

SKIN INFECTION PREVENTION EDUCATION FOR STUDENTS OF TANJUNG PASIR AL-AWWABIEN ISLAMIC BOARDING SCHOOL, JAMBI

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ABSTRACT

Islamic boarding schools are faced health problems with various types of diseases such as skin diseases and TB. Skin diseases can be caused by bacteria, fungi, parasites, which have the potential to be contagious if students does not practice Clean and Healthy Living Behavior (PHBS). For this reason, the community service team from the Faculty of Medicine and Health Sciences, Universitas Jambi provides education regarding PHBS, carries out skin scraping examinations and it's treatment. PHBS counseling, looking at the level of knowledge from the pretest and posttest results. The objective of this study is to increase knowledge regarding PHBS prevention of skin infections among students at the Tanjung Pasir Al-Awwabien Islamic Boarding School, Jambi. The implementation of community service activities on Sunday, 11 August 2024 at the Tanjung Pasir Al-Awwabien Jambi Islamic Boarding School. The activity is in the form of PHBS counseling for the prevention of skin infections among students boarding at Islamic boarding schools followed by interactive discussions. The counseling was attended by 135 students aged 10 – 20 years, male and female respondents were 74 and 61 people. The respondent's level of knowledge was measured through a questionnaire twice, pretest and posttest which consisted of 13 questions. The results of data analysis from the questionnaire results obtained an average pretest result of 88.5 and an average posttest result of 97.5. There was an increase in the average value of students knowledge regarding PHBS, even though the score was in the very good category. Interactive counseling can increase students' knowledge, and it is hoped that good PHBS knowledge can be applied in their lives.

Keywords: Islamic boarding school, PHBS, Skin scraping

ABSTRAK

Pondok pesantren sering dihadapkan pada masalah Kesehatan dengan berbagai macam jenis penyakit seperti penyakit kulit dan TB. Kelainan kulit bisa disebabkan oleh bakteri, jamur, parasit, yang sangat berpotensi menular jika pelajar tidak menjalankan Perilaku Hidup Bersih dan Sehat (PHBS). Untuk itu tim pengabdian masyarakat Fakultas Kedokteran dan ilmu Kesehatan Universitas Jambi memberikan penyuluhan mengenai PHBS, melakukan pemeriksaan kerokan kulit, dan pengobatannya. Penyuluhan PHBS, dan melihat gambaran tingkat pengetahuan dari hasil pretest dan posttest. Tujuan Pengabdian ini adalah untuk meningkatkan pengetahuan mengenai PHBS pencegahan infeksi kulit pada pelajar Pondok Pesantren Tanjung Pasir Al-Awwabien Jambi. Pelaksanaan kegiatan pengabdian pada Masyarakat pada hari Minggu, 11 Agustus 2024 di Pondok Pesantren Tanjung Pasir Al-Awwabien Jambi. Jenis kegiatan berupa penyuluhan PHBS untuk pencegahan Infeksi Kulit pada Pelajar di Pesantren diikuti dengan diskusi interaktif. Penyuluhan diikuti oleh 135 orang pelajar rentang umur 10 – 20 tahun, Responden laki-laki dan Perempuan berjumlah 74 dan 61 orang. Tingkat pengetahuan responden diukur melalui kuesioner sebanyak dua kali yaitu sebelum penyuluhan, dan setelah penyuluhan yang terdiri dari 13 butir pertanyaan. Hasil analisis data hasil kuesioner sebelum dilakukan penyuluhan dan sesudah dilakukan penyuluhan diperoleh rata-rata (mean) hasil pretest 88,5 dan rata-rata hasil posttest 97,5. Adanya peningkatan nilai rata-rata pengetahuan para pelajar mengenai PHBS, walaupun nilai dalam kategori sangat baik. Penyuluhan yang interaktif dapat meningkatkan pengetahuan pelajar, dan diharapkan Pengetahuan mengenai PHBS yang sudah baik tersebut dapat diterapkan di Pondok Pesantren.

