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THE INFLUENCE OF HEALTH EDUCATION ON CLEAN AND HEALTHY LIVING BEHAVIOR USING THE FOUR-STEP METHOD MEDIA LEAFLET ON BEHAVIORAL CHANGES OF JUNIOR HIGH SCHOOL STUDENTS IN PREVENTION OF SCABIES AT ISLAMIC BOARDING SCHOOLS DARUL FALAH CIHAMPELAS 2023

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ABSTRACT

Scabies is an infectious skin disease caused by the mite *Sarcoptes scabiei var hominis*. Based on the data from Darul Falah Islamic boarding school Cihampelas, in 2023, the incidence of scabies is 18%; this is due to several factors that cause scabies, one of which is the lack of knowledge about scabies prevention affects the incidence of scabies. The effort to reduce the incidence of scabies is by providing health education with leaflet media. This study aimed to determine the effect of health education on scabies prevention using leaflet media. This study method is *quasi-experimental*, using one group pre-test and one post-test, namely, a time series design. This study was conducted from 4 May to 5 July 2023. The population of this study was all students who experienced scabies at Darul Falah Islamic boarding school, which was as many as 100 people, and the number of samples was as many as 20 students. The result of this study was analyzed using the Dependent simple T-test with a confidence level of 5% obtained *p*-value = 0,000. It can be concluded that there is an influence of behavior before and after health education is given about clean and healthy living behavior in the prevention of scabies.

Keywords: Behavior, Health Education, Scabies, Leaflet

INTRODUCTION

Scabies is an infectious skin disease caused by the mite *Sarcoptes scabiei var hominis*, which forms tunnels in the lining of the host S. Scabiei is classified as a severe disease that is widespread because it is an obligate parasite in humans. Scabies are a common problem in the world in almost all age groups, races and socio-economic groups.

According to the World Health Organization (WHO), in 2021, the number of scabies sufferers in the world will be 300 million cases per year, with prevalence varying and changing. According to the International Alliance For the Control of Scabies (IACS), the incidence of scabies varies from 0.3% to 46%. It is highly prevalent in several developing countries, ranging from 6% - to 27% of the general population.

The prevalence of scabies in Indonesia, according to data from the Ministry of Health, has decreased from year to year, as seen from the 2018 prevalence data of 5.60% - 12.96%, the 2019 prevalence of 4.9-12.95% and the latest data obtained recorded prevalence of scabies in Indonesia in 2020 is 3.9-6%. Even though there has been a decrease in prevalence, it can be said that Indonesia is not yet free from scabies, and it is still one of the infectious disease problems in Indonesia.

In handling student behavior so that it moves in a more positive direction, it is necessary to implement Health Education, which is a dynamic behavior change process, where the change is not just a process of transferring material or theory from one person to another and is not a set of procedures. However, the change occurs because of awareness within the individual, group or society (Mubarak and Chayatin, 2009).

METHOD

The research method used is a Quasi-Experiment using One Group Pret-test Post- test, namely Time Series Design. This design only uses one group, so it does not require a control group. Using a random sampling technique (simple random sampling), the sample in this study consisted of 20 respondents, namely junior high school students who had scabies. The independent variable in this study is the provision of health education using leaflets, and the dependent variable is behavior in preventing scabies.

This research uses an instrument in the form of a behavioral questionnaire regarding scabies prevention. This research uses the Dependent simple T test for behavioral instruments to see whether there are differences or changes between two events before and after. Research ethical test permits are numbered: 112/D/KEPK-STIKes/VI/2023

RESULTS

Table 1 Frequency Distribution of Student Behavior Before Being Given Education Health With Leaflet Media About Scabies Prevention.

Prior Behavior	Frequency	Percentage (%)
Good	10	50.0%
Bad	10	50.0%
Total	20	100.0%

Source: Research Data 2023

Based on Table 1, the results of student behavior before being given Health Education regarding scabies prevention were obtained, namely good behavior of 10 people with a percentage of 50.0% and bad behavior of 10 people with a percentage of 50.0%.

