

ABSTRAK

Gambaran Perilaku Hidup Bersih dan Sehat Santriwati Di Pondok Pesantren Assalam Jambewangi Selopuro Kabupaten Blitar. Karya Tulis Ilmiah Studi Kasus oleh Rahmatul Laila, Progam Studi DIII Keperawatan Malang, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Malang, Pembimbing Taufan Arif, S.Kep., Ns., M.Kep.

Pondok pesantren merupakan tempat belajar Islam, perilaku hidup bersih dan sehat yang masih buruk menyebabkan timbulnya penyakit di lingkungan pondok pesantren. Tujuan penelitian mengetahui perilaku hidup bersih dan sehat pada santriwati Pondok Pesantren Assalam Jambewangi Selopuro Kabupaten Blitar. Metode penelitian menggunakan studi kasus dengan teknik pengumpulan data melalui wawancara dan observasi yang dilakukan selama 1 bulan. Subjek penelitian berjumlah 7 responden dengan usia 12 sampai dengan 16 tahun yang tinggal satu kamar dan tinggal di pondok pesantren >6 bulan terhitung saat dilakukan penelitian. Hasil penelitian perilaku hidup bersih dan setelah dilakukan pendidikan kesehatan terdapat perubahan menjadi lebih baik pada setiap responden. Pengetahuan dan sikap responden menunjukkan dalam kategori baik, namun tindakan responden pada saat dilakukan penelitian kurang menerapkan perilaku hidup bersih dan sehat karena kurangnya kesadaran dan fasilitas yang ada di pondok pesantren. Diharapkan bagi peneliti selanjutnya dapat melakukan penelitian yang lebih dalam lagi mengenai perilaku hidup bersih dan sehat.

Kata Kunci : Perilaku Hidup Bersih dan Sehat, Pondok Pesantren, Pendidikan Kesehatan

ABSTRACT

Overview of Clean and Healthy Life Behavior at Santriwati in Assalam Jambewangi Islamic Boarding School in Selopuro – Blitar. Case study scientific paper by Rahmatul Laila, nursing study program Malang, nursing department ministry of health polytechnic Malang, advisor Mr. Taufan Arif, S.Kep.,Ns.,M.Kep.

Islamic boarding school is a place to study Islam, clean and healthy living behaviors that are still bad causing disease in the boarding school environment. The purpose of this research is to find out the clean and healthy behavior of the students of Assalam Jambewangi Selopuro Islamic Boarding School in Blitar Regency. The research design uses case studies. Data collection techniques through interview and observation. The subject of the study were 7 respondents with inclusion criteria of Saantriwati Islamic boarding school in Assalam Jambewangi Selopuro Blitar Regency, aged 12 to 16 years who lived in one room and lived in boarding schools more than 6 months from the time of the study. Data analysis by managing data in descriptive narrative with qualitative analysis through general conclusions. The result of research on clean and healthy living behavior were not good before treatment due to lack of knowledge of the respondents. After health education is done there is a change for the better for each respondent. Knowledge and attitudes of respondents showed in the good category, but the actions of respondents at the time of the study did not apply clean and healthy life behavior due to lack of awareness and facilities in the boarding school. It is hoped that further researchers will be able to conduct deeper research on clean and healthy living behaviors.

Key Word : Clean and Healthy Behavior, Islamic Boarding School, Health Education