

The Relationship Of Knowledge About Healthy And Clean Living Behavior With Attitude To Preventing The Transmission Of Covid 19 At Hujjaturrahmah Islamic Boarding School Tanjung Pura Langkat District In 2021

Arnof Yerni¹, Putri Ramadani², Nurainun³, Intan Agustin⁴

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ABSTRACT

Clean and healthy behavior (PBHS). washing hands with soap and wearing masks. Hand washing with soap (CTPS) is one of the output indicators of the STBM national strategy (Community-Based Total Sanitation), namely every household and public service facilities in a community (such as schools, offices, restaurants, health centers, markets, terminals, cottages). Islamic boarding schools) there are hand washing facilities (water, soap, hand washing facilities), so that everyone washes their hands properly. This study aims to determine the relationship between knowledge about PHBS and prevention of covid 19 transmission in Hujjaturrahmah Tanjung Pura Islamic Boarding School, Langkat Regency in 2021. This study using a descriptive correlation study, which is the type of research used to determine the relationship between a variable and other variables (Notoadmodjo, 2017). The population in this study was 40 people from the Hujjaturrahmah Islamic boarding school students and the sampling technique was total sampling. The variables identified were PHBS knowledge with covid 19 prevention. The results of the univariate analysis of knowledge obtained were 28 respondents (70%) good and not good enough as many as 12 respondents (30%), while regarding the prevention of covid 19 transmission, it was found that most of the covid-19 prevention was carried out well as many as 24 respondents (60%)) and not good 16 respondents (40%). While the bivariate analysis using the chi square test obtained a p value of 0.003 (<0.05) so that it can be seen that there is a significant relationship between respondent's knowledge about PHBS with the prevention of COVID-19 at the Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency in 2021.

E-mail:

arnof@gmail.com

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1. Introduction

Pesantren is one form of religious education institution that grows and develops from by and for the community that plays an important role in the development of human resources, it is hoped that the students and leaders and managers of Islamic boarding schools are not only proficient in aspects of moral and spiritual development with intellectuals with religious nuances. , but can also be a motivator and innovator in health development, as well as being a role model in clean and healthy living behavior for the surrounding community (Budiman, Riyanto, A, 2017).

During the pandemic that has hit Indonesia since January 2020 all citizens of the community do not miss to take precautions against the corona virus covid-19. Residents of Islamic boarding schools, especially students and female students, have made several efforts in order to achieve prevention of corona virus transmission such as healthy and clean living behavior or PHBS (Kepmenkes, 2020).

Clean and healthy behavior (PBHS), washing hands with soap and wearing masks. Hand washing with soap (CTPS) is one of the output indicators of the STBM national strategy (Community-Based Total Sanitation), namely every household and public service facilities in a community (such as schools, offices, restaurants, health centers, markets, terminals, cottages). Islamic boarding schools) there are hand washing facilities (water, soap, hand washing facilities), so that everyone washes their hands properly (Ministry of Health, 2020). Hand washing can be influenced by several factors including knowledge and attitudes (Notoatmodjo Behavior, 2016).

Knowledge is the output of sensory processes, especially the eyes and ears on a particular object. Attitude is a person's closed response to an object or stimulus that comes from within or from outside and its manifestation cannot be seen directly, but can only be interpreted by the closed behavior (Sunaryo, 2018).

Knowledge of hand washing can influence a person to be willing and able to carry out hand washing behavior. Washing hands is useful so that hands become clean and can kill microorganisms on hands, and it has been proven from previous studies that it can prevent infectious diseases in the community such as diarrhea, Upper Respiratory Tract Infection (ARI) and bird flu and covid-19, despite the importance of good behavior. Washing hands with soap (CTPS) to prevent infectious diseases seems to be still not understood by the wider community, including students in Islamic boarding schools and is still not widely practiced in daily life (Murwanto B, 2017).

A preliminary study conducted on 5 students and 5 students at the Hujjatur Rahmah Secanggang Islamic boarding school showed that there are still health problems that are a problem for students, namely the lack of knowledge about how to wash hands and the application of proper hand washing to prevent covid-19.

While Fitriani's research (2016) focuses on how PBHS is in the community, not PHBS in Islamic boarding schools. Because the PHBS indicator in school children and the PHBS indicator in the community there are slight differences, as for the purpose of this service activity to disseminate knowledge about PHBS and how to wash hands with soap both in theory and practice.

Therefore, based on this background, researchers are interested in conducting research on the relationship between Knowledge of Healthy Living Behavior and the attitude of preventing the transmission of Covid 19 at Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency in 2021.

2. Method

This study uses a descriptive correlation research method with a cross sectional data collection approach where the dependent and independent variable data collection is carried out simultaneously during the study and is carried out once to determine the relationship between PHBS knowledge and the prevention of covid 19.

Population and Sample

The population is the research target from which various information will be extracted according to the problem and research objectives. (Azwar, 2003). The population in this study were all 11th grade students at the Hujjaturrahmah Tanjung Pura Islamic Boarding School, Langkat Regency in 2021 as many as 40 people.

