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# The Effectiveness of Health Education on Improving Santris' Knowledge About the Dangers of Scabies At Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang

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## ABSTRACT

Islamic boarding school is one area that has a high incidence of scabies. The poor personal santri hygiene is one of the causes of the spread of scabies. Santris' knowledge needs to be increased to reduce the spread of scabies in Islamic boarding school. The aim of the study is to determine the effectiveness of health education on improving santris' knowledge about the dangers of scabies in Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang. The design of the study is pre-experimental pre-test - post-test control group design. The population was all male students who live in Islamic boarding school Al Muftadi'ien Bahrul Ulum Jombang Tambak Beras Jombang as many as 60 people, with a sample of 30 people obtained by accidental sampling. The independent variable is health education, while the dependent variable is known. The health promotion methods were used for the health education by using video as the media, while to explore the knowledge about the danger of Scabies, it used the questionnaires that were tested the validity and reliability. The data analysis used Wilcoxon matching pairs. The results obtained before the health education of the danger of scabies, most students have a sufficient category of knowledge as many as 20 people (66.6) and improved to 19 people (63.3%). It is concluded that there is an influence of health education knowledge of students about the dangers of scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang.

Keywords: health education, personal hygiene, scabies;

## INTRODUCTION

Scabies is a parasitic skin disease caused by *Sarcoptes scabiei*, that is characterized by strong local itching and non-specific skin changes patterns<sup>1,2</sup>. The Indonesian Ministry of Health showed that the prevalence of scabies in Indonesia reached 4.6% - 12.95 the % year 2012 and ranked in the third from 12 most common skin diseases. In 1989 and 1990, the prevalence of scabies was 6% and 3.9% (Ministry of Health of the Republic of Indonesia, 2004). The prevalence of adolescents and children for scabies tends to be high at around 6% - 27% of the general population and adolescents (Sungkar, 2005). Of the 10 biggest diseases in Indonesia, Scabies ranks in the third position with the prevalence of 4.60-12.95%.

Islamic boarding school is one of the environments where scabies is often found. Research by Dan Ratna, I., Rusmartini, T., Wiradihardja<sup>3</sup> stated that the incidence of scabies at the Sukahideng Islamic Boarding

School in Tasikmalaya Regency is quite high (27.21%). There are various causes of the scabies occurrence underlying the outbreak of the disease in the boarding school. Starting from the low knowledge of the students, students attitudes that tend to not support Clean and Healthy Life Behavior (PHBS), the hygiene issue, and the student's behavior that facilitate the transmission of scabies in the boarding school.

The preliminary study conducted by researchers at Al Muftadi'ien boarding school found that the 15 santri is 100% experienced Scabies. The results of interviews with the respondents revealed that they often take turn using towels, lending the towels and other personal items. In addition, they assume that scabies is a natural disease experienced by them and does not become a burden for them. In fact, they are proud if they have experienced it, because of the wrong perception of students. With the scabies disease, religious knowledge has penetrated to the santri. The lack of knowledge of scabies is

one of the important backgrounds to take an action. Of various brief information from some of the santri, researchers consider the need for health education to increase the students' knowledge. From the background above, we aim to examine the effectiveness of health education on improving students' knowledge about the dangers of scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang 2017.

## MATERIALS AND METHOD

This study is a pre-experimental study pre-test post-test control group design. The population is all male students who live in Islamic boarding school Al Muftadi'ien

Bahrul Ulum Jombang, as many as 60 people, with a sample of 30 people obtained by accidental sampling. The independent variables are health education, while the dependent variable is known. The health promotion methods were used for the health education by using video as the media, while to explore the knowledge about the danger of Scabies, it used the questionnaires that were tested the validity and reliability. The data analysis used Wilcoxon matching pairs.

## RESULTS

Table 1. Distribution of frequency based on students' age at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang 2017

Age (Year)	F	%
Early adolescents ( 10-15)	22	73,3
Mid adolescent ( 16-20 )	8	26,7
TOTAL	30	100

Table 1 shows that most students are in the category of early adolescents (10-15 years) of 22 people (73.3).

Tabel 2. Distribution of frequency of knowledge of students before being given health education the Dangers of Scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang 2017

Category	F	%
Good	6	20
Fair	20	66,7
Poor	4	13,3
TOTAL	30	100

Table 2 shows that before the health education most students had sufficient knowledge about the dangers of scabies, as many as 20 people (66.6).

Table 3. Distribution of frequency of knowledge of students after being given health education the Dangers of Scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang 2017.

Category	F	%
Good	19	63,3
Fair	11	36,7
TOTAL	30	100

Table 3 shows that after the health education most students have good knowledge about the dangers of Scabies, as many as 19 people (63.3%).

Table 4. Distribution of frequency of knowledge of students before and after being given health education the Dangers of Scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang 2017

		N	Mean Rank	Sum of Ranks
Last Knowledge – Early knowledge	Negative Ranks	1 <sup>a</sup>	7.00	7.00
	Positive Ranks	14 <sup>b</sup>	8.07	113.00
	Ties	15 <sup>c</sup>		
	Total	30		

Table 5. Results test of wilcoxon test the Dangers of Scabies at Islamic boarding school Al Mubtadi'ien Bahrul Ulum Tambak Beras Jombang 2017

	Last Knowledge – Early knowledge
Z	-3.260 <sup>a</sup>
Asymp. Sig. (2-tailed)	.001

There is an influence of health education on the knowledge of students about the dangers of scabies at Islamic boarding school Al Mubtadi'ien Bahrul Ulum Tambak Beras Jombang (p value 0.001).

