

## Factors Influencing Students In Behaving Healthy At Boarding Schools Batang Hari District

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**Abstract.** Causes of diseases such as scabies or scabies are still commonly found in students who are caused by students who often exchange clothes, towels and other toiletries, wash clothes that are not clean, and wear clothes that are still wet/damp. The purpose of this study was to determine the factors that influence the behavior of students in healthy behavior at Pondok Pesantren, Batang Hari Regency. This research is a quantitative study with a cross-sectional approach. This research was conducted at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency. The sample of this research was 95 MTs and MAs students out of 634 MTs and MAs students. The results of the study are that it is known that the proportion of students' behavior in the formation of healthy students at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022, has unhealthy behavior of 54.7%, poor knowledge (52.6%), and has good teacher support. (57.9%). The analysis shows that the risk factors for the behavior of healthy students are knowledge (PR=7.012; 95% CI: 2.836-17.338) and teacher/ustadz support (PR=3.668; 95% CI: 1.526-8.815). Based on the research results it is hoped that Islamic boarding schools can take action prevention in the form of periodic health checks for students and pesantren employees to detect various diseases early and increase the role of the teacher/ustadz as role models for students so that they not only direct but also set a good example, especially regarding the practice of healthy behavior.

**Keywords:** Healthy Santri Behavior; Knowledge; Teacher/Ustadz support

**ABSTRAK.** Penyebab penyakit seperti scabies atau kudis masih banyak ditemukan pada santri yang diakibatkan oleh santri yang sering bertukaran pakaian, handuk dan peralatan mandi lainnya, mencuci baju tidak bersih, serta memakai pakaian yang masih basah/lembab. Tujuan penelitian ini untuk mengetahui faktor-faktor yang mempengaruhi perilaku santri dalam berperilaku sehat di Pondok Pesantren Kabupaten Batang Hari. Penelitian ini merupakan penelitian kuantitatif dengan pendekatan cross-sectional. Penelitian ini dilakukan di Pondok Pesantren Irsyadul Ibad Kabupaten Batang Hari. Sampel penelitian ini yaitu yaitu 95 santri tingkat MTs dan MAs dari 634 santri tingkat MTs dan MAs. Hasil penelitian yaitu diketahui bahwa proporsi perilaku santri dalam terbentuknya santri sehat di Pondok Pesantren Irsyadul Ibad Kabupaten Batang Hari tahun 2022 yang memiliki perilaku sehat kurang baik sebesar 54,7%, pengetahuan kurang baik (52,6%), dan memiliki dukungan ustadz yang baik (57,9%). Analisis menunjukkan bahwa faktor risiko perilaku santri sehat adalah pengetahuan (PR=7,012; 95% CI: 2,836-17,338) dan dukungan guru/ustadz (PR=3,668; 95% CI: 1,526-8,815). Berdasarkan hasil penelitian diharapkan agar pesantren dapat melakukan tindakan pencegahan berupa pemeriksaan kesehatan secara berkala untuk para santri dan pegawai pesantren guna mendeteksi dini berbagai macam penyakit serta meningkatkan peran guru/ustadz sebagai panutan bagi para santri sehingga tidak hanya mengarahkan tetapi juga memberi contoh yang baik terutama mengenai praktek perilaku sehat.

**Kata Kunci :** Perilaku Santri Sehat; Pengetahuan; Dukungan Guru/Ustadz

## **PRELIMINARY**

The concept of healthy students is related to PHBS in the Islamic boarding school environment which is a combination of PHBS in educational institutions and household settings. The main objective is to develop PHBS for students, educators, and Islamic boarding school managers to be able to know and be able to solve various kinds of health problems in Islamic boarding schools and the surrounding environment. 1 Based on the results of an initial survey conducted at the Irsyadul Ibad Islamic boarding school, Batang Hari district by interviewing 3 Poskestren cadres and heads of Islamic boarding schools, it is known that there are 4 diseases that are most often suffered by students in 2021, one of which is a disease due to a lack of PHBS, namely 156 students of scabies. Based on the background facts found, the purpose of this study was to determine the factors that influence students in the formation of healthy behavior at Pondok Pesantren, Batang Hari Regency.

