

Gambaran tingkat pengetahuan, sikap dan perilaku kebersihan diri santri pada Pondok Pesantren di Bogor = Description on knowledge, attitude and practice about personal hygiene of boarding students at Islamic Boarding Schools in Bogor

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Abstrak

Penyakit menular di negara berkembang terjadi sangat cepat karena kurangnya penerapan praktik kebersihan pribadi dan kondisi sanitasi yang memadai. Praktik kebersihan pribadi seperti mencuci tangan telah terbukti mengurangi kemungkinan penyakit seperti diare dan infeksi saluran pernapasan. Penelitian ini bertujuan untuk mendeskripsikan tingkat pengetahuan, sikap dan perilaku kebersihan diri santri di pondok pesantren di Bogor. Penelitian ini menggunakan desain penelitian deskriptif cross sectional. Penelitian ini dilakukan terhadap 146 santri di dua pondok pesantren di Bogor dengan menggunakan metode total sampling dan menggunakan analisis univariat. Hasil penelitian menunjukkan siswa yang memiliki pengetahuan baik dan pengetahuan kurang sama (50%), sikap siswa terhadap personal hygiene kurang (54,8%) dan perilaku personal hygiene siswa tergolong baik (51,4%). Rekomendasi dari hasil penelitian ini perlu dilakukan dalam penyuluhan kesehatan khususnya terkait personal hygiene di pesantren di Indonesia karena masih terdapat santri yang kurang pengetahuan, sikap dan perilaku terkait personal hygiene.

..... Infectious diseases in developing countries occur very rapidly due to the lack of adequate personal hygiene practices and sanitary conditions. Personal hygiene practices such as washing hands have been shown to reduce the chances of illnesses such as diarrhea and respiratory infections. This study aims to describe the level of knowledge, attitudes and personal hygiene behavior of students in Islamic boarding schools in Bogor. This study used a cross sectional descriptive research design. This research was conducted on 146 students in two Islamic boarding schools in Bogor using a total sampling method and using univariate analysis. The results showed that students who had good knowledge and less knowledge were the same (50%), students' attitudes towards personal hygiene were less (54.8%) and students' personal hygiene behavior was classified as good (51.4%). Recommendations from the results of this study need to be carried out in health education, especially regarding personal hygiene in Islamic boarding schools in Indonesia because there are still students who lack knowledge, attitudes and behavior related to personal hygiene.