

## The Effect of Health Education About Scabies on The Behavior of Students at The Al-Ulfah Rancah Boarding School

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### ABSTRACT

Scabies does not endanger human life, but it is very disturbing to feel comfortable and can reduce activity and productivity, this skin disease is often found in highly populated environments such as in Islamic boarding schools. Health education is needed to provide information about scabies to students, because the lack of knowledge and behavior can be one of the factors causing scabies. This study was to determine the effect of health education about scabies on the behavior of students in Al-Ulfah Rancah boarding school. This research design is Pre-Experimental one group pretest-posttest design. The number of samples in this study were 43 respondents. Sampling using purposive sampling technique. Data were collected by questionnaire. It is known that before being given health education about scabies to 43 respondents, there were 14 respondents (32.55%) who fell into the bad category and 29 respondents (67.45%). This study shows that after being given health education about scabies, 2 respondents (4.65%) were in the bad category and 41 respondents (95.35%) were in the good category with an average increase of 11.79. The results of statistical tests using the Paired sample t Test test show the sig value. 2-tailed =  $0.000 < \alpha = 0.05$ . It can be concluded that there is a significant influence between health education about scabies on the behavior of students. Thus it is expected to make a sustainable program, especially regarding the behavior of preventing scabies by paying attention to the environment and personal hygiene.

## INTRODUCTION

Health is the most important hall for every reliable human life in this world. Based on Law No.36 of 2009, health is a state of health, back physically, mentally, spiritually and socially, which enables every person to live a productive life socially and economically. According to the World Health Organization (WHO), health is a state of physical, mental and social perfection, and is not halal free from disease or calcalt (Juliansyah & Minartami, 2017).

Scabies is an infectious skin disease caused by small sarcoptes scabiei that live in the skin. Mites can be transmitted from animals to humans or vice versa, signs and symptoms such as itching, especially at night, there are paldal skin lesions, festering, red spots, especially paldal tempalt with thin skin lalpisaln such as between the fingers, wrists, outer elbows, armpit folds, groin, around the soles of the feet, and palms (Rini & Dewi, 2020).

According to WHO paldal year (2014), there are 130 million scabies in the world. International Alliance for the Control of Scabies (IAICS) in Sahrudin (2017) the incidence of scabies varies widely from 0.3% to 46%. An epidemiologic study in the United Kingdom (UK) showed that scabies is more common in winter than in winter.

The survey results showed that the prevalence of scabies was 25% among oral and oral adults, while the highest prevalence among school children was 30-65%. According to data from the Indonesian Ministry of Health, the prevalence of skin diseases in Indonesia in

2012 was 8.46% and then increased in 2013 to 9% and scabies ranked third out of 12 common skin diseases. Unfortunately, 14 provinces have a prevalence of skin diseases above the national prevalence, one of which is West Java province (Husna et al., 2021).

This skin disease is often cited as the cause of scabies in boarding schools because boarding school children are fond of exchanging, pinjalm meminjaln palkalialn, towels, salrung, even pillows, bolsters and head calcurnyal sesalmaalnyal, so that the scabies disease develops in the boarding school environment. Islamic boarding school is one of the educational institutions that is more specialized in studying religious education, students of Islamic boarding schools (Santri) generally live in alsralmal (boarding) daily activities carried out in Islamic boarding schools (Fadila, 2021).

It is necessary to know that the knowledge is one of the facilitators for santri algalr terlalksalnalnyal clean and healthy living behavior. Malkal from that this problem is a trigger for behavior that becomes a dalsalr balgi tindalkalnnnyal alkibalt in the kebialsalaln pribaldi in the level of salntri education (Ramadhan et al., 2019). Health education is one of the efforts to prevent someone from behaving unhealthily. In principle, health education aims to make a person behave in accordance with health values, so that they can do what is expected by the person who has provided health education.

## METHOD

The method used in this research is pre experiment with the type of research

using "One Group Pretest and Posttest". The population in this study were 75 students who suffered and had a history of scabies within 1 year. The sampling technique used purposive sampling technique and obtained a sample of 43 respondents. This research was conducted at the All-Ulfah Ralncah Islamic Boarding School in Ciamis Regency in May 2022 - June 2022.