Kata kunci: Infeksi Kulit, PHBS, Pondok pesantren,

INTRODUCTION

The prevalence of skin infections in tropical countries, including Indonesia, is still high, which is around 20-80 % and also a health problem in people who live in clusters, such as in Islamic boarding schools.¹⁻⁵ Skin problems that often occur in students are skin disorders due to bacterial infections like impetigo, folliculitis/ carbuncle and cellulitis, fungi infection like tinea versicolor and ringworm, and parasitic infections like scabies. Skin diseases often occur in the community, and are often ignored, and improper handling of skin diseases can reduce the quality of life of patients.⁶⁻⁸

This type of skin disease is easily contagious, the most important is the condition of the Islamic boarding school as we know it is a dense residence where one room can be inhabited by 5-10 students. It is common for students to borrow personal items such as towels, slippers, clothes, and sometimes students often do not



take a shower because they are lazy to queue to go to the bathroom.^{3,4,8-10} The residence with insufficient ventilation and low sunlight increase the humidity in the room is also support the occurrence of skin infection.

Pioderma is an inflammation of the skin caused by bacteria such as *Staphylococcus aureus/albus* and/or *Streptococcus sp.* The forms of pioderma are impetigo, folliculitis, carbuncles, cellulitis, and erysipelas. Impetigo is an inflammation of the skin characterized by red patches and blisters on the skin area.^{11,12} Folliculitis is an inflammation that affects the hair follicles and is caused by *Staphylococcus aureus*.^{13,14} Cellulitis is caused by *Staphylococcus* bacteria with symptoms of red/swollen skin and pain when pressed.

Tinea versicolor is a skin disorder caused by the fungal infection *Malassezia furfur*, characterized by patches on the skin.^{6,15,16} Scabies are skin disorders caused by parasitic infestations (mites) in the skin, which are characterized by itching and skin rashes.^{1,3-5,8,9,17-20} Cadre/ringworm is a skin disorder caused by *Trichophyton* fungal infection, which is characterized by itchy symptoms, and patches on the skin with darker edges. Fish's eyes/clavus on the skin of the hands, fingers, and feet which are characterized by pain and thickening of the skin in a rounded shape, caused by pressure on the skin.²¹⁻²³ Transmission of skin diseases due to direct contact with the patient's skin, joint use of personal tools such as towels, clothes, sandals, and indirect contact (through objects).^{24,25}

Practice Clean and Healthy Living Behavior or PHBS is very important for preventing all infectious disease included skin infection disease.^{18,26-29} Someone can practice clean and healthy living behavior if they have knowledge, awareness about PHBS, and good living behavior.²⁷⁻²⁹ Knowledge about PHBS can be obtained from the PHBS program launched by the government, PHBS handbook published by the Ministry of Health of the Republic of Indonesia, School-based health promotion textbook, Education about PHBS, Information from health workers, Practice with students, teachers, and the school community. The incidence of skin diseases can occur due to one of the consequences of the lack of knowledge, awareness, and indifference of the public to PHBS.^{5,18-20,26}

We are a community service team of the Faculty of Medicine and Health Sciences, Universitas Jambi had done discussion with Tanjung Pasir Al-Awwabien Jambi Islamic Boarding School's teacher, and we got two priority problems in Tanjung Pasir Al-Awwabien Jambi Islamic Boarding School. The first priority problem at the Tanjung Pasir Al-Awwabien Jambi Islamic Boarding School is the lack of knowledge about PHBS, in order to prevent skin infections from occurring again among students. Islamic boarding schools have a high potential to transmit skin infections if one student does not carry out PHBS properly. The second problem with partners is that students who have skin disorders need good skin problems so that they do not transmit it to other students.

