

Analysis of Implementation of Clean and Healthy Lifestyle Behavior (PHBS) During the COVID-19 Pandemic at Islamic Boarding School X, Malang City

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ARTICLE INFO	ABSTRACT
ORCID ID Author 1: http://orcid.org/0000-0002-0232-3685 Author 2: http://orcid.org/0009-0008-6569-1064 Author 3: -	Clean and Healthy Lifestyle Behaviour (PHBS) is a set of behaviors that are practiced on the basis of awareness as learning outcomes that make a person, a family, a group, and community able to help themselves in the health sector and play an active role in realizing public health. It is still an effort to cultivate clean and healthy living behavior in Islamic boarding schools, as well as to recognize problems and levels of their health, and to be able to overcome, maintain, improve and protect their own health. This study aims to determine and analyze the implementation of PHBS students in Islamic boarding schools during the COVID-19 pandemic. This research was conducted in 151 Islamic boarding school students using a questionnaire given to every student who was willing to be a respondent.
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1. Introduction

Coronavirus disease 2019 (COVID-19) is a disease that causes general signs and symptoms such as respiratory problems, fever, cough, shortness of breath, fatigue, sore throat and diarrhea. Transmission of Covid-19 is through droplets or splashes of liquid that come out when coughing or sneezing (Karo, 2020). Based on data from the COVID-19 Handling Task Force (2020), the number of confirmed cases of COVID-19 as of November 9 2021 was 4,248,843 cases and 143,579 people died. Based on data from the East Java Provincial Government (2021), in East Java Province the number of confirmed cases of COVID-19 was 398,682 cases and 29,661 people died. In Malang City, the number of confirmed cases of Covid-19 was 15,630 cases and 1,122 people died. Prevention that can be done during the current COVID-19 pandemic is by implementing Clean and Healthy Living Behavior (PHBS) and by implementing the minimum health protocol that applies in Indonesia, namely 3M including wearing masks, washing hands using soap and running water and keeping a safe distance at least one meter (Maksum, 2020).

Clean and Healthy Living Behavior (PHBS) is a set of behaviors that are practiced on the basis of awareness as learning outcomes, which make a person, a family, a group, and community able to help themselves independently in the health sector and play an active role in achieving a higher degree of public health. In the field of health care, it is necessary to practice the behavior of participating in health care insurance, actively managing and or

utilizing community-based health efforts (UKBM), utilizing Community Health Centers and other health service facilities and so on (Kementerian Kesehatan Republik Indonesia, 2011; Redjeki & Rahmawati, 2023)

2. Method

This research was conducted directly by visiting research respondents at Islamic Boarding School X Malang City. The data collection used a questionnaire containing general characteristics, as well as questions related to the research topic. The number of research respondents was 151 students at Islamic Boarding School X Malang City. The research questionnaire included questions regarding basic knowledge of the target regarding the implementation of Clean and Healthy Behavior (PHBS) during the Covid-19 pandemic. After the target is willing to become a respondent by filling out the consent form that has been given, then the research questionnaire is given to the research respondent.

3. Result and Discussion

3.1 Characteristic Gender, Age and Education Level

Data collection was based on a research questionnaire. Tabel 1 show the result of collecting data on the characteristics of the respondents

Table 1. Characteristic Gender, Age and Education Level

Characteristics	n	%
Gender		
Male	73	48
Female	78	52
Age		
11-15 years old	26	17
16-20 years old	85	56
>21 years old	40	27
Level of Education		
Junior High School	43	28
Senior High School	73	48
Higher Education	35	24
Long lived in boarding school		
1-2 years	39	26
3-4 years	91	60
>5 years	21	14
Total	151	100

Source: Primary Data, 2023

Table 1 shows that of the 151 respondents, there were 73 male respondents (48%) and 78 female respondents (52%). In terms of age, 85 respondents aged 16-20 years (56%). Respondents with the last education level at college were 35 people (23%). The length of stay in the , Islamic boarding schools for for 3-4 years are 91 people (60%) The status of living in Islamic boarding schools is 132 people (83%).