Pelalksalnalaln Research in allwalli with contralk walktu (informed consent) until agreement is obtained through penalndaltalngalnaln suralt consent. After that, the researcher gave a questionnaire (pre-test) which was carried out for 30 minutes. After filling out the questionnaire, the researcher gave Health Education to all students at the All-Ulfah Islamic Boarding School for 60 minutes using the lecture method by watching animated videos about scabies and given leaflets. After being given health education, after health education, the researcher made observations by giving questionnaires that had to be filled out every day by respondents for ± 3 weeks.

The instrument used in this study was a questionnaire about scabies prevention behavior with a form of closed-ended questions (Close-Ended) consisting of 17 questions.

Data analysis in this study used univariate and bivariate. Univalrialt analysis was used to describe the variables, while bivalrialt analysis was used to see the effect of the difference between the independent variable and the dependent variable. Data processing used the Paired t-

Test Statistical Test to compare the behavior of recognizing scabies prevention before and after being given Health Education.

## RESULTS AND DISCUSSION

Based on the results conducted at Pondok Pesantren Al-Ulfah Rancah on 43 respondents, the following research results were obtained:

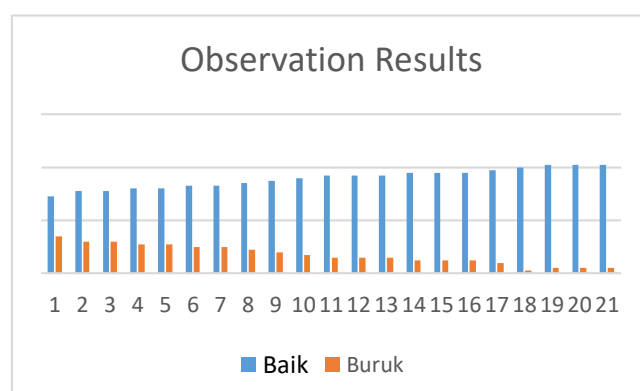
1. Scabies prevention behavior before health education

**Table 1.1. Scabies Prevention Behavior at Al-Ulfah Rancah Islamic Boarding School Before Given Health Education About Scabies (n = 43)**

Preventive Behavior	Frequency	Percentage (%)
Poor	14	32,55
Good	29	67, 45
<b>Totall</b>	<b>43</b>	<b>100</b>

2. Scabies prevention behavior after health education

The following is a bar chart of the observation results for 21 days:



**Table 1.2. The results of the research test on the effect of Health Education on Scabies**

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Palir 1	Before treatment	9.9070	43	2.55244	.38924
	After the treatment	11.7907	43	2.33563	.35618

Based on the results of statistical tests, it is known that the results of the behavior of preventing scabies before the Health Education of the students of Pondok Pesantren Al-Ulfah there are 14 students (32.55%) have poor behavior in preventing scabies and as many as 29 students (67.45%) have reverse behavior in preventing scabies. This shows that there are still respondents who have not been able to make behavioral efforts to prevent scabies properly. So that health education about scabies is still needed. This is because the students have only heard but not specifically studied what and how scabies disease in depth and there is no supporting health program at the boarding school.

Scabies prevention behavior is an action that a person takes against a stimulus related to illness and disease (Notoatmodjo, 2010). In this case, it can be interpreted as actions taken to prevent the occurrence of scabies. The description of scabies prevention behavior includes maintaining body hygiene and health, not using toiletries or personal items interchangeably, and getting used to bathing every day (Nurapandi et al., 2022).