Table 2 Frequency Distribution of Student Behavior After Being Given Education Health With Leaflet Media About Scabies Prevention.

Behavior After	Frequency	Percentage (%)
Good	12	60.0%
Bad	8	40.0%
Total	20	100.0%

Source: Research Data 2023

Based on Table 2, the results of student behavior after being given Health Education regarding scabies prevention were obtained: good behavior of 12 people with a percentage of 60.0% and lousy behavior of 8 people with 40.0%.

Table 3 Frequency Distribution of Student Behavior After Being Given Education Health With Leaflet Media About Scabies Prevention.

Behavior After	Frequency	Percentage (%)
Good	12	60
Bad	8	40
Total	20	100.0

Source: Research Data 2023

Based on Table 3, the results of student behavior after being given health education regarding scabies prevention were obtained: good behavior of 12 people with a percentage of 60% and bad behavior of 8 people with a percentage of 40%.

Table 4 Frequency Distribution of Student Behavior After Being Given Education Health With Leaflet Media About Scabies Prevention.

Behavior After	Frequency	Percentage (%)
Good	9	45.0
Bad	11	55.0
Total	20	100.0

Source: Research Data 2023

Based on Table 4, the behavioral results obtained after being given health education about scabies prevention were good behavior for nine people, with a percentage of 45% and bad behavior for 11 people, with a percentage of 55%.

Table 5 Frequency Distribution of Student Behavior After Being Given Education Health With Leaflet Media About Scabies Prevention.

Behavior after	Frequency	Percentage (%)
Good	13	65.0
Bad	7	35.0
Total	20	100.0

Source: Research Data 2023

Based on Table 5, the results of student behavior after being given health education regarding scabies prevention were obtained, namely good behavior of 13 people with a percentage of 65.0% and lousy behavior of 7 people with a percentage of 35%.

Table 6 Dependent Simple T test results

Variable	Mean	Std. Error Of Mean	Std. Deviation	P Value	N
Prior behavior	67.45	1,202	5,375	0,000	20
Behavior after	79.55	0.983	4,395		20

Source: Research Data 2023

Based on Table 4.3, the results of behavior before and after being given Health Education on Scabies prevention for each of the 20 students showed that the behavior before being given Health Education was 67.45, the average standard error was 1.202, and the standard deviation was 5.375, while the average after being given Health Education was 79.55. The average standard error is 0.983, and the standard deviation is 4.395.

The parametric test results for two paired groups obtained a value of $P = 0.000 < \alpha = 0.05$, so H_0 was rejected. Thus, it can be concluded that there is an influence on behavior before and after being given Health Education about Scabies prevention among students at the Darul Falah Islamic Boarding School.

DISCUSSION

Description of students' Behavior before being given health education using leaflet media about clean and healthy living behavior towards preventing scabies. The results were that ten people had good Behavior and 10 had terrible Behavior.

Behavior that is based on knowledge will be better than Behavior that is not based on knowledge. Human Behavior is the actions or activities of humans, both observable and unobservable by human interactions with their environment. These are manifested in

the form of knowledge, attitudes and actions. Before being given health education, the respondents' Behavior regarding scabies prevention was still not good because the majority still had low scores, meaning that respondents' Behavior regarding scabies prevention was still minimal.

Another factor that can also influence behavior, one of which is the source of information, is in line with research results, which show that most respondents have scores that cannot be seen from the pre-test answers. This is due to the need for sources of health information obtained by respondents, so respondents need to gain health knowledge about scabies prevention.

This aligns with research conducted by Faulus Ezra et al. titled The Influence of Clean and Healthy Living Behavior Counseling on the Knowledge of Students at Junior High School 1 Tompasubaru, South Minahasa, in 2021. The results showed that almost half of the respondents needed better knowledge before the counselling was given.

Description of students' behavior after being given health education using leaflet media about the four steps for clean and healthy living behavior towards preventing scabies. The results showed that the good behavior of 12 people was equal to the bad behavior of 8 people.

