

The Implementation of PHBS among Students of Modern and Traditional Islamic Islamic Boarding Schools in Aceh

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ABSTRACT

In 2018 only 35.8% of schools in Indonesia had implemented PHBS, and in 2019 only 22.5% of schools in Aceh had implemented Clean and Healthy Behaviors. This study aims to compare the implementation of PHBS in santri of modern pesantren with traditional Islamic boarding schools in Aceh. This study uses a quantitative method with a comparative study and a total sampling method with 368 students. The data collection tool used was the standard PHBS questionnaire—data analysis using Mann Whitney test and multiple linear regression. The results of this study indicate that there are differences in knowledge (p-value = 0.613), attitudes (p-value = 0.377), PHBS (p-value = 0.094), basic sanitation, have received counseling when to get counseling. There is a difference in action (p-value = 0.000) for santri of modern pesantren with traditional pesantren in Aceh. Knowledge, attitudes, and actions affect PHBS behavior, which means that there is no most dominant factor affecting the PHBS of santri in modern and traditional Islamic boarding schools.

Keywords: clean and healthy lifestyle; students, pesantren

ABSTRAK

Tahun 2018 hanya 35,8% sekolah di Indonesia yang sudah melaksanakan PHBS dan pada tahun 2019 hanya 22,5% sekolah di Aceh yang telah melaksanakan Perilaku Hidup Bersih dan Sehat. Penelitian ini bertujuan untuk membandingkan pelaksanaan PHBS pada santri pesantren modern dengan pesantren tradisional di Aceh. Penelitian ini menggunakan metode kuantitatif dengan desain study komparatif. Pengambilan sampel menggunakan metode total sampling dengan jumlah responden 368 orang santri. Alat pengumpul data yang digunakan adalah kuesioner baku PHBS. Analisa data menggunakan uji mann whitney dan regresi linier berganda. Hasil penelitian ini menunjukkan bahwa ada perbedaan pengetahuan (p-value = 0.613), sikap (p-value = 0.377), PHBS (p-value = 0.094), sanitasi dasar, pernah mendapatkan penyuluhan, kapan mendapatkan penyuluhan serta ada perbedaan tindakan (p-value = 0.000) pada santri pesantren modern dengan pesantren tradisional di Aceh. Pengetahuan, sikap, dan tindakan berpengaruh sama terhadap perilaku PHBS, hal ini berarti bahwa tidak ada faktor yang paling dominan yang mempengaruhi PHBS santri di pesantren modern dan tradisional.

Kata Kunci: *clean and healthy lifestyle, students, boarding school*

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INTRODUCTION

The Clean and Healthy Behavior Program or PHBS is an effort to empower someone and others to know, want, and practice PHBS and participate in the community's health movement(1). According to Blum(2), Individual health status is related to their

behavior. The better the health-related behavior, the better the health status will be.

World Health Organization (WHO) (3) emphasized that there are about 2.2 million people each year in developing countries, especially children who die from various diseases related to Clean and Healthy Living Behavior (PHBS). In contrast, the implementation of PHBS in everyday life can

Table 1. Demographic characteristics of research respondents (N = 368)

Respondent characteristics	Modern Islamic Boarding School		Traditional Islamic boarding schools	
	F	%	F	%
Gender				
a. Man	107	58.2	121	65.8
b. Women	77	13.9	63	34.2
amount	184	100	184	100
Age				
a. 13 years old	91	49.5	72	39.1
b. 14 years	88	47.8	109	59.2
c. 15 Year	5	2.7	3	1.6
amount	184	100	184	100

reduce the death rate from diarrhea by up to 65% and other diseases by 26%. The same thing was also reported by the United Nations International Children's Emergency Fund (UNICEF) in 2015, which showed that 100,000 children died every day due to diarrhea, worms reaching 40-60%, anemia 23.2%, and dental caries problems reaching 74, 4%. The target of educational institutions implementing PHBS is 70% by 2019(3).

The coverage of clean and healthy behavior is still low and not many people have actually implemented PHBS (4). In Indonesia, only 35.8% of schools have implemented PHBS, while the national target in 2018 is 70%. The impact of this low coverage occurred in morbidity that originated from the environment and behaviors such as diarrhea, with the highest prevalence of 1,261,159 causes of diarrhea in West Java, 1,148,205 in East Java, 383,621 in North Sumatra, and 145,154 cases of diarrhea in Aceh (3). The Aceh Health Office in 2019 reported that only 22.5% of schools had implemented PHBS with a target of 65%. This low coverage also impacts the high morbidity rate associated with environmental and behavior-oriented diseases, where infectious diseases are still relatively high in 2018 (5)

It is very important to implement clean and healthy life behavior in schools. School

PHBS is a set of behaviors that students do for the realization of a healthy school (6). Many studies highlight the importance of implementing healthy living behaviors for students because the application of PHBS in various fields can basically improve the quality of life and health (7-11). One of the places that are often highlighted in the implementation of PHBS is Islamic boarding schools. Kurniawati (12), in his research, found that a lack of PHBS causes health problems in Pondok pesantren. Health problems related to the low PHBS in Islamic boarding schools need attention from various related parties regarding access to health services, individual behavior, and environmental health (13). Various personal hygiene problems and the lousy pesantren environment occur such as the habit of students not washing their hands before eating, littering, buying less clean and unhealthy snacks, wearing clothes or towels alternately with friends and poor sanitation which has an impact on the health of the students themselves(14).