The results of observations for 21 days showed that there were significant changes every day and obtained data on the increase in reverse behavior with an average value of 35.85% and a decrease in bad behavior with an average value of 7.05%. On day 21, it was found that there was an increase in good behavior by 41 respondents (95.35%) and a decrease in changes in bad behavior by 2 respondents (4.64%), with an average increase in the overall increase in respondent behavior of 11.79%. This shows that there is an increase in the average value before and after being given Health Education about scabies to students at Al-Ulfah Islamic Boarding School by 1.89%. According to Anna Maulina Kustantie's journal, about disease prevention behavior towards the incidence

of scabies in students at the Al-Falah Putra Banjarbaru Islamic Boarding School, it is said that after giving health education to recognize preventive behavior by not exchanging clothes and prayer tools, not exchanging towels and maintaining cleanliness in bed, good results were obtained and in accordance with the behavior of preventing scabies disease.

Researchers assume in accordance with the theory and research that has been conducted at the Al-Ulfah Rancah Islamic Boarding School that based on the results of the study there were 41 respondents who behaved well and 2 respondents who still had bad behavior, this shows the success in providing Health Education during the research process and researchers assume that this can occur because of the efforts of researchers and respondents in an effort to prevent scabies by trying to do personal hygiene behavior well.

Based on the results of hypothesis testing using the T-Test test, a significant value of 0.000 was obtained so that the conclusion of this test is that there is an effect of health education on the behavior of preventing scabies among students at the Al-Ulfah Rancah Islamic Boarding School.

Based on the results of research conducted by Endang Sri Mulyawati in 2021 that preventive behaviors such as not exchanging clothes and prayer alters, not exchanging towels with other people and maintaining bed hygiene have increased and are good behaviors. With good behavior where there is good knowledge, it can increase the willingness to act so as to cause the expected behavior, namely efforts to prevent in reducing the risk of scabies disease among students at the Al-Ulfah Rancah Islamic boarding school.

Similar research conducted by Sungkar WK, 2014 showed that there was a relationship between behavior and the

incidence of scabies in the Nurul Qur'an Islamic Boarding School, Jumoyo Kidul Village, the chi square test result was 0.04. The student suffering from scabies has poor behavior. While students who do not suffer from scabies have good behavior. Thus students who have poor behavior will be at risk of scabies disease than students who have good behavior.

The researcher's assumption of scabies prevention behavior before being given Health education among students of Al-Ulfah Rancah boarding school must be optimized, preventive behavior must be closely monitored by the management, even the most important thing is the emergence of self-awareness to make efforts to prevent scabies properly so that students can avoid scabies. When the researcher conducted a test before the intervention to the respondents, the researcher found that there were many respondents who still could not how to prevent scabies. When researchers conducted tests before the intervention to respondents, researchers found many respondents who did not know how to prevent scabies, even out of 43 respondents with male and female gender there were 14 respondents (32.55%) respondents who had behavior in the bad category. Thus, to optimize and improve the behavior of preventing scabies disease, it is necessary to provide health education to students about scabies disease.

Researchers assume in accordance with the theory of recognizing health education and the theory of scabies disease that there is an influence of poor health behavior with the incidence of scabies disease so that there needs to be an increase in prevention efforts properly so that this can be minimized, namely by doing scabies disease prevention behavior such as maintaining cleanliness.

## CONCLUSIONS

Based on the results of research that has been conducted to determine the effect of health education on scabies disease among students of Al-Ulfah Rancah Islamic boarding school with a total sample of 43 respondents, it can be concluded as follows:

1. Before being given health education about scabies to 43 respondents, there were 14 respondents (32.55%) who fell into the bad category and 29 respondents (67.45%) fell into the reverse category with an average pretest score of 9.90.
2. After being given health education about scabies to 43 respondents, it was obtained that 2 respondents (4.65%) fell into the bad category and 41 respondents (95.35%) fell into the good category with an average value of 11.79.
3. There is an effect of health education about scabies on the behavior of preventing the occurrence of scabies disease among students of the All-Ulfah Rancah Islamic boarding school with  $p$  value = 0.000

The researcher's suggestion is to optimize and improve personal hygiene, which includes clean and healthy living behaviors such as maintaining a clean and healthy body, not using toiletries or personal items interchangeably, and getting used to bathing every day, even the need for supervision from administrators for individual and environmental hygiene and the importance of the loyalty of each individual to upalyal preventive behavior of scabies disease.

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