



IMPROVING PERSONAL HYGIENE OF SCABIES SUFFERERS IN ADOLESCENTS USING THE PEER GROUP METHOD

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ABSTRACT	Keywords
<p>Cleanliness of the skin and mucous membranes is very important because the skin is the body's first line of defense from germs. Low levels of hygiene and sanitation as well as socio-economic conditions are factors that trigger the occurrence of scabies. Scabies or scabies is an infectious skin disease caused by the infestation of the mite <i>Sarcoptes scabiei</i> and is zoonotic. Scabies is one of the most common dermatological conditions, accounting for the majority of skin diseases in developing countries. Globally, it affects more than 130 million people at any time</p> <p>Objectives: This research aims to improve Personal Hygiene for scabies sufferers in adolescents using the Peer Group method</p> <p>Methods: The method in this study was to use the peer group method with a research design using a pre-experiment with the type of one-group pretest-posttest design. The population is all female students at the Roudlotun Nasyiin Islamic Boarding School, namely 24 students, the sampling uses total sampling with a sample of 24 respondents. The study was conducted for 3 weeks</p> <p>Results: The results of this study are that all respondents before being given the peer-group method were included in the inappropriate personal hygiene category as many as 24 respondents (100%) and after being carried out with the peer group method almost all of the respondents were included in the personal hygiene category right 22 respondents (91.7 %), and 2 respondents (8.3%) still did not do personal hygiene correctly</p> <p>Conclusions: This study concludes that there is an influence of the peer group education method on the personal hygiene of female students at the Roudlotun Nasyiin Islamic Boarding School. The peer group method makes it easier to provide information about personal hygiene in dealing with scabies sufferers, namely through peers, those who live together will know each other so they can remind each other about the personal hygiene of female students.</p>	<p><i>personal hygiene, scabies sufferers, peer group</i></p>

INTRODUCTION

Personal Hygiene or personal health is an individual effort to maintain personal hygiene which includes cleanliness of hair, ears, teeth and mouth, nails, skin, and cleanliness in clothing to promote optimal health. (Kozier, 2012) Cleanliness of the skin

and mucous membranes is very important because the skin is The body's first line of defense against disease germs. The skin receives various stimuli from the outside and is the main entry point for pathogenic germs into the body (Djuanda & Aisah, 2017)

In general, the purpose of personal hygiene is to maintain personal hygiene, create beauty, and improve individual health status to prevent disease in oneself and others. (Djuanda & Aisah, 2017)

Scabies or scabies is a contagious skin disease caused by an infestation of *Sarcoptes scabiei* mites and is zoonotic. This disease has been known for a long time, namely when Bonoma and Cestoni were able to illustrate a mite as the cause of scabies in 1689. Other literature states that scabies was first studied by Aristotle and Cicero, calling it "lice in the flesh". So far, it has been reported that there are more than forty species from seventeen families and seven orders of mammals that can be infected with scabies, including humans, livestock pets and wild animals. The incidence of scabies in humans is estimated at three hundred million people per year. (Efendi et al., 2020)

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According to WHO data, in several developing countries, the prevalence of personal hygiene is reported to be 6% - 27% of the general population, while in Indonesia it was registered in 2010 at 4.60% - 12.5%.

Based on the sacred research in 2013, stated that most of the students were 13 years old (26.5%), educated at Madrasah Tsanawiyah (60.2%), and the majority of students were female (63.1%). The proportion of personal hygiene students in the less category was 68.7% and the proportion of students who had experienced scabies was 71.1%. For students, it is expected to increase personal hygiene efforts including cleanliness

of the skin, hands, towels, beds, and clothing. For the administrators of the boarding school to strive for healthy housing, and maximize the Islamic boarding school health post program. (Akmal et al., 2013)

Maintenance of Personal Hygiene greatly determines health status, where individuals consciously and on personal initiative maintain health and prevent disease. Personal Hygiene includes cleanliness of hair, eyes, ears, teeth, mouth, skin, nails, and cleanliness in clothing. Personal hygiene of Islamic boarding school students is an important subject in the problem of scabies, because from the available data most of those who suffer from scabies are students of Islamic boarding schools. Caring for skin cleanliness because the skin functions to protect the surface of the body, maintain body temperature, and remove certain impurities. Considering that the skin is important as a protector of the body's organs, it is necessary to maintain the health of the skin. Skin diseases can be caused by fungi, viruses, germs, and parasites. One of the skin diseases caused by parasites is scabies (Djuanda & Aisah, 2017)

Peer Group is socialization for individuals. Peers have a lot of roles in adolescents. Its role is as an amplifier in wanting something, for example, to get praise, as a model to be emulated, as a strong relationship with self-esteem through comparison to values, and as a guide to foster a sense of togetherness (Asroni, 2012)

Prevention of scabies in humans can be done by avoiding direct contact with sufferers and preventing the use of sufferers' items together. Sufferers' bed sheets must be replaced frequently with new ones a maximum of every three days. Items that cannot be washed are recommended to be put in a plastic bag for seven days, then washed dry or dried in the sun. Cleanliness of the body and environment including sanitation and a healthy lifestyle will accelerate healing and break the life cycle of *Sarcoptes scabiei* (Notoatmojo, 2020)

This study aims to prove that there is an increase in Personal Hygiene for scabies sufferers in adolescents using the Peer Group method at the Roudlotun Nasyiin Islamic