Based on the description above, in general, this study aims to determine the implementation of Clean and Healthy Life Behavior in modern Islamic boarding schools and traditional Islamic boarding schools in Aceh and to compare knowledge, attitudes, actions, behaviors, and dominant factors

Table 2 Knowledge Differences PHBS Santri for Modern Islamic Boarding Schools and Santri for Traditional Pesantren in Aceh

Test	Z value	p-value
Knowledge of santri of modern pesantren and santri of traditional pesantren	0.506	0.613

Table 3 Differences in Attitudes PHBS Santri for Modern Islamic Boarding Schools and Santri for Traditional Pesantren in Aceh

Test	Z value	p-value
Attitudes of santri of modern Islamic boarding schools and santri of traditional pesantren.	0.884	0.377

related to the application of PHBS among student of modern Islamic boarding schools with traditional Islamic boarding schools in Aceh. Aceh. This study's results are expected to provide an overview and comparison to religious education institutions and stakeholders regarding PHBS in traditional and modern Islamic boarding schools.

METHOD

This research is a quantitative study with a comparative study design consisting of the dependent variable, namely Clean and Healthy Life Behavior (PHBS). The independent variables are PHBS knowledge, PHBS attitude, and PHBS actions. The population of this study was 368 people, and the research sample used a total sampling technique. Data collection was carried out from December 30, 2020, to January 8, 2021, at one of the Traditional Islamic Boarding Schools in Banda Aceh City and Modern Islamic Boarding Schools in Aceh Besar District.

Data were collected using a questionnaire that was adopted and then modified from the research of Situmorang, Ashar, & Santi (15) about PHBS. Data were analyzed using the help of the SPSS application. The Kolmogorov-Smirnov test results showed that the data were not normally distributed, so the bivariate data analysis used non-parametric statistical tests, Mann Whitney. After that, the data were analyzed using multiple linear regression to obtain a variable that significantly affects the dependent variable. The p-value <0.05 was considered to have a very significant difference.

Table 4 Differences in Action PHBS Santri for Modern Islamic Boarding Schools and Santri for Traditional Pesantren in Aceh

Test	Z value	p-value
The actions of the santri of modern pesantren and santri of traditional pesantren	4,680	0.000

RESULTS AND DISCUSSION

Respondent characteristics

Demographic characteristics of research respondents shown in Table 1 are male students totaling 107 (58.2%) modern and traditional Islamic boarding schools 121 (65.8%) and aged 13 years 91 (49.5%) modern Islamic boarding schools and conventional Islamic boarding schools. Fourteen years old (59.2%).

1. Differences in PHBS knowledge between santri of modern and traditional pesantren

Table 2 shows the results of the z-count = 0.506 <z-table = 1.96 and p-value = 0.613> 0.05, which means that there is no significant difference in knowledge of the PHBS of modern pesantren students and traditional pesantren students. The multiple linear regression test results showed that the knowledge variable's regression value was 1,000 for modern pesantren students and 0.997 for traditional pesantren students. This result shows a positive direction, which means that the better the students' knowledge, the better their PHBS.

2. Differences in PHBS attitude between santri of modern and traditional pesantren

The results of the analysis of research data in table 3 show the results of the test z-count = 0.884 <z-table =1.96 and p-value = 0.377> 0.05. These results indicate no significant difference in the attitude of PHBS among santri of modern pesantren and santri of

Table 5 Differences PHBS Santri for Modern Islamic Boarding Schools and Santri for Traditional Pesantren in Aceh

Test	Z value	p-value
PHBS santri of modern Islamic boarding schools and santri of traditional pesantren	1,674	0.094

traditional pesantren. The multiple linear regression test obtained the variable attitude results in the modern Islamic boarding school students was 1,000. The regression test value of the knowledge variable in traditional pesantren students was 1,000. This value shows a positive direction, meaning that the better the students' attitude, the better the students' PHBS.

3. Differences in PHBS actions between santri of modern pesantren and traditional pesantren

Table 4 shows the results of the z-count =4,680> from z table = 1.96 and p-value = 0.000<0.05. These results indicate a significant difference in the PHBS actions of santri modern pesantren and santri traditional pesantren. The multiple linear regression test result shows that the action variable for modern Islamic boarding school students is 1,000. The regression test value for the knowledge variable in traditional Islamic boarding school students is 1,000. This value shows a positive direction, meaning that the better the students' actions, the better their PHBS. In line with these results, Guna & Amatiria (16) stated that good PHBS actions could occur if any of the students' awareness of health in individuals is reflected in the pesantren environment's cleanliness.

