

The effect of health education about *personal hygiene* in adolescents on the prevention of scabies disease in Boarding School in Sungai Terap

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Abstract

Background: Scabies is an infectious skin disease. The WHO states that scabies is a very neglected skin disease. The Muara Kumpeh Inpatient UPTD Health Center, has the highest incidence of scabies, recorded throughout 2022 there were 112 cases. This study aims to determine the effect of health education about personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah Islamic Boarding School, Sungai Terap.

Method: This study used a quantitative method with pre-experimental designs with the "One Group Pretest-Posttest Design". The time for data collection was carried out in June 2023. The population in this study were all class VII students, totaling 113 people. The sample is 30 respondents. The sampling technique is simple random sampling. The statistical test used is the paired sample t-test.

Results: The results of the study found that there is a significant effect of health education about personal hygiene in adolescents on scabies prevention behavior at the Jauharul Falah Islamic Boarding School Sungai Terap (p-value: 0.000<0.05).

Conclusion: The average difference in the prevention of scabies in adolescents before and after being given health education about personal hygiene is 34.96.

Keywords: Health Education, Personal Hygiene, Adolescents, Scabies Prevention

INTRODUCTION

Scabies is an infectious skin disease caused by the investment and sensitization of the parasite *Sarcoptes Scabiei* Variety *Hominis*. *Sarcoptes Scabiei* is a mite belonging to the family *sarcoptidae*, order *acaria*, class *arachnida*.¹

Scabies can be transmitted in two ways, namely by direct and indirect contact. Direct contact transmission can occur when there is contact with the patient's skin such as shaking hands, sleeping together, and having sexual intercourse. Meanwhile, indirect transmission is through objects that have been used by sufferers such as clothes, towels, pillows, and other objects.²

Scabies is not dangerous to human life, but the disease can be uncomfortable for sufferers and can reduce activity and productivity due to its main symptom of intense itching at night. Therefore, the World Health Organization (WHO) states that scabies is a

highly neglected skin disease. This type of skin disease can be found in overcrowded environments, slums, and environments with very low levels of hygiene. Scabies can also affect all age groups and genders, including school-age children, adolescents and adults.³

According to WHO (2023), an estimated 200 million people worldwide suffer from scabies at any one time. More than 10% of the population in poor areas are affected by scabies. Worldwide, scabies is most common in hot tropical countries and in areas with high population density.⁴ Scabies is commonly found in developing countries including Indonesia, this is because Indonesia has a tropical climate. The prevalence of scabies in Indonesia is within the range of 4.60% to 12.95%, scabies skin disease itself is the 12th most common skin disease suffered by the public.⁵

According to the Jambi Provincial Health Office (2022), the incidence of scabies in Jambi Province was 8769 cases. Where the 3 highest

areas occurred in West Tanjab Regency (1981 cases), East Tanjab (1763 cases) and Muaro Jambi (1650 cases). The Muara Kumpeh Inpatient UPTD Health Center located in Muaro Jambi Regency has the highest incidence of scabies in children, which was recorded during the whole of 2022 there were 112 cases. Based on this data, scabies is mostly experienced by students or santri, one of whom is a student of the Jauharul Falah Islamic Boarding School.

A very important factor in the high prevalence of scabies is the lack of personal hygiene.⁹ Poor personal hygiene can cause the body to be susceptible to various diseases such as skin diseases, infectious diseases. Personal hygiene is also one of the factors that can lead to the transmission of scabies. Personal hygiene that is not good is at a higher risk of contracting scabies if you live in an environment that has scabies sufferers for a long time.⁶

Scabies is often associated with the disease of pesantren children, because pesantren children are less able to maintain their personal hygiene, such as exchanging goods, borrowing clothes, towels, sarongs, even pillows, bolsters and mattresses to others, so this is the factor that causes the disease to be easily transmitted from one student to another.⁷

The cause of students experiencing scabies is also due to the lack of knowledge of students about scabies. Efforts to prevent scabies that can be done to students with scabies are to provide health education.⁸

Based on the results of Liambana's research (2021) at the Immim Putra Makassar Islamic Boarding School with the title "The Effect of Health Counseling Through Video Media on Efforts to Prevent Scabies Disease at the Immim Putra Makassar Islamic Boarding School" with a sample size of 50 respondents. These results show that there is an effect of health counseling using video media on knowledge, attitudes, and actions of students in efforts to prevent scabies disease.⁹

Research by Bintang Agustina Pratiwi, et al (2021) at Pancasila Islamic Boarding School, Bengkulu City with the title "Health Education Towards Personal Hygiene Jambi" with 30 students as respondents. The results showed that before health education was given, 42.17

and after health education was 61.20. In conclusion, there is an effect of health education on personal hygiene.¹⁰

Research by Andri Setyorini, et al (2022) at Al I'tishom Islamic Boarding School Gunung Kidul Yogyakarta with the title "Health Education Affects Attitudes in Preventing Scabies in Santri" using 35 respondents. The results showed that there was an effect of health education about scabies on attitudes in preventing scabies in students at Al I'tishom Islamic Boarding School Gunung Kidul Yogyakarta using the Wilcoxon test which obtained a Z value of -4.456 with an Asymp.sig value of 0.000.¹¹

The results of a preliminary study conducted on March 15, 2023 at the Jauharul Falah Islamic Boarding School in Sungai Terap Muaro Jambi, when interviews were conducted with 7 students, 6 of the 7 students did not know what scabies was, signs and symptoms, and how to prevent it because the Jauharul Falah Islamic Boarding School did not have a Health Education program regarding this scabies disease. Based on the results of the interview, there is no health programs at Pondok Pesantren Jauharul Falah, for example regarding counseling or health education related to Personal Hygiene. Therefore, researchers are interested in examining "The Effect of Health Education on Personal Hygiene in Adolescents on the Prevention of Scabies at the Pesantren Jauharul Falah Sungai Terap". And this study aims to determine the effect of health education on personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah Islamic Boarding School in Sungai Terap.