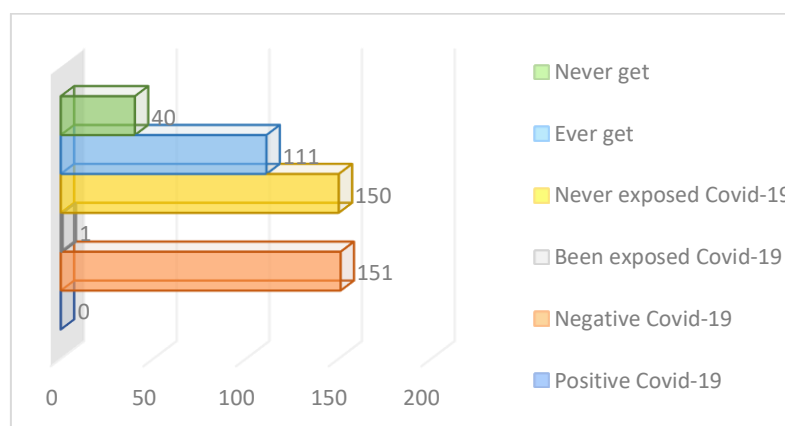
The separation of dormitories and educational institutions in Islamic boarding schools has a positive impact on students, especially in the aspect of academic improvement and the nature of independence (Muafiah,2018) is no exception in the application of PHBS which will differ between female and male students. In addition to receiving formal education, Islamic

boarding schools also emphasize religious education according to age and education levels. Health education is also provided according to their needs, especially in implementing PHBS in life while in Islamic boarding schools.

The length of stay of students in Islamic boarding schools can form students to care about the cleanliness of the surrounding environment, because in Islamic boarding schools there is a habit of cleaning the environment which is carried out every Friday. Santri are asked to sweep, mop, sweep sawang, drain the bath, cleaning toilets, cleaning drains, cleaning places ablution, kitchen place, take out trash and wash it, clean up glass, and others, while the places are cleaned among others; halls, bathrooms, terraces and courtyards of Islamic boarding schools, clothesline, Islamic boarding school offices and others in the neighborhood boarding school (Pitri, 2009).

3.2 COVID-19 exposure status and information exposure about COVID-19 of Islamic boarding school students

Data was collected based on filling out a questionnaire about history of exposure to COVID-19 and history of having experienced COVID-19 of Islamic boarding school students can show at Figure 1.



Source : Primary Data, 2023

Figure 1. COVID-19 and Information Experience Exposure

Figure 1 showed that all 151 respondents had never tested positive for COVID-19 (100%). The history of respondents having been exposed to COVID-19 was 1 person (1%) and 150 respondents had never been exposed to COVID-19 (99%). There were 111 respondents (74%) who had received counseling about COVID-19 and 40 respondents (26%) who had never received counseling about COVID-19. This cluster of transmission in Islamic boarding schools also shows the vulnerability of transmission in boarding schools and the difficulty of enforcing health protocols and implementing PHBS among students.

Life in the Islamic boarding school is very vulnerable to the transmission of the COVID-19 case considering the large number of students in one location. If one person suffers from COVID-19, the transmission will be very fast. Actually, not only COVID-19 is a threat to the health of the students. Starting from early detection, finding cases to managing COVID-19 in

Islamic boarding schools is carried out systematically so that new transmissions and clusters can be prevented. access to information can add to the aspect cognitive (knowledge) of a person, whereas knowledge is one aspect important in forming an action. When someone obtains information from various media, it will be even more lots of information and knowledge obtained so that it will affect someone's decision to do a particular action or behavior.

3.3 Sources of information and media about COVID-19

Table 2 show about information and media COVID-19 of Islamic boarding school students.