4. The difference between the PHBS of modern and traditional pesantren students

Results of research data analysis The results obtained from the test z-count = 1,674 <from z table = 1.96 and p-value = 0.094> 0.05, so

it can be concluded that there is no significant difference in the PHBS actions of modern pesantren students and traditional pesantren students.

5. The difference between basic sanitation facilities for modern pesantren and santri at traditional pesantren

Results of research data analysis The results obtained from the test z-count = 1,000 <from z table = 1.96 and p-value = 0.317> 0.05, which means no significant difference in basic sanitation facilities for modern Islamic boarding schools and traditional Islamic boarding schools. Sanitation has many effects on health and is one of the essential factors affecting the improvement of human health so that it can have a positive impact on its users. (17).

6. The difference is that he has received counseling regarding the PHBS of modern pesantren students and traditional pesantren students

The results obtained from the test z-count = 0.000 <from z table = 1.96 and p-value = 1,000> 0.05, which means that there is no significant difference in having received counseling related to PHBS among santri of modern pesantren and santri of traditional pesantren. The regression value for the variable that had received counseling for santri at modern pesantren was 4.282. The variable regression test's significance had received counseling for traditional pesantren students at 0.000 because this value shows a positive direction. The students who have

Table 6 Differences Basic Sanitation Facilities for Modern Islamic Boarding Schools and Traditional Islamic Boarding Schools

Test	Z value	p-value
Basic sanitation facilities for modern Islamic boarding schools and traditional Islamic boarding schools	1,000	0.317

Table 7 Differences Have received counseling related to PHBS at Santri Modern Islamic Boarding Schools and Traditional Islamic Boarding Schools Santri in Aceh 2021

Test	Z value	p-value
Have received counseling related to PHBS for santri of modern pesantren and santri of traditional pesantren	0.000	1,000

received counseling will be better at the PHBS of the santri.

7. The difference in when to get counseling related to PHBS for modern pesantren students and traditional pesantren students

Results of research data analysis The results obtained from the test z-count = 0.562 <from z table = 1.96 and p-value = 0.574> 0.05, which means that there is no significant difference when to get counseling related to PHBS for santri of modern pesantren and santri of traditional pesantren. Daryanto in Yuliana (2017) stated that a person's knowledge of objects has different intensities. The attitude of students who have received PHBS counseling will be different from students who have never received PHBS counseling in the last academic year. The knowledge they gain can influence their attitude towards PHBS in their daily life (15).

The multiple linear regression test showed that the variable when to get counseling to modern pesantren students was 2.759. The variable regression test value when getting counseling to traditional Islamic boarding school students was 0.008. This value shows a positive direction, meaning that if santri has received counseling, its PHBS will be better.

LIMITATIONS

During conducting this study, researchers had limitations. One of them is that researchers cannot meet respondents directly because of

the Covid-19 pandemic situation. As a result of the Covid-19 pandemic, it isn't easy to meet santri. The impact of this research was not running correctly, especially in distributing questionnaires. Researchers themselves couldn't distribute the questionnaires, so they are entrusted to Ustaz and Ustazah at the pesantren.

RESEARCH ETHICS

This research has passed the ethical test of the Nursing Research Ethics Committee (KEPK), Faculty of Nursing, Syiah Kuala University Research Code: 112009061020 Date October 19, 2020

CONFLICT OF INTEREST

The author has no conflict of interest in this study

THANK-YOU NOTE

The author would like to thank all parties involved and assist the author in completing this research.

CLOSING

The knowledge of PHBS for modern pesantren and traditional pesantren is in a suitable category, namely 98.37% for santri modern pesantren and 97.28% for santri traditional pesantren. There is no significant difference in knowledge of PHBS knowledge for modern pesantren students and santri for traditional pesantren (p-value 0.613 > 0.05). Likewise, the attitude aspect is not different between modern and traditional

Table 8 Differences When to Get counseling related to PHBS at Santri Modern Islamic Boarding Schools and Traditional Islamic Boarding School Students in Aceh 2021

Test	Z value	p-value
When to get counseling related to PHBS for santri of modern pesantren and santri of traditional pesantren	0.562	0.574

pesantren, where both are in a suitable category. In contrast to the knowledge and attitude variables, the action variable shows differences between modern and traditional pesantren students in the excellent category, namely 51.63% for modern pesantren students and 33.70% for traditional pesantren students. Thus, that knowledge, attitudes, and actions strongly influence health behavior in modern and traditional Islamic boarding schools.

Based on this study's results, it is hoped that the relevant parties, including health professionals, can provide understanding, knowledge, attitudes, and actions to healthy living for pesantren students to adopt healthy living behaviors. It can also monitor and evaluate the implementation of Clean and Healthy Living Behavior (PHBS) of santri in pesantren comprehensively. Then, carrying out health promotion related to PHBS to pesantren so that the number of diseases that often occur in pesantren due to not behaving in a clean and healthy life can be reduced.

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