METHOD

This research uses quantitative methods with pre-experimental designs with the design "One Group Pretest-Posttest Design".¹² The population in this study were all seventh grade female students totaling 113 people. With a sample of 30 respondents. The sampling technique in this study was probability sampling using simple random sampling.

In this study, the authors used an instrument in the form of a questionnaire to measure the prevention of scabies, a

questionnaire with 22 statement items was used, using a likert scale with the answer options given a check mark (√). In this questionnaire, respondents can simply answer, namely always (SL), often (SR), rarely (J), and never (TP). The questionnaire consists of positive (Favorable) and negative (Unfavorable) types.

The questionnaire used to measure scabies prevention behavior is a questionnaire that has been used by previous researchers and has been published in a book entitled *santri health transformation* by Asiyah & Balgies (2017) with a validity value (0.306- 0.592> r table 0.25) and reliability (0.862).¹³

RESULTS

Based on the results of research that has been conducted, it can be seen that the effect of health education on personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah Islamic Boarding School in Sungai Terap in the following table:

Table 1. Effect of Health Education on Personal Hygiene in Adolescents on Scabies Prevention (n=30)

Health Education	Mean	SD	p value	n
Before	45,90	1,729	0,000	3
After	80,87	4,869		

Based on table 1, it is known that after statistical testing using Paired Sample T-Test (T-Dependent), it was found that there was a significant effect of health education on personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah Islamic Boarding School in Sungai Terap (p-value: 0.000 <0.05).

Health education can include knowledge about scabies, such as how it istransmitted through direct and indirect contact, then the itching that is felt at night and the typical lesions found in the folds of Islamic Boarding School in Sungai Terap (p- value: 0.000 <0.05).

The results of this study are in line with the research of Bintang Agustina Pratiwi, et al (2021) at Pancasila Islamic Boarding School, Bengkulu City with the title "Health Education

Towards Personal Hygiene Jambi" which found that there was a significant effect of health education on personal hygiene.¹⁰

The next researcher also found the influence of health education about scabies on the prevention of scabies in students at Al 'tishom Islamic Boarding School Gunung Kidul Yogyakarta using the Wilcoxon test which obtained a Z value of -4.456 with an Asymp.sig value of 0.000.¹¹

Liambana's research (2021) at the Immim Putra Islamic Boarding School in Makassar also showed the effect of health counseling on the actions of students in efforts to prevent scabies.⁹

Health education is all efforts to educate, provide information, knowledge, skills related to health to individuals, groups, and communities to improve the quality of their health.⁸ Health education in the form of counseling needs to be given to ordinary people, especially high-risk subjects to Increase knowledge related to scabies disease.¹

DISCUSSION

The results of the study found a significant effect of health education on personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah The skin, this is one of the clinical manifestations of scabies, so that sufferers can pay more attention to personal hygiene.¹⁴

Health education about personal hygiene provided by researchers at Pondok Pesantren Jauharul Falah Sungai Terap has improved the prevention of adolescent scabies (Santriwan and Santriwati). After being given health education, Santriwan and Santriwati better understand the importance of maintaining personal hygiene in preventing scabies. this is in line with research conducted by Toto Harto, Roni Ferdi (2019) obtained results (p value 0.000) which means that there is a significant relationship between personal hygiene. with the incidence of scabies in boarding schools. The better the personal hygiene of students, the more it reduces the risk of direct or indirect contact transmission of scabies.¹⁵

According to the researchers, the influence or change in the prevention of scabies

in adolescents is because during the delivery of health education, all participants are willing to listen to information from the beginning to the completion of health education. During the health education, participants were enthusiastic and willing to discuss and ask questions. In addition, the material presented by the researcher used simple language so that it was easily understood by the participants.

Seeing the close relationship between health education about personal hygiene and the prevention of scabies, the researcher hopes that the Pondok Pesantren Jauharul Falah Sungai Terap can disseminate information related to personal hygiene that must be obeyed by all adolescents (Santriwan and Santriwati), the information should be given in the form of posters that can be displayed in all rooms in an attractive and simple form so that all adolescents can always read and be encouraged to apply good personal hygiene.

CONCLUSIONS

Based on the results of the study, it can be concluded that there is a significant influence between before and after being given health education about personal hygiene in adolescents on the prevention of scabies at the Jauharul Falah Islamic Boarding School in Sungai Terap.

For Pondok Pesantren Jauharul Falah from the results of this study, it is hoped that adolescents at Pondok Pesantren Jauharul Falah Sungai Terap can pay attention to personal hygiene to avoid scabies.

For UPTD Inpatient Puskesmas Muara Kumpeh from the results of this study is expected to work with the Pondok Pesantren Jauharul Falah Sungai Terap to educate adolescents (Santriwan and Santriwati) to always pay attention to personal hygiene so as to minimize scabies disease.

For further researchers, the results of this study are expected to conduct further research on the impact of scabies on the lives of adolescents (Santriwan and Santriwati) so that adolescents are more encouraged to prevent scabies.

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