

## **Application of Clean and Healthy Behavior Activities In the Covid-19 Pandemic in Miftahul Islamic Boarding School, South Jakarta, Indonesia**

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### **ABSTRACT**

**Introduction:** The COVID-19 pandemic has hit countries around the world, including Indonesia. One of the sectors affected by the COVID-19 pandemic is the education sector. Educational institution in Indonesia has designed a distance learning program to prevent COVID-19 but not all educational institutions can implement this, for example an Islamic boarding school. The Pandemic COVID-19 causes the weakness of teaching and learning activities in islamic boarding school. However, teaching and learning activities must continue to be carried out with study times, to follow government directives in preventing the wider spread of the pandemic COVID-19. One of the ways to prevent the spread of COVID-19 is to wash your hands with soap and running water, also maintaining clean and healthy behavior activities.

**Method:** This study uses a qualitative method with a descriptive phenomenological approach. The sample was selected purposively, the research informants were student Islamic Boarding School Miftahul, South Jakarta and key informants consisted of boarding school leaders, teachers in the boarding school environment on November 2021.

**Result:** The results showed that the informants had behaved in a clean and healthy life both as an effort to prevent the covid-19 virus.

**Conclusion:** It is hoped that the board and management of Islamic boarding schools can coordinate with local health center health workers to conduct health education related to Clean and Healthy Behavior (PHBS).

**Keywords:** *PHBS, Islamic Boarding School, Pandemic Era*

### **INTRODUCTION**

In December 2019, the World Health Organization (WHO) first received reports of COVID-19 in China. WHO then declared the spread of the new coronavirus outbreak as a public health emergency of international concern on January 30, 2020. On March 11, 2020, the World Health Organization (WHO) announced the status of global pandemic for coronavirus disease 2019 or also called coronavirus disease 2019 (COVID-19). The emergence of the coronavirus pandemic or

covid-19 can restrict the activities of all people<sup>[1]</sup>.

Coronaviruses are a group of viruses that can cause disease in animals or humans. Several types of coronavirus are known to cause respiratory tract infections in humans ranging from coughs and colds to more serious ones such as Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). A new type of coronavirus was discovered to cause the disease COVID-19<sup>[1]</sup>.

The number of cases increased quite rapidly and spread to various countries in a short time. As of January 10, 2021, the number of confirmed cases worldwide is 88,120,981 cases with a death toll of 1,914,378 people (1). The number of positive confirmed cases of Covid-19 in Indonesia as of January 10, 2021, 828,026 deaths, 24,129 and a cure rate of 681,024 people. Covid-19 cases in Indonesia continue to increase. The Indonesian Ministry of Health reported that the number of cases in Indonesia on January 9, 2021, was 818,386 cases with 23,947 deaths and 673,511 recoveries<sup>[2]</sup>.

The Covid-19 virus spreads due to human movement, then unprotected close contact results in other susceptible humans being infected. Indonesian government set the rule to prevent the spreading with 3M (Mandatory to wear masks, Mandatory to keep distance, Mandatory to wash hands)<sup>[3]</sup>.

One of the ways to prevent the spread of COVID-19 is to wash your hands with soap and running water<sup>[4]</sup>. This activity is one of the activities of the Clean and Healthy Living Behavior (PHBS). Clean and Healthy Living Behavior (PHBS) that can prevent the transmission of Covid-19 are the consumption of balanced nutrition, adequate rest, frequent hand washing with soap and running water, exercise or physical activity, not smoking, and maintaining environmental cleanliness<sup>[5]</sup>.

The 2018 Basic Health Research Data (RISKESDAS) is based on existing indicators, namely data on the proportion of correct hand washing behavior in the population aged 10 years by the province in 2018 of 49.8%, meaning that many Indonesian people still do not apply proper hand washing behavior. Proper handwashing is before preparing food, when hands are dirty (handling money, animals and gardening), after defecating, after washing hands for babies or children, after using insecticides or insecticides, before feeding babies, before feeding and after handling poultry or animals<sup>[6]</sup>.