## **RESEARCH METHODS**

This research is a descriptive quantitative research with a cross-sectional approach, namely research in which the independent variable (knowledge and support of teachers/ustadz) and the dependent variable (behavior of healthy students). This research was conducted at the Irsyadul Ibad Islamic Boarding School, Simpang Kubu Kandang Village, Pemayung District, Batang Hari Regency. Research population

These are MTs and MAs level students at the Irsyadul Ibad Islamic Boarding School, Batang Regency, with a total population of 634. The sample in this study was 95 samples. The method of taking samples using proportionate stratified random sampling.

## **RESULTS AND DISCUSSION**

### **1. Behavior of Santri in forming Healthy Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022**

**Table 1 Distribution of Healthy Santri Behavior to Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency, 2022**

<b>Variable</b>	<b>Frequency(n)</b>	<b>Percentage (%)</b>
<b>Health santri behavior</b>		
Negative	52	54,7
Positive	43	45,3
<b>Total</b>	<b>95</b>	<b>100,0</b>

Distribution of healthy behavior of students as much as 54.7% of students have negative healthy behavior, while the other 45.3% have positive healthy behavior

### **2. Overview of Variable Risk Factors for Santri Behavior in the Formation of Healthy Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022**

**Table 2 Distribution of Variable Risk Factors for Healthy Santri Behavior among Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency Year 2022**

<b>Variable</b>	<b>Frekuensi (n)</b>	<b>Percentage (%)</b>
<b>Knowledge</b>		
Not Good	30	31,6
Good	65	68,4

The distribution of respondents who have good knowledge is 68.4%, while there are 31.6% of students who have poor knowledge.

### **3. Distribution of Teacher/Ustadz Support**

**Table 3 Distribution of Variable Risk Factors for Healthy Santri Behavior among Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency, 2022**

<b>Variable</b>	<b>Frekuensi (n)</b>	<b>Percentage (%)</b>
<b>Teacher / Ustadz Support</b>		
Less Support	40	42,1
Support	55	57,9

teachers/ustadz who have good support for the behavior of healthy students, namely 57.9% and the rest are poor support for the behavior of healthy students (42.1%).

### **Results of Bivariate Analysis of Santri Behavior Risk Factors in the Formation of Healthy Santri at Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022**

## 1. Knowledge

Table 4 Results of Correlation Analysis between Knowledge and Healthy Santri Behavior

Variable	Health Santri Behavior				P-Value	PR (CI 95%)
	Negative		Positive			
	N	%	N	%		
Knowledge						
Not good	25	83,3	5	16,7	0,000	2,006 (1,443-2,790)
Good	27	41,5	38	58,5		

The relationship between knowledge and behavior of healthy students shows a moderate relationship ( $r=0.361$ ) and has a positive pattern. The coefficient value with a determination of 0.131 is obtained to explain 13.1% of the variation or explain the behavior of students. The statistical test results showed that there was a significant relationship between knowledge and students' behavior (P-Value = 0.000).

Table 5 Results of Chi Square Analysis between Knowledge and health santri behavior

Variable	r	R2	P Value
Knowledge	0,361	0,131	0,000

Based on knowledge, it was found that there were 83.3% of respondents who had poor knowledge who behaved negatively. Meanwhile, for respondents who had good knowledge, there were 41.5% who had negative behavior. The results of bivariate analysis were obtained (PR = 2.006; 95% CI: 1.443-2.790) and proved to be significant with a P-Value <0.05 (0.000).

Table 6 Results of Correlation Analysis between Teacher/Ustadz Support and Healthy Santri Behavior

Variable	r	R2	P Value
Teacher/ ustadz support	0,342	0,117	0,001

The relationship between teacher/ustadz support and the behavior of healthy students shows a moderate relationship ( $r=0.342$ ) and has a positive pattern. The coefficient value with a determination of 0.117 the regression line obtained can explain 11.7% of the variation or explain the behavior of students. The results of the statistical test found that there was a significant relationship between teacher/ustadz support and students' behavior (P-Value = 0.001).