Boarding School, Kemlagi District, Mojokerto Regency

METHOD

The design in this study used a pre-experiment with one group pretest-posttest design or treatment applied to the experimental unit group with 2 measurements (pretest and posttest). (Alimul Aziz Hidayat, 2010) The population in this study were all female students who suffer from scabies at the Roudlotun Nasyiin Islamic Boarding School. Kemlagi District, Mojokerto Regency as many as 24 students. The method that we provide is to do a pretest on 24 students and then do a posttest on 24 students to find out the results of the difference between the pretest and the posttest. The sampling technique used is Total Sampling. when data collection was carried out at the Roudlotun Nasyiin Islamic Boarding School, Kemlagi District, Mojokerto Regency. The instrument in this study was an observation sheet, which contained a physical examination in fulfilling personal hygiene, totaling 6 items for clothing hygiene, 6 items for skin hygiene, 4 items for hand and nail hygiene, 6 items for genital hygiene, and 6 items. for the cleanliness of the towels where the respondent will be observed.

RESULTS

Table 1. Cross-tabulation between personal hygiene of scabies sufferers in adolescents before and after the peer group method was carried out at the Roudlotun Nasyiin Islamic Boarding School, Kemlagi District, Mojokerto Regency

Criteria	Pretest		Posttest	
	f	%	f	%
Improper Hygiene	24	100	2	8,3
Proper Hygiene	0	0	22	91,7
Σ	24	100	24	100

The results showed that all respondents, before being given the peer group method, were included in the category of improper hygiene as many as 24 respondents (100%). And after using the peer group method, almost all of the respondents were

included in the hygiene category, exactly 22 respondents (91.7%). A small proportion of respondents 2 respondents (8.3%) did not experience an increase in the right hygiene category either before or after being given the peer group method

DISCUSSION

Scabies is caused by low personal hygiene factors such as bathing, changing clothes with other people, and poor environmental hygiene. In adolescents this problem is experienced more because the individual does not know how to perform personal and environmental hygiene properly, female students like to borrow or change clothes with their friends, thus allowing the transmission of disease through direct or indirect contact (Akmal et al., 2013) The purpose of providing personal hygiene education according to (Suliha U, 2010) where health education aims to change the understanding of individuals, groups, and communities in the field of health so that health becomes something of value, is independent in achieving healthy living goals and can use health facilities appropriately and according to achievement.

For respondents who did not experience an increase in personal hygiene, it was also influenced by the habitual factor possessed by everyone so that sometimes personal hygiene was also appropriate due to the habits of the individual. The Islamic boarding school environment certainly has many obstacles in finding information because of limited media or limited experts around it, therefore it is necessary to carry out socialization or health education through several methods called peer groups with peers. (Asroni, 2012)

Poor skin hygiene can be a factor causing scabies in students. The component that most influences skin cleanliness is students who use unclean water, unclean water is affected by the cleanliness of the bathroom which is not maintained because it is rarely drained by the students. Thus causing yellow deposits on the bottom and walls of the bathing pool. These yellow precipitates are also picked up when students use water for toilet washing purposes. The transmission of scabies can be facilitated by a lack of clean

water supply and this disease can occur by way of infection through the skin (Djuanda & Aisah, 2017)

Regarding hair hygiene, combs that are used interchangeably can cause the transfer of diseases from one person to another indirectly and one of them is scabies. Another component is the use of bath soap alternately among students. The use of soap alternately can cause transmission of scabies by indirect contact because soap is one of the objects that students always use to clean themselves. Then the students have a habit of drying towels in the room and using towels alternately, towels that are used alternately and not dried in the sun can increase the activity of *Sarcoptes scabiei* mites on towels, so that mites on towels of students suffering from scabies can move to healthy students. A towel is an object that can transmit scabies through indirect contact. (Potter, Patricia. A & Perry AG, 2010)

Based on research from Sema Koç Yıldırım stated that scabies is a common dermatologist problems in our daily routine and such factors duration of illness, need for repeat treatment protocols, the severity of itching and transmission may complicate disease management. Scabies has a moderate degree to have a severe impact on the patient's quality of life, and as in chronic skin disease, depression, and anxiety scores increased with quality from life's distractions. In this setting, scabies is important health problems and it should be remembered that the patient diagnosed with scabies is affected not only clinically but emotional, and they can be consulted by a psychiatrist department when needed (Koç Yıldırım et al., 2023)

Dirty hands and nails can pose a risk of contamination and cause skin diseases such as scabies. For people with skin diseases, especially scabies, hand, and nail hygiene that is not maintained will very easily spread to other parts of the body and can also be transmitted to other people, for example through direct contact such as shaking hands. While personal hygiene has a relationship with the incidence of scabies in students because students who live in Islamic boarding schools do not properly maintain and maintain personal hygiene. *Sarcoptes scabiei* mites will

more easily infest individuals with poor personal hygiene (Mubarak, 2007)

CONCLUSIONS

Personal hygiene for female students at the Roudlotun Nasyiin Islamic Boarding School, Kemlagi District, Mojokerto Regency, before being given the peer group method, all respondents were in the inappropriate personal hygiene category and after being given the peer group method, almost all personal hygiene respondents were in the right category. Personal hygiene affects the skin health of adolescents at the Roudlotun Nasyiin Islamic Boarding School, Kemlagi District, Mojokerto Regency because personal hygiene can improve skin health by carrying out the domains of clothing cleanliness, skin hygiene, hand and nail hygiene, genital hygiene, towel cleanliness

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