

## The Relationship of Personal Hygiene Behavior With Events Scabies in Female Students at Islamic Boarding Schools “B”

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ARTICLE INFO	ABSTRACT
<p><b>Keywords:</b></p> <p>scabies, personal hygiene behavior</p>	<p>Scabies is a skin disease that arises due to the infestation and sensitization of <i>Sarcoptes scabiei</i> var. <i>hominis</i> and their products. Transmission can occur through contact, both direct and indirect. A person's personal hygiene behavior can affect the incidence of scabies. The purpose of this research is to find out the relationship between personal hygiene behavior and the incidence of scabies in female students at "B" Islamic Boarding School. This research is a type of quantitative research conducted by the cross-sectional method. Respondents in this study were female students at "B" Islamic Boarding School. The sampling method used is random sampling, with the number of respondents as high as 59. This research analysis uses test chi square statistics, and if the results obtained have a P value of 0.015 (0.05), then you can conclude that there is a significant relationship between personal hygiene behavior and the incidence of scabies in female students at "B" Islamic boarding school and the work of the Sukahening Public Health Center in Tasikmalaya Regency. The results of this study are expected to provide information and evaluation material for female students to improve personal hygiene behaviors so that the incidence of scabies does not occur.</p>

### 1. INTRODUCTION

The results of an open interview with The head of the Islamic boarding school said that almost all of the students could experience itching on the skin. These skin diseases are usually caused by a lack of understanding and behavior regarding poor personal hygiene, a lack of water sanitation wells, and the use of hygiene facilities such as soap, towels, and others simultaneously. The clinical symptoms that can cause scabies in humans are: intense itching, especially at night, on the affected part, usually on the organs of the body such as between the fingers, elbows, knees, calves, between the toes, groin, groin folds shown in red on the skin, irritation, and bubbles appearing on the skin. Itching causes sufferers of scabies to scratch the skin. It can even cause sores and infections and smell

rancid. The itchiness is caused by sarcoptes feet under the skin, which move to make a hole in the surface of the skin. Hygiene and health: one can determine the external cleanliness of a person who is familiar with skin; often a disease on a person's skin is synonymous with scabies (Aisyah, 2017).

WHO in 2020 estimates the incidence of scabies at approximately 200 million people, with an estimated average prevalence of 5–10% in children (Elena and Song, 2021). Scabies disease is common in Indonesia because it is a tropical country. Scabies skin disease was first reported in Indonesia in 1981. Based on data from the service Tasikmalaya District Health year 2021 scabies sufferers as many as 38,262 cases, and scabies disease occupied 9th order disease. Data from the District Sukahening Health Center in Tasikmalaya shows cases of scabies from January 2022 to June 2022, with as many as 622 cases.

Scabies is a skin disease resulting from infestation and sensitization of *Sarcoptes scabiei* var. *hominis* and the product. Transmission can occur through contact, both directly and indirectly (Halim, 2019). Existing problems make researchers interested in taking the title "Behavior Relations and Personal Hygiene with Scabies Incidence in Female Students at Islamic Boarding Schools "B".

## 2. METHODS

This type of research uses a quantitative research design using an analytic observational method with a cross-sectional approach.. The variables in this study were personal hygiene behavior and the incidence of scabies. Population in In this research, there were 142 female students at "B" Islamic Boarding School. The sample in the study amounted to 59 people using the random sampling technique. Data collection tool using questionnaire format to assess each variable

## 3. FINDINGS AND DISCUSSION

**Table 1 Frequency Distribution of Personal Hygiene Behavior of Female Students at "B" Islamic Boarding School**

Category	frequency	percentage
Not good	9	15,3%
Pretty good	31	52,5%
Good	19	32,2%
<b>Amount</b>	59	100%

Frequency distribution based on the characteristics of the respondents personal hygiene behavior of female students at "B" Islamic Boarding School, in part the behavior of personal hygiene students with pretty good category as many as 31 students (52.5%).

**Table 2 of Frequency Distribution of Scabies Incidence among Santri at "B" Islamic Boarding School**

Category	frequency	percentage
No scabies	33	55,9%
Scabies	26	44,1%
<b>Amount</b>	59	100%

The incidence of scabies in female students at "B" Islamic boarding school mostly did not experience scabies, namely as many as 33 respondents (55.9%).

**Table 3 Cross Distribution of Personal Hygiene Behavior Relationships with the Incidence of Scabies in Female Students at "B" Islamic Boarding Schools**

Category	Scabies				Total	%	P – value
	No scabies		Scabies				
<i>Personal hygiene</i>	N	%	N	%			
Not good	2	22,2	7	77,8	9	15,3%	0,015
Pretty good	16	51,6	15	48,4	31	52,5%	
Good	15	78,9	4	21,1	19	32,2%	
Amount	33	55,9	26	44,1	59	100%	

The table above explains that this study involved 59 respondents in the category of scabies occurrence. Most of the respondents did not have scabies, with as many as 33 respondents (55.9%), while the respondents with the highest personal hygiene behavior category were 16 students (51.6%). Based on the results of the chi-square test with a p-value of 0.015, a significant value was obtained where  $H_0$  was rejected and  $H_a$  was accepted, so it can be concluded from this study that there is a relationship between personal hygiene behavior and the incidence of scabies in female students at "B" Islamic boarding schools.