Table 2. Source of Information and Media about COVID-19

Characteristics	n	%
Source of Information		
Doctor	13	8%
Higher Student	1	1%
Manager	62	37%
Health Officer	76	45%
etc	16	9%
Types of Media		
Social Media	60	18%
Whatsapp Grup	37	11%
Television	48	14%
Magazine	76	22%
Brosver	33	10%
Youtube	11	3%
etc	75	22%

Source : Primary Data, 2023

Table 2 explains that the respondents received counseling about Covid-19 from boarding school administrators, 62 people (37%), received counseling from health workers, 76 people (45%), received counseling from doctors, 13 people (8%), received counseling from students amounted to 1 person (1%) and received counseling from others amounting to 16 people (9%). Respondents received health information from social media for 60 people (18%), received health information from WhatsApp Groups for 37 people (11%), received health information from television for 48 people (14%), received health information from magazines for 76 people. (22%), 33 people (10%) got health information from a browser, 11 people (3%) got health information from YouTube and 75 people (22%) got health information from others.

COVID-19 and the problems that surround it outside the field of religious scholarship, the problem of COVID-19 will be a long problem that requires more serious handling. Action boarding schools such as preparing special protocols for internal boarding schools, regarding strategies to maintain health protocols while continuing to carry out pesantren activities as before (Zahrotin, 2021). Access to information can add to the aspect cognitive (knowledge) of a person, whereas knowledge is one aspect important in forming an action. When someone obtains information from various media, it will be even more lots of information and knowledge obtained so that it will affect someone's decision to do a particular action or behavior (Musfirah, 2022). Students in Islamic boarding schools to have received information about COVID-19 through various sources such as print media, electronic media, media social

(internet), information from friends, as well socialization of caregivers and administrators Islamic boarding school. Influential information sources prevention behavior of COVID-19 through implementation of health protocols and PHBS (Nurfitriyanti et al., 2020).

3.4 Description of Behavior Patterns and Implementation of Clean and Healthy Behavior (PHBS)

Data was collected based on filling out a questionnaire Behavior Patterns and Implementation of Clean and Healthy Behavior (PHBS) of Islamic boarding school students.

3.4.1 Frequency of Variable Questionnaire Answers about PHBS

Data was collected based on filling out questions about the behavior of carrying out PHBS in the daily life of students while living in Islamic boarding schools include 20 question items. Table 3 show about frequency of variable questionnaire answers about PHBS.

Table 3. Frequency of Variable Questionnaire Answers about PHBS

Question Item	Answer Items							
	Never		Rarely		Often		Always	
	n	%	n	%	n	%	n	%
Bathing should be twice a day	1	0,7	3	2	80	53	67	44,4
Change underwear should be twice a day	3	2	23	15,2	86	57	39	25,8
Lengthening nails can cause disease	4	2,6	20	6,6	66	43,7	71	47
Bathing with clean water and soap can prevent yourself from illness	3	2	5	3,3	70	46,4	73	48,3
Wash your hair should be 2 days	11	7,3	19	12,6	74	49	47	31,1
Often use towels with friends alternately	102	67,5	42	27,8	2	1,3	5	3,3
Take turns using toiletries (soap, toothbrush) with friends	110	72,8	35	23,2	3	2	3	2
Always change clothes / sarong / mukenah with other friends	81	53,6	52	34,4	9	6	9	6
Good water to use is water that is colorless, odorless, tasteless and free of silt or other impurities	9	6	9	6	44	29,1	89	58,9
Improper use of water can cause diarrhea, dysentery, typhus and intestinal worms	7	4,6	13	8,6	70	46,4	61	40,4
It is important to keep the place of ablution clean so as not to cause moss or other impurities	3	2	3	2	62	41,1	83	55
Go to the river when bathing and defecating	75	49,7	54	35,8	14	9,3	8	5,3
Protecting the latrine environment can prevent diarrhea, cholera and other diseases	8	5,3	9	6	63	41,7	71	47
Clean the room at least twice a week	42	27,8	28	18,5	45	29,8	36	23,8
Cleaning the boarding school environment at least once a week	41	27,2	28	18,5	45	29,8	45	29,8
Eating a balanced nutritious diet does not affect the body from various diseases	37	24,5	44	29,1	37	24,5	33	21,9
I don't eat vegetables because they don't taste good	69	45,7	60	39,7	12	7,9	10	6,6
I like salty and fatty foods	24	15,9	64	42,4	54	35,8	9	6
Regular exercise keeps the body fit	4	2,6	4	2,6	68	45	75	49,7
I exercise only on holidays	31	20,5	64	42,4	42	27,8	14	9,3