The sample is the entire population as the research target (Saifuddin, 2015). The research sample is all students. Class 11 in the Hujjaturrahmah Tanjung Pura Islamic Boarding School, Langkat Regency in 2021 as many as 40 people or Total Sampling.

Research Place

This research was conducted in 11th grade at the Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency in 2021.

Research time

This research will be conducted in February – May 2021.

Data Collection Tool

The research instrument was made in the form of a questionnaire based on a conceptual framework and operational definitions. The instrument consists of two parts. The first part is the demographic data of the respondents. The demographic data questionnaire includes the respondent's age, gender.

The second part consists of 20 questions related to PHBS Knowledge and Covid 19 prevention, which consists of 10 questions for PHBS (no. 1 to no. 10) for the category of covid 19 prevention. (no. 11 to no. 20). After the respondent answered the questionnaire, all statements related to PHBS and covid 19 statements, after that the researcher would add up all the statements. The answer to each item on the variable is given a score (values 1 and 0), as follows:

Score 1: for the answer "yes"

Value 0: for the answer "no"

The data used is primary data, where the researcher directly takes data on the respondents. The questionnaire used is in the form of a questionnaire with closed questions which include questions about knowledge about PHBS and the prevention of covid 19 transmission.

The questionnaire was filled in by the respondent in the room and will be supervised directly by researchers at the Hujjaturrahmah Secanggang Islamic Boarding School, Langkat Regency in 2021 and assisted by the Hujjaturrahmah Secanggang Islamic Boarding School Ustad. Before filling out the questionnaire respondents were given an explanation of how to answer the questionnaire, respondents could also ask questions that they did not understand so that respondents could fill out the questionnaire correctly and honestly. After the instrument is compiled, then the validity and reliability tests are carried out.

Data Collection Procedure

Primary data collection through questionnaires made specifically for research. The data collection process is as follows:

- Researchers directly relate to students after getting permission from the head of the Hujjaturrahmah Islamic Boarding School
- Furthermore, the respondent received an application for approval to become a respondent, if the respondent agreed, immediately signed a letter of approval and then collected it, if he refused, the researcher would not force
- Respondents are given the opportunity to ask if there are questions that are not clear
- Accompany respondents who have difficulties or are unclear
- Collect completed questionnaires on the same day for analysis

3. Result and Discussion

3.1 Univariate Analysis

Univariate analysis was carried out to see the frequency distribution and presentation of the independent variables which consisted of knowledge about PHBS, the dependent variable was the prevention of covid 19.

1. Knowledge of PHBS

TABLE 1
DISTRIBUTION KNOWLEDGE OF PHBS IN ISLAMIC BOARDING SCHOOLS
HUJJATURRAHMAH TANJUNG PURA, LANGKAT REGENCY IN 2021

No	Knowledge	F	%
1	Well	28	70
2	Not good	12	30
	Total	40	100.0

Based on Table 4.1, 28 respondents (70%) have good knowledge and 12 respondents (30%).

2. Covid-19 prevention

TABLE 2
DISTRIBUTION OF COVID-19 PREVENTION AT HUJJATURRAHMAH ISLAMIC BOARDING SCHOOL, TANJUNG PURA,
LANGKAT REGENCY IN 2021

No	Prevention	F	%
1	Well	24	60
2	Not good	16	40
	Total	40	100.0

Based on table 4.2, it was found that most of the prevention of covid -19 was carried out well as many as 24 respondents (60%).

3.2 Bivariate Analysis

Bivariate analysis is carried out to see the relationship between the independent variable and the dependent variable. The data that has been analyzed is then tested with a chi square statistical test because it is chi square because the type of data that is correlated is ordinal data, and data analysis is carried out.

TABLE 3
CROSS TABLE OF KNOWLEDGE RELATIONSHIPS ABOUT PHBSWITH COVID-19 PREVENTION AT HUIJATURRAHMAH ISLAMIC BOARDING SCHOOL TANJUNG PURA REGENCY LANGKAT Year 2021

Knowledge	Covid-19 prevention				Amount		p (Sig)
	Well		Not good		f	%	
	f	%	F	%			
Well	21	87.5	7	43.8	28	70	0.003
Not good	3	12.5	9	56.2	12	30	
Total	24	100	16	100	34	100.0	

Based on table 4.3, it is found that the majority of respondents with good knowledge are good in preventing COVID-19 as many as 21 respondents (87.5%), the majority of respondents with bad knowledge do not breed in preventing COVI-19 as many as 9 respondents (56.2%).

The results of statistical analysis using the chi Square test obtained a p value of 0.003 (<0.05) so that it can be seen that there is a significant relationship between respondent's knowledge about PHBSwith the prevention of COVID-19 at the Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency in 2021.

3.3 Discussion

Based on the results of the study, researchers can answer the question of how the relationship between knowledge about PHBS and prevention of transmission of Covid 19 at Pondok Pesantren Hujjaturrah Tanjung Pura, Langkat Regency in 2021.

1. Knowledge of PHBS

From the results of the study it was found that respondentsobtained the majority of good knowledge as many as 28 respondents (70%) and not good enough as many as 12 respondents (30%).

