

**HUBUNGAN PERILAKU SANTRI TERHADAP KEJADIAN SKABIES
DI PONDOK PESANTREN ZAINUL HASAN KABUPATEN
PROBOLINGGO TAHUN 2024
(Studi Pendekatan Teori *Health Belief Model*)**

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ABSTRAK

Skabies adalah penyakit kulit menular yang kurang mendapatkan perhatian karena dianggap lumrah dan tidak mengancam kehidupan. Pada Tahun 2023, skabies di Pondok Pesantren Zainul Hasan mencapai angka 1.509(70%). Perilaku personal hygiene yang kurang baik merupakan salah satu faktor pemicu skabies. Berdasarkan *Health Belief Model*(HBM), individu akan mengubah perilaku kesehatan ketika meyakini bahwa penyakit yang dideritanya merupakan penyakit serius. Hal tersebut sesuai dengan variabel yang akan diteliti yaitu perilaku berdasarkan HBM yang mencakup persepsi kerentanan, keseriusan, manfaat, hambatan, isyarat bertindak, dan efikasi diri. Tujuan penelitian ini untuk menganalisis hubungan perilaku terhadap kejadian skabies berdasarkan HBM.

Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *case control*. Populasi dalam penelitian ini sebanyak 1.509 santri penderita skabies. Besar sampel sebanyak 54 kasus dan 54 kontrol menggunakan metode *simple random sampling*. Analisis data melalui uji *chi-square* dengan derajat kemaknaan ($\alpha=0,05$).

Hasil penelitian yang diperoleh bahwa ada hubungan persepsi kerentanan dengan kejadian skabies ($p\text{-value}=0,01$), ada hubungan antara persepsi keseriusan dengan kejadian skabies ($p\text{-value}=0,002$), ada hubungan antara persepsi manfaat dengan kejadian skabies ($p\text{-value}=0,03$), ada hubungan antara persepsi hambatan dengan kejadian skabies ($p\text{-value}=0,01$), ada hubungan antara isyarat bertindak dengan kejadian skabies ($p\text{-value}=0,004$), tidak ada hubungan antara efikasi diri dengan kejadian skabies ($p\text{-value}=0,31$)

Kesimpulan dari penelitian ini, persepsi keseriusan memiliki hubungan yang lebih kuat dengan kejadian skabies daripada komponen *Health Belief Model* yang lain (persepsi kerentanan, persepsi manfaat, persepsi hambatan, isyarat bertindak), sedangkan efikasi diri tidak berhubungan secara signifikan dengan kejadian skabies. Diharapkan pihak klinik pesantren untuk memberikan edukasi dengan strategi atau media komunikasi yang efektif.

Kata Kunci : Skabies, Perilaku, *Health Belief Model*

**THE RELATIONSHIP BETWEEN SANTRI BEHAVIOR WITH THE
INCIDENCE OF SCABIES
IN ZAINUL HASAN ISLAMIC BOARDING SCHOOL IN
PROBOLINGGO DISTRICT IN 2024
(Health Belief Model Theory Approach Study)**

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ABSTRACT

Scabies is an infectious skin disease that receives less attention because it is considered common and not life threatening. In 2023, scabies in Zainul Hasan Islamic Boarding School reached 1,509 (69%). Personal hygiene behavior is one of the factors that trigger scabies. Based on the Health Belief Model (HBM), individuals will change health behavior when they believe that the disease they suffer is a serious disease. This is in accordance with the variables to be studied, namely behavior based on HBM which includes perceptions of vulnerability, seriousness, benefits, barriers, cues to action, and self-efficacy. The purpose of this study was to analyze the relationship between behavior and the incidence of scabies based on HBM.

This study is an observational analytic study with a case control approach. The population in this study was 1,509 students with scabies. The sample size was 54 cases and 54 controls using the simple random sampling method. Data analysis through chi-square test with a degree of significance ($\alpha=0.05$).

The results showed that there was a relationship between perceived vulnerability and the incidence of scabies (p-value=0.01), there was a relationship between perceived seriousness and the incidence of scabies (p-value=0.002), there was a relationship between perceived benefits and the incidence of scabies (p-value=0.03), there was a relationship between perceived barriers and the incidence of scabies (p-value=0.01), there was a relationship between cues to action and the incidence of scabies (p-value=0.004), there was no relationship between self-efficacy and the incidence of scabies (p-value=0.31).

In conclusion, perceived seriousness has a stronger relationship with the incidence of scabies than other components of the Health Belief Model (perceived susceptibility, perceived benefits, perceived barriers, cues to action), while self-efficacy is not significantly associated with the incidence of scabies. It is expected that the pesantren clinic to provide education with effective communication strategies or media.

Keywords : Scabies, Behavior, Health Belief Model