The community has an important role in breaking the chain of transmission of COVID-19 to prevent new sources of the transmission. Considering the mode of transmission is based on droplet infection from individual to individual, then transmission can occur at home, travel, workplace, places of worship, tourist

attractions and other places where people interact socially, so it is important to apply clean and healthy living behavior<sup>[7]</sup>.

The Jakarta Provincial Health Office reports that the percentage of households with PHBS according to the City of DKI Jakarta Province in 2017 is 57.14%. This means that only half the number of households that practice a Clean and Healthy Lifestyle (PHBS) in Jakarta Province<sup>[8]</sup>.

Clean and healthy living behavior (PHBS) is carried out through 5 approaches, namely: PHBS at home, PHBS at school, PHBS at work, PHBS in health institutions and PHBS in public places. PHBS in Islamic boarding schools is a set of behaviors that are practiced based on awareness as a result of learning, which makes the boarding school community independently able to prevent disease, improve their health, and play an active role in creating a healthy environment<sup>[9]</sup>.

Due to the Covid-19 pandemic and anticipating health problems that are currently experienced by many school-age children, PHBS in Islamic boarding schools has been established as follows: Washing Hands with Soap (CTPS) in running water, keeping a distance, using masks and/or face shields, disposing of trash in its place, eating snacks in a healthy canteen, using healthy latrines, regular and measured exercise, eradicating mosquito larvae, not smoking in Islamic boarding schools, weighing and measuring height every 6 months, maintaining personal hygiene, maintaining reproductive health, maintaining mental health, eating healthy food, and using clean water.

Many of the boarding schools are the result of their lack of discipline in carrying out clean and healthy living behaviors, suffering from scabies/scabies, Upper Respiratory Tract Infections (ARI), gastritis, worms, and skin diseases. Especially skin diseases, can even be said to be quite difficult to avoid by students. None other than the main cause of the disease on average also occurs due to the condition of personal hygiene of students and poor environmental sanitation. Therefore, improving Islamic boarding school PHBS is very important for the creation of healthy students.

Islamic boarding schools are places for students to gain religious knowledge, almost all

of their activities are carried out face-to-face, because students live. All activities are carried out together and physical distancing is difficult. With the Covid-19 pandemic, Islamic boarding schools must be able and willing to improve environmental quality and also clean and healthy living behavior (PHBS).

Miftahul Islamic Boarding School, located in South Jakarta, is one of the Islamic boarding schools that has experienced the impact of the covid 19 pandemic. Many activities that are usually held such as MTQ, students' togetherness activities are hampered and many are not implemented. Some students did not escape the viciousness of the COVID-19 virus with the discovery of positive cases as many as 5 students were positive and experienced complaints. To prevent the spread COVID-19, various health-based activities are carried out to reduce the transmission rate in the Islamic boarding school environment. Based on the description above, the researchers are interested in researching on the Description of Clean and Healthy Living Behavior (PHBS) in the Era of the Corona Virus Disease (Covid-19).

## METHOD

The research method used by researchers is a qualitative approach with descriptive methods. Data collection techniques in qualitative research are to make observations and interviews at the Miftahul Islamic Boarding School, South Jakarta in November 2021.

### 1) Observation

The Observations are made by observing facilities that support Clean and Healthy Behavior Activities.

### 2) Interview

Interviews are conducted to find out to complete the data and efforts to obtain accurate data and the right data sources. In this study, the author interviewed 3 informants, consisting of the Headmaster Islamic Boarding School until Student. The author used purposive sampling techniques to determine the informants in this study. The purposive sampling technique is how to determine informants by choosing informants according to the criteria and needs of the authors in this study.

The validity data in this research use source triangulation.

## RESULT

Miftahul Islamic Boarding School is an Islamic boarding school located in the Cilandak area, south Jakarta with some students who come from various areas of Greater Jakarta (Jakarta, Bogor, Tangerang, and Bekasi) and other provinces, as well as dormitory facilities, namely by the construction of several high-rise buildings as places for students. stay and classrooms for teaching and learning activities. Until now, the number of students studying at the foundation is around 1000 students with a total of 265 students who are students who live in Islamic boarding schools.