Source : Primary Data, 2023

In table 3, the variable regarding PHBS has 20 question items where most of the respondents always answered question item number 9 with the question "I use cutlery (glasses) with friends without washing them first". Whereas in question item number 7 "Using toiletries (soap, toothbrush) with friends alternately" most of the respondents answered never. Clean and healthy living behavior (PHBS) is the main factor determining the health status of the pesantren community (Islamic boarding school leaders, ustadz/ustadzah, students, other staff at the pesantren). PHBS in Islamic Boarding Schools is a set of behaviors that are practiced on the basis of awareness as learning outcomes, which make the Islamic boarding school community independently able to prevent disease, improve their health, and play an active role in creating a healthy environment. The importance of implementing PHBS for Islamic boarding schools is also in accordance with the mandate of Law no. 36 of 2009 concerning Health which emphasizes that everyone has the obligation to lead a healthy life in order to achieve, maintain and promote optimal health.

Islamic boarding schools can add PHBS indicators that are deemed necessary to overcome health problems experienced by Islamic boarding schools. Health and hygiene are things that receive great attention from the Islamic religion. As Abu Malik Al-Ash'ari revealed, that Rasulullah SAW said, "Cleanliness is half of faith." This shows how important it is to maintain cleanliness so that the position of cleanliness is called half of faith. Even though a person's faith does not become a Muslim if he only has half of his faith, it means that his Islam is not perfect. How is the manifestation of Islamic concern in viewing cleanliness and health also seen in various worship activities which are accompanied by the obligation to clean oneself or purify oneself (Asrina et al., 2022; Hidayat et al., 2021; Promosi Kesehatan Kementerian Kesehatan, 2021).

Many of the pesantren as a result of their lack of discipline in carrying out clean and healthy living behaviors, suffer from scabies/scabies, Upper Respiratory Infection (ARI), gastritis, intestinal worms, and skin diseases. Especially skin diseases, it can even be said that it is quite difficult for students to avoid. None other than the main cause of the disease, on average, it also occurs due to the condition of the students' personal hygiene and poor environmental sanitation. Therefore, improving Islamic Boarding School PHBS is very important for the creation of healthy students. This is because health is also an important factor so that students can learn and understand science at Islamic boarding schools smoothly (Amalia, 2022; Promosi Kesehatan Kementerian Kesehatan, 2021)

3.4.2 Frequency of Variable Questionnaire Answers to the Implementation of PHBS Patterns during the COVID-19 Pandemic

Data was collected based on filling out questions about the behavior of carrying out PHBS in the daily life of students while living in Islamic boarding schools include 20 question items. Table 4 show about frequency of variable questionnaire answers to the implementation of PHBS patterns.