**Table 7 Results of Chi Square Analysis between Teacher/Ustadz Support and Healthy Santri Behavior**

Variable	Health Santri Behavior				P-Value	PR (CI 95%)
	Negative		Positive			
	N	%	N	%		
Teacher/ Ustadz Support						
Not Good	29	72,5	11	27,5	0,006	1,734 (1,203-2,499)
Good	23	41,8	32	58,2		

The results of the analysis show that as many as 72.5% of respondents with poor teacher/ustadz support are good, there are 41.8% The results of the analysis of poor teacher/ustadz support have a 1.7 times higher risk for negative behavior compared to good PR =1.734; 95% CI: 1.203-2.499) and proved significant

. This is because health is also an important factor so that students can learn and understand knowledge in Islamic boarding schools smoothly 3.

## **2. The Relationship between Knowledge and Santri Behavior in the Formation of Healthy Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022**

Based on the analysis of this study, it shows that statistically there is a significant relationship between knowledge and healthy behavior, where the proportion of respondents with poor knowledge is higher having negative behavior or unhealthy behavior compared to respondents with good knowledge. This study also shows that respondents who have poor knowledge are at risk of 2 times higher for

negative behavior compared to well-informed respondents.

Most of the students had insufficient knowledge about the benefits of weighing and measuring height (77.9%), and mental health (73.7%). In addition, there are not a few students who still do not understand about physical distancing (44.2%), regular exercise (46.3%), and the distance between water sources and latrines and landfills (28.4%). This research is in line with the research of Erynyasih and Sari (2021), which states that students with poor knowledge have a 7.7 times higher risk of having negative behavior or poor healthy behavior compared to students with good knowledge (PR=7.747; 95% CI: 2.599-21.490) 4.

## **3. The Relationship between Teacher/Ustadz Support and Santri Behavior in the Formation of Healthy Santri at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency, 2022**

The results of this study indicate that there is a relationship between teacher/ustadz support and healthy behavior in students, where respondents with poor teacher/ustadz support have a 1.7 times higher risk of having poor healthy behavior compared to respondents with teacher/ustadz support. good teacher.

Not a few students thought that teachers/ustadz did not provide time to teach healthy behavior at Islamic boarding schools (40.0%), did not provide information about healthy behavior at Islamic boarding schools (49.5%), did not give praise when students carried out healthy behaviors (42.1%) and did not listen every time students asked about healthy behavior (40.0%). This shows that the support of teachers/ustadz is not optimal so that there are still students who do not behave healthy due to the lack of support from teachers/ustadz who are role models in Islamic boarding schools.

This research is in line with research conducted by Hartini, et al (2018) which states that poor teacher support can increase the risk of students having negative or negative behavior.

poor health is 2.1 times greater than good teacher support (PR=2.094; 95% CI: 1.041-4.212, P-Value=0.047). This study explains that teacher support influences student behavior at school so that there is a link between teacher support and student clean and healthy behavior. The teacher directs and guides students so that students can carry out clean and healthy behavior correctly and regularly

## **CONCLUSIONS AND RECOMMENDATIONS**

There is a relationship between knowledge (PR= 2.006; 95% CI: 1.443-2.790; P-Value=0.000) and There is a relationship between teacher/ustadz support (PR=1.734; 95% CI: 1.203-2.499, P-Value=0.006) with healthy behavior in students at the Irsyadul Ibad Islamic Boarding School, Batang Hari Regency in 2022. It is recommended for Islamic boarding schools to be able to supervise PHBS students by implementing 15 indicators of PHBS pesantren. And it is recommended for students to carry out coaching, especially regarding weighing and measuring height every 6 months, maintaining mental health, maintaining distance, regular and measurable exercise, using healthy latrines and disposing of trash so that they can fulfill the 15 indicators of PHBS in Islamic boarding schools.

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