## DISCUSSION

The results of the researcher's analysis show personal hygiene behavior, which shows that most of them have sufficient behavior; as many as 31 students tend to be good because students already have sufficient knowledge from the Islamic boarding school to hold education every Friday after sports so that the behavior leads to a better one.. In line with Lawrence Green's theory in Notoadmodjo regarding the factors that influence a person's behavior, namely predisposing factors, supporting factors, and driving factors, Predisposing factors consist of knowledge, attitudes, beliefs, and values. This statement can be related to research statements regarding the factors that cause scabies, one of which is personal hygiene behavior. Based on this statement, it can be concluded that a person's level of knowledge can influence personal hygiene behavior, which can cause scabies (Sari S., 2017).

Female students who still have bad behavior such as not washing their hands after scratching the body because after scratching the itchy part of the body it can cause the spread of scabies to other areas of the body so that it can make the situation worse because of the emergence of lesions that become infected, not washing sheets and Drying the bed once a week also has an effect on the occurrence of scabies because the use of sheets and mattresses together can cause the spread of the disease. Desmawati (2015) maintaining good health involves caring for your skin, cleaning your hands and nails, changing your clothes frequently, using two towels at once, and changing your bed linens frequently.

59 research respondents were divided into 55.9% who did not suffer from scabies and 44.1% who suffered from scabies. Respondents who did not have scabies had an adequate level of knowledge about personal hygiene, so the possibility of scabies occurring is smaller because the more you know the causes, the less likely you are to behave badly. Respondents with sufficient knowledge will think

positively and be more mature in carrying out personal hygiene behaviors to prevent the spread of skin diseases such as scabies.

Based on the results obtained from the questionnaire and observations of the students, most of them said itching at night because scabies is easily transmitted in a damp room and the temperature gets cold at night so itching can be felt more intensely at night, and one of the other cardinal signs is that scabies attacks humans in groups because Islamic boarding schools are dormitories, the students automatically live in groups in one room the students live in groups, namely in one large room usually filled with 30-35 students while the room currently contains 20 students so the spread of scabies will be easier it is with the dense population and there are also some who have wounds or lesions. This is in line with Cindy's theory (2019), scabies can spread directly through actions like shaking hands, sharing a bed, or engaging in sexual activity, as well as indirectly through things like bedding, clothing, or towels—actions that were once thought to play only a minor part in the spread of the disease. Judging from the location of the research, the possibility of the spread of scabies disease will be added to that with dense housing and poor ventilation. According to Nandira (2018) perspective, knowledge, residential density, and environmental sanitation are three risk factors for scabies in Islamic boarding schools.

The p-value obtained is 0.015, so the p-value is  $< \alpha$  (0.0150.05), meaning that there is a relationship between personal hygiene behavior and the incidence of scabies in female students at the "B" Islamic boarding school. The incidence of scabies in Islamic boarding schools occurs because there are many factors that can influence it, one of which is the density of occupancy in the bedroom. Ratnasari (2014) stated that the high prevalence of scabies in Islamic boarding schools is due to the dense occupancy of bedrooms. With a high occupancy density, direct contact between students is high, making it easier for scabies to spread. Scabies has a close relationship with personal hygiene and the living environment, so it frequently occurs in people who live together in densely populated settlements, for example, in Islamic boarding schools with a high population density. As a result, the relationship between personal hygiene behavior and the incidence of scabies is very close because poor personal hygiene behavior can cause the disease.

#### **4. CONCLUSION**

The incidence of scabies in Islamic boarding schools is often caused by the level of students' ability to carry out personal hygiene activities, which is still lacking. The incidence of scabies is strongly influenced by personal hygiene behavior; if personal hygiene behavior is carried out, the risk factor for getting scabies gets smaller. Someone tends to do something that is supported by their knowledge, even though that knowledge is not the main factor because it will also be influenced by other factors such as the availability of facilities and the social environment, meaning that someone can do something based on knowledge but will have difficulty if it is not supported by the availability of facilities and infrastructure. Islamic boarding schools have unique characteristics as places to live. Students who live in Islamic boarding schools do their daily activities in groups and even tend to congregate, including using facilities that should be private, such as bathrooms and bedrooms. Limited facilities in these places will make it difficult for students to carry out personal hygiene behaviors, plus the level of knowledge is still not very good. The results of this study indicate that most students have a level of personal hygiene behavior that is directly proportional to the number of scabies incidents, so it can be concluded that personal hygiene behavior is related to the incidence of scabies disease.

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