Therefore, we, the community service team of the Faculty of Medicine and Health Sciences, Universitas Jambi, provide counseling on PHBS and provide education on the prevention of skin infections, in order to increase knowledge about PHBS for the prevention of skin infections in students of the Tanjung Pasir Al-Awwabien Islamic Boarding School, Jambi

METHODS

The service community activity was opened by the Chairman of Service community team of the Faculty of Medicine and Health Sciences, Universitas Jambi, dr. Lipinwati, M. Biomed and the Chairman of the Tanjung Pasir Al-Awwabien Jambi Pensantren Foundation, M. Amin Hudhori, S. Ag. PHBS counseling was given by dr. Hasna Dewi, Sp.PA, M. Kes. to the students of the Tanjung Pasir Al-Awwabien Islamic Boarding School and, followed by an interactive discussion session and closed with a conclusion. Registration of the identity (name, gender, age, address and skin complaints experienced) of the students who attended. Before and after the counseling, pre-poster question sheets were given. The assessment of pretest and posttest questions is seen based on age, gender, level of knowledge.

RESULTS AND DISCUSSION

There were 135 students of the Islamic Boarding School who attended the PHBS Counseling (**Figure 1**). They received PHBS leaflets and done the pretest and posttest questions. The number of students who have skin disease is 49 students (36.3%). The Ministry of Health of the Republic of Indonesia (2013), the prevalence of skin diseases in Indonesia is 9%. The incidence of skin disorders at the Tanjung Pasir Al-Awwabien Boarding School is higher than the prevalence of skin diseases in Indonesia. The incidence of scabies at the Tanjung Pasir Al-Awwabien Boarding School was 12.2%, which is in accordance with the prevalence of scabies in Indonesia of 4.60% - 12.95 %.^{2-4,20,30,31} The attended students were divided based on gender, there were 74 male and 61 female students with range of age was 10-20 years.



Figure 1. Documentation community service team with male students

Based on **Table 1**, Pretest scores Students who get a score below 60 amounting to 8 students (2 male students and 6 female students/ 5.9 %) are children with the age of 10 – 15 years. Students who got a score above 60 totaled 127 students. In **Table 2** Posttest grades, students who get a score below 60 are 2 male students with an age of 10-15 years (1.48 %). There has been a decrease in the number of participants who did not pass the postes score from 8 students to 2 students. Students who got a post score above 60 totaled 133 students.

Table 1. Distribution of pretest scores

Pretest Score	Amount	Male	Female	Age 10-15	Age 16-20
0-59	8	2	6	8	0
60 - 100	127	72	55	117	10
Total	135	74	61	121	7

The average pretest score is 88.5, and the posttest score is 97.5. It can be seen that the average posttest score is greater than the average pretest score, so it can be said that there is an increase in knowledge after being given counseling. Based on posttest and pretest scores, as many as 83 (61%) students experienced an increase in scores, 17 (13%) students experienced a decrease in scores, and 35 (26%) students had the same score between posttest and pretest (**Figure 2**).

Table 2. Distribution of posttest scores

Posttest Score	Amount	Male	Female	Age 10 -15	Age 16-20
0-59	2	2	0	2	0
60 – 100	133	72	61	123	10
Total	135	74	61	121	7

From the counseling and interactive discussions provided, there was an increase in knowledge on the prevention of skin infections in students, especially the Tanjung Pasir Al-Awwabien Boarding School.^{5,7,14,32}

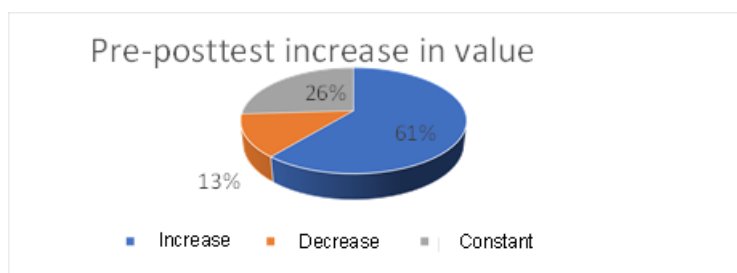


Figure 2. Pre-posttest increase in value



CONCLUSION

This community service activity has been carried out. Interactive counseling can increase student's knowledge, and it is hoped that the knowledge about PHBS that is already good can be applied in their lives at the Islamic Boarding School. This service activity has provided benefits for partners, namely students gain knowledge about PHBS and the existence of PHBS posters and skin infections at the boarding school can remind students to carry out PHBS in their lives at the Tanjung Pasir Al-Awwabien Jambi Islamic Boarding School

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