Table 4. Frequency of Variable Questionnaire Answers to the Implementation of PHBS Patterns during the Pandemic COVID-19

Question Items	Answer Items							
	Never		Rarely		Often		Always	
	f	%	f	%	f	%	f	%
Hand washing is only done after eating	76	50,3	26	17,2	26	17,2	23	15,2
I wash my hands regularly to prevent transmission of Covid-19	67	44,4	41	27,2	38	25,2	5	3,3
I maintain cleanliness by bathing at least once a day	61	40,4	26	17,2	35	23,2	29	19,2
I use clean water for bathing, drinking, washing and cooking	132	87,4	12	7,9	4	2,6	3	2
I did sports in the cottage room during the Covid-19 pandemic	40	26,5	35	23,2	54	35,8	22	14,6
I use towels alternately with room mates	6	4	8	5,3	31	20,5	106	70,2
I consume vegetables and fruit	68	45	44	29,1	35	23,2	4	2,6
I sleep close to a roommate	78	51,7	28	18,5	24	15,9	21	13,9
I use cutlery (glasses) with friends without washing them first	12	7,9	19	12,6	32	21,2	88	58,3
I kept my distance from my hut friends during the Covid-19 pandemic	15	9,9	16	10,6	60	39,7	60	39,7
I do physical activity for at least 30 minutes	58	38,4	35	23,2	49	32,5	9	6
I saw ustadz/ustadzah wearing masks during lessons	48	31,8	34	22,5	39	25,8	30	19,9
I was reprimanded/ warned when I didn't use a mask	41	27,2	35	23,2	45	29,8	30	19,9
I was reprimanded/ warned when I didn't wash my hands	43	28,5	37	24,5	47	31,1	24	15,9
I touch my face other than during ablution or bathing	35	23,2	51	33,8	49	32,5	16	10,6
I use a mask	57	37,7	37	24,5	55	36,4	2	1,3
I have time to rest	89	58,9	50	33,1	9	6	3	2
When I sneeze cover my mouth with my hand	93	61,6	38	25,2	14	9,3	6	4
I sunbed the mattress	33	21,9	45	29,8	59	39,1	14	9,3
reprimandedif there are friends smoking in the boarding school environment	55	36,4	21	13,9	18	11,9	57	37,7

Source : Primary Data, 2023

The variable regarding COVID-19 has 20 question items in which all respondents answered correctly to question item number 16 "Consuming fruits and vegetables can increase the body's immunity". Santri who believe that behavior like using a mask, applying keep your distance, wash your hands with soap, and maintaining health conditions will give good benefits in preventing COVID-19 in themselves, they tend to be able to implement the preventive behavior well.

Another factors related to PHBS in Islamic boarding schools include knowledge students regarding the pandemic, the pattern of its spread, efforts to inhibit its spread, as well as any health programs should be done. The most basic thing is related to the students' understanding that the COVID-19 virus is real, easy spread, and can have a disastrous impact for health. In addition, knowledge of the importance of 3M (washing hands, wearing masks, and keeping a

safe distance) is the minimum knowledge that students must have and understand. Knowledge and attitudes towards PHBS directly proportional to the behavior of students. That understanding and knowledge will give rise to caution and Motivate students to behave accordingly health programs and furthermore can educate the surrounding environment to participate prevent the spread of COVID-19.

Education and student environment influence shaping perceived barriers and perceived benefits, the then influence health behavior COVID-19 prevention. The social environment of students, According to Priyoto (2014), the environment refers on the factors that influence behavior a person has a social environment and physical environment. Intermediate social environment others such as family members, friends, and colleague. In this social environment, santri possible to get support from friends as well as ustaz and caregivers in guarding health through preventive behavior COVID-19.

In addition to the role of pesantren caregivers, the role of parents of students is also very important in encouraging the behavior of obedient students PHBS. Parents' initial support is the first time they drop off their child to study at the boarding school. Provisions for showing test results are enforced COVID-19 before the students entered the Islamic boarding school is a necessary PHBS procedure supported by parents. As well setting time and place restrictions visiting parents needs to be supported by parents, so that potential spread viruses from outside the pesantren can be minimized.

4. Conclusion

Apart from threatening the students, this invisible virus also poses a risk of triggering transmission to the teachers, the surrounding environment, and the parents of the students. This cluster of transmission in Islamic boarding schools also shows the vulnerability of transmission in boarding schools and the difficulty of enforcing health protocols and implementing PHBS among students.

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