

Effectiveness of Health Education about Personal Hygiene on the Personal Hygiene Behaviour of Young Women at the Darussalam Islamic Boarding School

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ABSTRACT

Personal hygiene is a person's efforts to maintain personal hygiene to obtain physical and psychological well-being. Personal hygiene is needed to prevent various diseases. One way to prevent the spread of disease caused by personal hygiene is by providing health education. The aimed of this research to determine the effect of health education about personal hygiene on the personal hygiene behavior of young women. The design used Quasy experimental using a one group pre-post test design approach. The sample in the research was 79 respondents taken using purposive sampling technique. Data were analyzed using the Willcoxon Signed Rank Test with significance $\alpha < 0.05$. The results of the study showed that before being given health education, the majority of personal hygiene behavior was adequate, 59 respondents (74.5%) and personal hygiene behavior after health education showed that almost all 71 respondents (89.8%) had good personal hygiene behavior. The results of further analysis showed that there was a significant difference in personal hygiene behavior between before and after health education (p -value=0.000; $\alpha < 0.05$). Health education can change respondents' behavior towards personal hygiene in young women, so it is recommended that the public pay more attention to personal hygiene to avoid various diseases, especially skin diseases.

Keywords: Health Education, Personal Hygiene, Personal Hygiene Behavior, Young Women

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INTRODUCTION

Islamic boarding schools are places where students gather to carry out daily activities, usually done together. Hygiene problems, namely cleanliness of the bed, cleanliness of the environment and cleanliness of clothes, including exchanging clothes which triggers the emergence of bacteria and fungi which cause itching. The problem experienced by these young women is lack of personal hygiene. According to Susanti (2003), young women do not know about personal hygiene, so there is a high possibility of being infected with itching. Based on research results from Handayani (2007), at the Niha Yatul Amal Islamic Boarding School, it was shown that the percentage of respondents affected by scabies was 62.9%, and there was a significant relationship between the habit of using bath soap, the habit of changing clothes, the habit of sleeping together, the habit of

using sleeping blankets. and the habit of washing clothes together with scabies sufferers. From a preliminary study at the Darussalam Islamic boarding school there were around 393 young women, and from this data almost all (76-99%) young women were affected by skin diseases such as itching.

In the world of nursing, personal hygiene is one of the basic human needs to maintain personal hygiene and health in order to achieve physical health and prevent disease transmission. Basically, personal hygiene must be given great attention, namely personal hygiene which includes several things such as bathing, washing hands, shampooing, and so on (Siwach, 2009). Someone who is sick is usually due to hygiene problems that are not paid enough attention. This happens because we think that cleanliness is a normal problem, even though if it is allowed to continue it will affect general health. Therefore, everyone should always try to maintain and improve their personal hygiene.

According to Potter and Perry, 2012, self-care becomes complicated due to a person's physical or emotional state. Maintaining personal hygiene is necessary for individual comfort, safety and health. As in healthy people, they are able to meet their health needs. Sick people need nurses or family to help with routine health practices. There are impacts that arise if you don't pay attention to personal hygiene, such as disrupting skin integrity. Young women should pay attention to their personal hygiene, both individually and environmentally, such as when cleaning the bed, changing the sheets at least once a month, when bathing, it may be more effective to use a faucet to minimize the incidence of skin diseases, as well as washing clothes together, and so on.

METHOD

The design used Quasy experimental using a one group pre-post test design approach. The sample in the research was 79 respondents taken using purposive sampling technique. Data were analyzed using the Willcoxon Signed Rank Test with significance $\alpha < 0.05$.

FINDING AND DISCUSSION

Univariate Analysis

Table 1 Frequency Distribution Based on Age

Age (Years)	n	%
10-13	12	15,2
14-16	52	65,8
17-19	15	19,0
Total	79	100

Based on the table above, it showed that the majority of respondents (65.8%) were aged 14-16 years or as many as 52 young women out of 79 respondents.

Table 2 Frequency Distribution Based on Education

Education	n	%
Elementary School	6	7.6
Junior High School	58	73.4
Senior High School	15	19.0
Total	79	100

Based on the table above, it showed that the majority of young women have junior high school education, as many as 58 respondents (73.4%).

Table 3 Frequency Distribution Based on the Behavior of Adolescent Girls in Performing Personal Hygiene Before Being Given Health Education

Behavior	n	%
Less	18	22.9
Enough	59	74.5
Good	2	2.6
Total	79	100

Based on the table above, it showed that before being given health education, most of the personal hygiene behavior was sufficient, as many as 59 respondents (74.5%).

Table 4 Frequency Distribution Based on the Behavior of Adolescent Girls in Performing Personal Hygiene After Being Provided with Health Education

Behavior	n	%
Less	0	0
Enough	8	10.2
Good	71	89.8
Total	79	100

Based on the table above, it showed that after being given health education, almost all young women have good personal hygiene behavior, 71 respondents (89.8%).

Bivariate Analysis

Table 5 Differences in Personal Hygiene Behavior Before and After Being Given Health Education

Behavior	Before		After		P-value
	n	%	n	%	
Less	18	22.9	0	0	0.000*
Enough	59	74.5	8	10.2	
Good	2	2.6	71	89.8	
Total	79	100	79	100	

*Signifikan pada level $\alpha < 0.05$

Based on table 5, it showed that there was a significant difference in personal hygiene behavior before and after being given health education (p-value; $\alpha < 0.05$).

DISCUSSION

The results of the study showed that there was a significant difference in personal hygiene behavior before and after being given health education (p-value = 0.000; $\alpha < 0.05$). This is in line with research by Borrego (2021), showing that there is a significant difference in personal hygiene behavior before and after being given health education (p-value = 0.000; $\alpha < 0.05$). Knowledge is a very important domain in shaping a person's actions because based on research and experience it turns out that attitudes based on knowledge will be more lasting than attitudes that are not based on knowledge at all. New information received by a person provides the basis for personal hygiene knowledge. With this knowledge it will lead someone to think.

During this thought process, emotional and belief components come into play, so that a person intends to carry out personal hygiene correctly. In accordance with the goals of health education according to WHO, namely increasing the community's ability to maintain and improve

their level of physical, mental and social health. The research results show that good knowledge will determine a supportive attitude. There are several factors that influence people's attitudes, namely the influence of other people who are considered important and the inherent cultural influence as well as wrong family perceptions about personal hygiene. Other people around us are one of the components that influence attitudes. Important people as references (personal references), such as health workers (doctors, nurses, etc.) (PH et al., 2018).

Increased knowledge will change a person's behavior, there will be changes in a person's behavior regarding personal hygiene after being given health education. To create a healthy Islamic boarding school, there needs to be a policy from the leadership of the Islamic boarding school. The policies made should be obeyed by all parties in the Islamic boarding school, including teachers, employees and students. One of the activities carried out by Islamic boarding schools to monitor the health of students is by checking their nails once a week every day, checking their hair once every two weeks. Meanwhile, activities carried out to maintain the health of the Islamic boarding school environment include not throwing rubbish carelessly, carrying out pickets, working together (Borrego, 2021).

CONCLUSION

Health education can change respondents' behavior towards personal hygiene in young women, so it is recommended that the public pay more attention to personal hygiene to avoid various diseases, especially skin diseases.

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