

ABSTRAK

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PERILAKU *PERSONAL HYGIENE* SANTRI DI PONDOK PESANTREN AL-HIDAYAH TANGGULANGIN

xv + 108 Halaman + 11 Tabel + 11 Lampiran

Personal hygiene merupakan upaya menjaga kebersihan diri untuk mencegah penyakit dan meningkatkan kualitas hidup. Penelitian ini bertujuan untuk menganalisis perilaku *personal hygiene* santri di Pondok Pesantren Al-Hidayah Tanggulangin, mengingat pentingnya praktik kebersihan diri dalam lingkungan kolektif untuk mencegah masalah kesehatan.

Metode penelitian yang digunakan adalah kuantitatif deskriptif dengan desain cross-sectional. Populasi penelitian mencakup 344 santri SMP di Pondok Pesantren Al-Hidayah Tanggulangin, dengan teknik total sampling. Data dikumpulkan menggunakan kuesioner dan dianalisis secara univariat dengan distribusi frekuensi dan persentase.

Hasil penelitian menunjukkan gambaran perilaku *personal hygiene* santri yang bervariasi. Aspek oral hygiene (95,1% baik), kebersihan kulit (84,3% baik), dan mencuci tangan dengan sabun (75,0% baik) mayoritas menunjukkan perilaku baik. Namun, ditemukan defisiensi signifikan pada kebersihan rambut (56,4% kurang) dan kebersihan tempat tidur (74,4% kurang), di mana mayoritas santri masih menunjukkan perilaku kurang baik. Aspek kebersihan handuk (47,4% kurang), kebersihan tangan, kaki, kuku (41,9% kurang), dan kebersihan pakaian (37,8% kurang) juga masih memerlukan perhatian serius.

Dapat disimpulkan penelitian menunjukkan bahwa perlunya peningkatan dalam mempertahankan kebersihan untuk mengoptimalkan *personal hygiene* santri, dengan membuat peraturan yang wajib dilaksanakan.

Kata Kunci: *Personal hygiene*, santri, pondok pesantren

Daftar bacaan: 20 buku (2015-2024)

ABSTRACT

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PERSONAL HYGIENE BEHAVIOR OF STUDENTS AT AL-HIDAYAH ISLAMIC BOARDING SCHOOL TANGGULANGIN

xv + 108 Pages + 11 Tables + 11 Appendices

Personal hygiene is an effort to maintain self-cleanliness to prevent illness and improve quality of life. This study aimed to analyze the personal hygiene behavior of students at Al-Hidayah Islamic Boarding School Tanggulangin, considering the importance of personal hygiene practices in a collective environment to prevent health problems.

The research method used was quantitative descriptive with a cross-sectional design. The study population included 344 junior high school students at Al-Hidayah Islamic Boarding School Tanggulangin, with a total sampling technique. Data were collected using questionnaires and analyzed univariately using frequency distribution and percentages.

The results showed a varied picture of personal hygiene behavior among students. Aspects of oral hygiene (95.1% good), skin hygiene (84.3% good), and handwashing with soap (75.0% good) predominantly showed good behavior. However, significant deficiencies were found in hair hygiene (56.4% poor) and bed hygiene (74.4% poor), where the majority of students still exhibited poor behavior. Aspects of towel hygiene (47.4% poor), hand, foot, and nail hygiene (41.9% poor), and clothing hygiene (37.8% poor) also still require serious attention.

It can be concluded that the study indicates the need for improvement in maintaining cleanliness to optimize students' personal hygiene, by creating mandatory regulations.

Keywords: Personal hygiene, students, Islamic boarding school

References: 20 books (2015-2024)