After being given health education using leaflet media, the behavior of respondents became good, as seen from the number of respondents who were able to answer questions from researchers with higher scores, meaning there was an improvement after the researchers provided health education using leaflet media regarding scabies prevention according to Nolla J Pender's nursing model theory, which the theory views the importance of health promotion and disease prevention to make it easier for respondents to know and understand the symptoms associated with scabies.

This is in line with research conducted by Ahmad Arief et al. in 2021, entitled The Effect of Education on Scabies Prevention Using Madurese Language Leaflets on Students at the Roudlotut Tholibin Islamic Boarding School. The results showed that after education regarding scabies prevention was carried out, students' knowledge about scabies prevention increased.

Description of students' behavior after being given health education using leaflet media about the four steps for clean and healthy living behavior towards preventing scabies. The results showed that most of the behavior was good, 12 people and a small number of bad behavior, namely eight people.

The description of students' behavior after being given health education using leaflets on scabies prevention showed that the result was a small percentage of good behavior from 9 people and primarily bad behavior from 11 people.

The description of students' behavior after being given health education using leaflets about scabies prevention resulted in almost 13 people having good behavior and seven having a small percentage of bad behavior.

After being given health education using leaflet media, the behavior of respondents became good as seen from the number of respondents who could answer questions from researchers with higher scores, meaning there was an improvement after researchers provided health education using leaflet media about scabies prevention.

A leaflet is a sheet of printed paper that can be folded into 2-3 pages. Leaflets contain information or messages conveyed to the broader community. The information content can be in the form of written images or a combination of both. The function of leaflets is as an informative communication medium, to educate the public about things that are difficult to explain, and as a promotional tool to attract public attention.

The Influence of Health Education with Leaflet Media About Four Steps to Clean and Healthy Living Behavior on Scabies Prevention at the Darul Falah Islamic Boarding School Cihampelas Cililin.

After being tested using the Dependent T-test, the p-value obtained before and after being given health education was 0.000 with a 5% confidence level, so that $p\text{-value} = 0.000 < \alpha = 0.05$, which means that the p-value is smaller than the α value. So it can be interpreted that there is a significant difference between respondents' behavior before and after being given health education. The study results showed that H_0 was rejected, which means that leaflet media health education influenced behavior change in preventing scabies at the Darul Falah Cihampelas Cililin Islamic Boarding School.

Health education increases people's ability to maintain and improve their healthstatus physically, mentally and socially so that they are economically and socially productive. Health education aims to change people's or communities' behaviour from unhealthy to healthy. Health education can bring changes in behaviour. This is evident from the results of this research. The level of student behavior has increased, namely that the majority behave well to reduce the incidence of scabies and minimize the impactof the incidence of scabies.

The results of the research above show that health education using leaflet media is more detailed and precise, can be used easily and understood by respondents and can adapt and learn independently so that it can improve the behavior of students in preventing scabies, according to Nolla J Pender's nursing model theory, where everyone has a theory— awareness of himself. Health promotion is directed at increasing the client's level of well- being.

This is in line with research conducted by Sri Mulyani et al. in 2020, entitled The Importance of Health Education, Clean and Healthy Living Behavior in Preventing Scabies. The results showed a difference or influence of Health Education on Clean and Healthy Living Behavior in Scabies Sufferers. So, health education influences clean and healthyliving behavior in preventing scabies.

CONCLUSION

1. Behavior before being given health education, good behavior was ten people (50.0%), and bad behavior was ten people (50.0%).
2. Behavior after being given Health Education, good behavior was 12 people (60.0%), and bad behavior was eight people (40%).
3. There is an influence of Leaflet media Health Education on changes in student behavior in preventing scabies at the Darul Falah Islamic Boarding School Cihampelas, shown using the Dependent T-test, the value of $p = 0.000$ with a significant level of $\alpha = 0.05$.

SUGGESTION

The results of this research are used as input to improve and maximize health education programs and motivate students to increase behavioral changes in preventing scabies so that students can prevent scabies well.

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