

## **Gambaran Tingkat Pengetahuan dan Perilaku Personal Hygiene Santri di Pondok Pesantren Kabupaten Bogor = Description of the Level of Knowledge, Attitudes and Personal Hygiene Behavior of Santri at Islamic Boarding Schools in Bogor Regency.**

Ria Nurhayati, author

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### **Abstrak**

Personal hygiene merupakan faktor penting kesehatan individu. Perilaku personal hygiene dipengaruhi pengetahuan, sikap dan sarana kebersihan yang memadai. Pondok pesantren merupakan lingkungan dengan populasi yang besar dan fasilitas terbatas. Mengabaikan personal hygiene dapat memicu masalah kesehatan sehingga mempengaruhi prestasi belajar. Penelitian ini bertujuan memberikan gambaran mengenai tingkat pengetahuan, sikap dan perilaku personal hygiene santri di pondok pesantren. Penelitian ini menggunakan metode deskriptif kuantitatif cross sectional. Penelitian ini dilakukan pada 104 santri di pondok pesantren Kabupaten Bogor dengan tehnik stratified random sampling. Hasil penelitian menunjukkan bahwa santri yang memiliki pengetahuan baik (52,9%), sikap yang baik (55,8%) dan perilaku yang baik (51%). Penelitian ini merekomendasikan perawat meningkatkan pengetahuan santri mengenai kebersihan diri melalui promosi kesehatan seperti penyuluhan kesehatan.

.....Personal hygiene is an important factor in individual health. Personal hygiene behavior is influenced by knowledge, attitudes and adequate hygiene facilities. Islamic boarding schools are environments with large populations and limited facilities. Neglecting personal hygiene can trigger health problems and thus affect learning achievement. This research aims to provide an overview of the level of knowledge, attitudes and personal hygiene behavior of students in Islamic boarding schools. This research uses a cross-sectional quantitative descriptive method. This research was conducted on 104 students in Islamic boarding schools in Bogor Regency using stratified random sampling techniques. The results showed that students had good knowledge (52.9%), good attitudes (55.8%) and good behavior (51%). This research recommends that nurses increase students' knowledge regarding personal hygiene through health promotion such as health education.