### 1. Characteristics of Informants

The informant consisted of 2 men and 1 woman, the age range ranging from 15-35 –years, and educated in high school until Bachelor

- a. MR, As Headmaster Islamic Boarding School
- b. M, as Manager of Student and school medical room/UKS
- c. YS, As Student Islamic Boarding School

### 2. Handwashing Facility with Soap



Figure 1. Hand Washing Facilities

The results of observation there are hand washing facilities at the front entrance of the boarding school. Most of the informants said that they had facilities in the form of clean water and soap.

*"Here we already have clean water from PAM to wash our hands. Usually we also provide liquid soap for washing hands"* (M, 25 years old).

*"Santri have been provided with hand washing facilities in front of the class in the bathroom there is also a sink and there is soap for students to wash their hands diligently."*(MR, 35 years)

### 3. Hand Washing Behavior with Soap

Washing hands is now a must and is expected to become a routine habit by the community, the Covid-19 Virus (SARS-CoV-2) can be anywhere, sticking to objects around us. The most effective way to prevent transmission of the virus is to wash your hands frequently with soap.

*"Usually wash your hands when you want to eat, after you defecate, then if you hold anything, you have to wash your hands"*(YS, 15 years).

### 4. Keep Social and Physical distance

The implementation of physical distancing in Islamic boarding schools is quite complicated because there are many students who live. The efforts made are not allowed to shake hands, must maintain a distance of at least 1 (one) meter if you have to interact with other people. Keeping distance is a reason to pay attention to because it is to avoid the risk of getting droplets, protect fellow students and residents of other Islamic boarding schools and break the chain of transmission of Covid-19.

*"Before covid 19 it was as usual, but during covid there were many activities that weren't there So they take care of their health more often, students are also prohibited from leaving the cottage, if there are parents delivering food or clothes, it's only the*

*entrance limit on the fence here."*(M, 25 years).

*"In one room it can fit 8 students, so they sleep as usual, the bed is up and down to maintain a distance, it's a bit difficult because of the limited bed"*(M,25 years old)

### 5. Wearing Masks and Vaccination

Coronavirus is transmitted from droplets that are inhaled or enter the body through the nose and mouth. Wearing a mask is an effective way to prevent Covid-19. The recommended mask from the Ministry of Health is to use a medical mask covered with a cloth mask. Apart from wearing masks, the other most effective way to prevent COVID-19 is vaccination. The Covid-19 vaccine has been shown to reduce the risk of being infected with the virus. Based on many studies on vaccines, people who have been vaccinated are less likely to be infected than people who have not been vaccinated. If infected, people who have been vaccinated tend to experience mild symptoms than people who are not vaccinated.

*"Alhamdulillah, all of us in this cottage have had the second vaccine, the second type because there are government regulations, so we have to participate"*(M, 25 years).

*"Vaccines have been completed twice, students, educators and foundation management are required to vaccinate twice"*. (MR, 35 years)

*"When you study in class, you wear a mask, then you go to the mosque to recite the Koran with a mask. You use a green or blue mask, but sometimes you also wear a cloth mask."*(YS, 15 years).

### 6. Regular and measured exercise

Measured physical exercise is a physical exercise that is carried out by measuring the intensity and time of exercise. While regular exercise is physical

exercise that is done regularly 3-5 times a week interspersed with rest.

*"We are in a lodge where there are routine sports activities which are usually carried out once a week. We are also quite complete with sports facilities in the area Sport Center (table tennis, basketball ball, volleyball)" (M, 25 years).*

## 7. School Health Business/ Islamic Boarding School

School Health Business, abbreviated as UKS, is a government program to improve health services, health education and fostering the school environment, including Islamic boarding schools. One of the institutions that can be an important partner in instilling clean and healthy living behavior in every individual is Islamic boarding school.