The results of this study are in line with the opinion of Murwanto (2017) Knowledge of hand washing can influence a person to be willing and able to carry out hand washing behavior. Washing hands is useful so that hands become clean and can kill microorganisms on hands, and it has been proven from previous studies that it can prevent infectious diseases in the community such as diarrhea, Upper Respiratory Tract Infection (ARI) and bird flu and covid-19, despite the importance of good behavior. hand washing with soap (CTPS) to prevent infectious diseases seems to be still not understood by the wider community, including students in Islamic boarding schools and is still not widely practiced in daily life.

In accordance with previous research by Wati, 2016, washing hands with soap is a habit of cleaning hands from dirt and serves to kill germs that cause diseases that are detrimental to health. Good hand washing requires equipment such as soap, clean running water, and clean towels

PHBS is an effort to provide learning experiences for individuals, families, groups, and communities by opening lines of communication, providing information and education in order to increase knowledge, attitudes and behavior through advocacy approaches, building an atmosphere (social support), and community movement (empowerment) so that they can implementing healthy ways of life in order to maintain, maintain, and improve public health. The application of the healthy living paradigm can be seen in the Clean and Healthy Behavior program (Muninjaya, 2017).

According to the author's assumption, PHBS is very useful for health, especially during a pandemic like now for personal hygiene

2. Covid-19 prevention

From research resultsit was found that most of the prevention of covid -19 was carried out well as many as 24 respondents (60%). The results of this study are in line with the preventive steps that

have been implemented by WHO (2020), namely keeping the workplace clean and hygienic, washing hands regularly, applying correct coughing and sneezing etiquette, urging sick relatives to rest at home, pay attention to travel warnings. (travel warning) from the government before traveling abroad. If COVID-19 has spread in the surrounding environment, those who have a mild cough/fever should stay at home.

Some of the preventive measures suggested by the government for the community to take:

Wash your hands with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol. If soap and water are not available, avoid touching your eyes, nose and mouth with unwashed hands. As much as possible avoid contact with people who are sick. When you are sick, wear a medical mask., Stay at home when you are sick or immediately go to the appropriate health facility, do not do much outdoor activity, Cover your mouth and nose when coughing or sneezing with a tissue. Throw away the tissue in a designated area, Clean and regularly disinfect frequently touched surfaces and objects. Using a medical mask is one way to prevent the transmission of respiratory diseases, including COVID-19 infection. However, the use of a mask alone is not enough to protect a person from this infection, so it must be accompanied by other prevention efforts.

The use of masks must be combined with hand hygiene and other prevention efforts. The use of medical masks that are not in accordance with the indications may not be necessary, because in addition to increasing the economic burden, the use of the wrong masks can reduce their effectiveness and can make ordinary people ignore the importance of other preventive efforts as important as hand hygiene and healthy living behavior (Kemenkes RI, 2020).

According to the author's assumption, All the efforts made by the government are very useful for preventing covid 19 as long as the community and school children want to comply.

3. Relationship Knowledge about PHBS with the Prevention of COVID-19 at the Hujjaturrahmah Islamic Boarding School, Tanjung Pura Regency, Year Level

The results of statistical analysis using the chi Square test obtained a p value of 0.003 (<0.05) so that it can be seen that there is a significant relationship between respondent's knowledge about PHBS with the prevention of COVID-19 at the Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency in 2021.

The results of the study are in accordance with the theory according to Notoatmodjo (2017), stating that health knowledge will actually lead to self-awareness and will eventually cause people to behave in accordance with the knowledge they have. Knowledge about PHBS is not obtained thoroughly in formal education places, but the information they get is mostly obtained from outside the formal education place. Access to knowledge about PHBS can come from outside behavior such as the behavior of friends at school, teachers, and the community around the home environment

During the pandemic that has hit Indonesia since January

2020 all citizens of the community do not miss to take precautions against the corona virus covid-19. Residents of Islamic boarding schools, especially students and female students, have made several efforts in order to achieve prevention of corona virus transmission such as healthy and clean living behavior or PHBS (Kepmenkes, 2020).

Mujirahman's previous research in 2020 which was carried out in Bantul, Yogyakarta entitled The Relationship of Knowledge with Covid-19 Prevention Behavior in Society From these results it can be concluded that there is a relationship between respondents' knowledge and COVID-19 prevention behavior in the community. Increasing public knowledge is needed to improve COVID-19 prevention behavior.

According to the author's assumption, knowledge about PHBS is very important to be able to prevent the transmission of covid 19, because without knowledge the public will not want to prevent the transmission of covid 19 that is recommended by the government.

4. Conclusion

Based on the results of the research and discussion, the following conclusions can be drawn, which is that the knowledge of students or adolescents about PHBS has an influence on preventing Covid 19 at the Hujjaturrahmah Islamic Boarding School. The results of bivariate analysis using the chi-square test obtained a p value of 0.003 (<0.05) so that it can be seen that there is a significant

relationship between adolescent knowledge about PHBS with the prevention of COVID-19 at the Hujjaturrahmah Islamic Boarding School Tanjung Pura, Langkat Regency.

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