## DISCUSSION

Before the health education, most of the santri were fairly knowledgeable and few were still lack of knowledge about the dangers of scabies. This data shows that students' understanding of the dangers of scabies is still in below category. After given the health education, there was an increase in knowledge, from most were fairly knowledgeable to be well-informed. From these data, it can be explained that there is an improvement in the knowledge of students about the dangers of scabies.

The fair and poor knowledge of santri regarding scabies is influenced by many factors. One of them is the age factor. Most of the students who experienced scabies are in the category of early adolescents, 10-15 years old (the sample is students between 0-6 years old who live in the Islamic boarding school). Accordingly, Muhammad Zayyid, Saidatul Saadah, Adil, Rohela, & Jamaiah<sup>4</sup> stated that 31% of the prevalence of scabies in Penang, Malaysia is children aged 10-12 years. Early adolescence is a transition stage from childhood to adulthood. At this stage, it is the initial stage of the students to enter the Islamic boarding school that is assumed by the researchers as a beginning to adapt and finds close friends. In order to get the recognition and effort to find friends, it is possible to begin the interaction by "feeling the same", away from the family and starting to feel a sense of cooperation among students.

Santri knowledge is related to age factors. The younger a person is, the harder it will be to understand information. Scabies incident that happened to students in Islamic boarding school Al Mubtadi'ien was also due to the lack of students' ability to understand or perhaps had never heard of scabies, and may not have had experienced scabies before. The new experience of living inside the boarding

school may also be one of the factors of ignorance of the disease. Mubarak (2008) stated that age is one of the factors that influence the acceptance of knowledge and attitude. In line with Wawan, A and Dewi (2010), the more efficient an individual's age, the level of maturity and strength of a person will be more mature in thinking and working. The knowledge of santri increased with the existence of health education about scabies. This health education opens and adds knowledge and helps students to maintain personal hygiene better while staying in the boarding school. Even though it is still regarded at a young age, it is hoped that students will be able to receive, digest and understand scabies.

The The use of media that involves many senses will be more able to provide additional knowledge than those that involve a few media. Knowledge is obtained through the sense of hearing and sight. If the senses of sight and hearing are involved, then the message given will be better received than by only involving one sense.

The opinion is based on the essence what is expected in a health education is to form a better santri behavior. Santris who have less knowledge about scabies will also have a poor understanding of how the parasite scabies spread, one of which is strongly influenced by the personal hygiene of the santris themselves. The lack of understanding emerges unsupportive attitudes and even the apathetic tendency of maintaining personal hygiene so that eventually exposed to scabies. Students who have experienced scabies must take a treatment for themselves, and the treatment should be carried out to all the Islamic boarding school residents through the role of the health center. Fuller stated that santri who have poor knowledge about the disease, a long incubation period, and difficulties in treating scabies will have an impact on prolonged scabies<sup>5</sup>. So it is true that the knowledge is related to scabies in santri. Accordingly, Dan Ratna, I., Rusmartini, T., Wiradihardja<sup>3</sup> who conducted research at Pondok Sukahideng, Tasikmalaya Regency,

stated that knowledge is related to scabies incidents. The health education about scabies was given to all male students. However, both male and female can experience scabies. Chosidow<sup>8</sup> stated that male, female, all ages, ethnic groups, and various socioeconomic levels have the potential to experience scabies if they live in unhealthy communities.

Scabies is becoming a trend disease among Islamic boarding schools, where there is a mixture of santri behavior and habits that cannot be underestimated. The lack of parents supervision while studying at Islamic boarding schools to always maintain personal hygiene, enrich scabies in that schools. Scabies is an infectious disease that is often experienced by a group of people whose personal hygiene is not maintained. Terry et al<sup>8</sup> conducted a study of rural areas in Thailand or a camp of homeless children in Sierra Leone about scabies and stated that scabies often attacks poorly clean institutions that take care of the children. It is also revealed by Koene et al.<sup>9</sup>; that staffs, employees or children who are and live in the community, will experience scabies. Agoes R, Oehadian<sup>10</sup> stated that this disease is commonly found in children and adults who have poor hygiene, rarely bathing and changing dirty clothes, often exchanging clothes, and rarely washing bed linen. Most cases are experienced by students who live in dormitories, Islamic boarding schools, orphanages, etc.

Afriani<sup>11</sup> found a significant correlation between the incidence of scabies and poor bathing practices, the practice of maintaining hand and nail hygiene, the practice of maintaining the cleanliness of clothes and towels, the practice of exchanging clothes and towels, and the practice of maintaining the cleanliness of beds. Azizah<sup>12</sup> in her study at the Al-Hamdulillah Islamic boarding school in Rembang also agreed that the frequency of bathing and shampooing, the soap sharing with other students, exchanging clothes with friends and staying in the boarding school for long periods of time relates to the incident scabies.

The result of health education is the establishment of good knowledge. Good knowledge usually has an impact on good attitude in addressing the transmission of scabies and is expected to force good behavior of students as well as starting to care about personal hygiene and avoid unhealthy behavior that will harm the santri themselves. First, the student must have a good

understanding of personal hygiene which is the main key to scabies transmission. A poor understanding, less supportive attitude or even careless about the transmission of scabies will make it difficult for other students who are trying to free themselves from the scabies disease. Termination of the chain of transmission begins with the knowledge justification, changes in attitude and finally the behaviors establishment that is far from the risk of disease. Attitude is the basis for the establishment of santri acts<sup>13-15</sup>

## CONCLUSION

Health education is effective in increasing the knowledge of male students about the dangers of scabies at Islamic boarding school Al Muftadi'ien Bahrul Ulum Tambak Beras Jombang. It is suggested for further researchers to include determinants of scabies disease and health education for the owners of Islamic boarding schools

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