*"In the islamic Boading School, the number of santri cadres in the 10 pesantren that we foster is divided into each class, but the number of people is not maximized because this is part of the extracurricular activities so it is not focused on just one."(MR, 35 years).*

*"Santri here have been taught to be able to recognize the initial symptoms if there is illness, so before being examined by a doctor, at least they can do self-care after the student has been treated until the student can recover." If the condition is serious, the illness is usually taken to the Puskesmas or clinic. student Guardian. (MR, 35 years).*

*"If there are students who are affected by COVID-19, the treatment is if they initially have symptoms, we from the foundation take them to the Puskesmas for swab, if the positive results are returned to their parents to be treated at the nearest hospital from the Islamic boarding school or we will return them to their guardians first."(MR, 35 years).*

*"In order to improve health, community service was often held in the pesantren environment and in the community, but after the pandemic it was only limited to the pesantren environment, preventing mass accumulation, so the problem was that the PPKM level had changed, resulting in many of our scheduled activities not being carried out".(MR, 35 years).*

*"Before Covid 19, many activities were carried out. At the time of Covid, many activities were delayed, for example, the Koran reading competition which is usually held regularly. So, take care of your health more often and keep your activities apart"(MR, 35 years).*

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## DISCUSSION

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The act of washing hands with soap is carried out by students and managers of Islamic boarding schools in the current pandemic era. For example, washing hands with soap is very important to prevent the Covid-19 virus. In addition, better equipment and infrastructure can increase knowledge about cleaning. From a health perspective, frequent hand washing with water helps kill bacteria and does not cause Covid-19 infection. Otherwise, from a religious point of view, the use of this water is used to remove small dust around the laundry or bathroom area. The excellent facilities and infrastructure of Islamic boarding schools are very supportive and encourage the growth of clean and healthy behavior for students in the Islamic boarding school environment.

The role of ustadz and clerics in achieving PHBS is to set an example or practice of providing a place to dispose of and dispose of waste in its place, especially those related to PHBS practices. Therefore, the role of health workers is also very important in conducting regular health checks on students and providing regular health education. It is hoped that by constantly providing information to students, they will be aware and able to practice a clean and healthy

lifestyle in Islamic boarding schools and elsewhere. Research result

The results of research conducted by Srisantyorini, Suherman, and Wulan in 2020 showed that 64.1% of students had the habit of always washing their hands with soap. most of the students washed their hands with running water with a percentage of 93.2%. 81.3% of students have the habit of washing their hands before preparing food/before eating. In line with this research, the students of the Miftahul Islamic boarding school wash their hands before and after eating and after defecating<sup>[10]</sup>.

Cleanliness is very closely related to health, when a person cares and is responsive to cleanliness, his health will also be maintained. Our religion, Islam, is extraordinary in giving attention to health issues. Because health is one of the main supporting elements in carrying out various things, both at work and in carrying out worship activities to Allah SWT. Cleanliness is an important part in Islam, cleanliness and holiness are part of the perfection of the blessings that Allah has given to His servants, because clean is the initial capital of a healthy life, health is a priceless blessing. Allah says in Surah Al-Maidah verse 6 which means<sup>[11]</sup>.

Even the Prophet Muhammad associated cleanliness with one's faith. Rasulullah SAW said in a Hadith narrated by Muslim that being holy is part of faith. In this hadith it is very clear that it is said that cleanliness and purity are an inseparable part of faith, therefore people who do not maintain cleanliness and chastity are the same as having neglected some of the values of faith, so that he is not one of the true believers as a whole.

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### CONCLUSION

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Miftahul Islamic Boarding School has a clean and healthy lifestyle—as an effort to prevent the Covid-19 virus. It is hoped that the board and management of Islamic boarding schools can coordinate with local health center health officers so that health counseling related to a Clean and Healthy Lifestyle can be realized as it should be under

the direction and monitoring of related parties with cross-sectoral collaboration.

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