabinets and hang towels in room windows; this can be a breeding ground for diseases such as mosquito vectors and other skin diseases.

Food and beverage management requirements include the kitchen, dining room and warehouse components - kitchen area at least 40% of the dining room. Air exchange is attempted by ventilation which can guarantee comfort, remove dust and smoke [19]. Based on the results of observations on the condition of kitchen sanitation at the Ummushabri Islamic Boarding School, it has been neatly arranged, eating utensils and cooking utensils that have been directly used for washing. Cutlery in the dormitory is prepared by each Santri such as the personal plates and spoons of the Santri and immediately washed by each Santri after each use. Separate dining room and kitchen between the first floor and the second floor, where the kitchen is on the first floor, and the dining room is on the second floor; this applies to all dormitory buildings namely male dormitories and female dormitories, each of which has one soup kitchen enough water.

5. Conclusion

The level of Santri knowledge about personal hygiene at the Islamic Boarding School of the Metropolitan Ummushabri Kendari in Kendari is categorized well. The attitude of the Santri about personal hygiene at the Islamic Boarding School of the Metropolitan Ummushabri Kendari is classified as good. The sanitation condition of Santri residences at Islamic Boarding School of the Metropolitan Ummushabri Kendari is categorized as fulfilling the requirements.

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