

Clean And Healthy Living Behavior (Phbs) With The Incidence Of Scabies In School-Age Children In Mas Assasunnajah, Aceh Besar District

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ABSTRACT

Health problems, especially those related to clean and healthy living behavior, are prone to occur in school-aged children. Some diseases that are often found in school-aged children include scabies, diarrhea and dengue fever. Prevention of this problem can be done through a clean and healthy living behavior program. Indicators of clean and healthy living behavior in educational institutions/schools include washing hands with running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy latrines, exercising regularly and in a measured manner, eradicating mosquito larvae, not smoking at school. , weigh and measure height, and dispose of rubbish in the right place. The aim of this study was to determine clean and healthy living behavior and the incidence of scabies in school-aged children. The research method uses a quantitative method with a cross sectional approach, the samples used in this research were 62 samples, then data processing used SPSS. The research results showed that clean and healthy living behavior was related to the incidence of scabies (0.001). Based on the research results, it can be concluded that PHBS is related to the incidence of scabies.

Keywords: PHBS; Scabies; washing hands

PRELIMINARY

WHO stated that the incidence of scabies in 2014 was 130 million people worldwide. According to the International Alliance for the Control of Scabies (IACS, 2014) the incidence of scabies varies from 0.3% to 46%.¹

Scabies is found in all countries with varying prevalence. In several developing countries, the prevalence of scabies is around 6% - 27% of the general population, attacks all races and age groups and tends to be high in children and adolescents.²

The incidence of scabies in 2015 also had a fairly high prevalence in several countries, including Egypt (4.4%), Nigeria (10.5%), and Kenya (8.3%). Scabies is often found in Indonesia, this is because Indonesia is a country with a tropical climate.³

The 2018 National Basic Health Research Survey showed that the prevalence of scabies in Indonesia reached 6.9%. This disease is also ranked 3rd out of 12 skin diseases that often occur in Indonesia.⁴

Data on disease patterns in Nagroe Aceh Darussalam Province shows that infectious diseases are still a community problem, such as malaria, dengue fever and other infectious diseases including scabies. In 2018, as many as 15.5% of students suffered from scabies in Aceh Province.¹

Health problems are very susceptible to occurring in school-aged children, so awareness of the importance of health needs to be instilled in school-aged children from an early age. The health of school-age children can influence optimal learning outcomes so that children excel and are able to carry out social activities. Health problems that commonly occur in school-aged children are usually related to individual and environmental cleanliness.⁵

One effort to prevent these health problems is through a clean and healthy living behavior (PHBS) program. Clean and Healthy Living Behavior (PHBS) is a collection of actions carried out

based on self-awareness which are used for learning so that you can help yourself and others, especially in the health sector.⁴ In the Ministry of Health's 2008 PHBS implementation pocketbook, PHBS indicators in educational institutions/ school is washing hands with running water and using soap, consuming healthy snacks in the school canteen, using clean and healthy latrines, exercising regularly and in a measured manner, eradicating mosquito larvae, not smoking at school, weighing and measuring height, and throwing rubbish in place.⁶

The implementation of PHBS will be carried out well if the PHBS facilities and facilities in the school are adequate. Facilities supporting PHBS in schools are the availability of clean water that is free of mosquito larvae, the availability of healthy canteens, the availability of clean latrines, measurable and regular sports areas and programs, and the presence of rubbish bins.⁷ Factors that can influence the success of PHBS among school children comes from parental support, support from school friends, support from teachers at school, and adequate infrastructure.⁸

RESEARCH PURPOSES

The aim of this research is to determine clean and healthy living behavior and the incidence of scabies among MAS Assasunnajah students.

RESEARCH METHOD

This research uses quantitative methods with a cross sectional approach to obtain a systematic, factual and accurate picture of the phenomena or relationships between the phenomena being studied. In this research the data collection technique uses a questionnaire, but it is necessary to explain how to fill out the questionnaire.

The population in this research is all 62 class XII students, the population studied is called sample.⁹ The sampling technique in this research is Total Sampling.

Data analysis in this study includes the results of a questionnaire from the question items provided which are then analyzed analytically, and data processing using SPSS, then categorized into categories good and not good for PHBS and categories never and never with scabies incidents and analyzing these two variables .

The final step is to conduct a discussion based on the research results and draw conclusions in accordance with the research objectives.

RESULTS

Based on the research results, the following are indicators of clean and healthy living behavior at MAS Assasunnajah

Table 1. Frequency distribution of clean and healthy living behavior

PHBS	Frequency	Percentage
Not good	42	67.7
Good	20	32.3
Total	62	100

Based on table 1, it shows that 42 (67.7%) MAS Assasunnajah students had PHBS in the poor category. Meanwhile, 20 (32.3%) students had PHBS in the good category.

Table 2. Frequency distribution of scabies

Scabies Occurrence	Frequency	Percentage
Never	32	51.6
Once	30	48.4
Total	62	100

Based on table 2, it shows that 32 (51.65) students have never experienced scabies, while 30 (48.4%) students have experienced scabies.

Table 3. Clean and healthy living behavior (PHBS) with the incidence of scabies

PHBS	Scabies Occurrence				Total		P-value
	Never		Once				
	f	%	f	%	f	%	
Not enough	28	67.8	14	16.3	42	100	0.001
Good	4	32.2	16	83.7	20	100	
Total	32	100	30	100	62	100	

Based on table 1.3, it shows that of the 42 students who had PHBS in the poor category, 14 (16.3%) students had experienced scabies, while of the 20 students who had PHBS in the good category, 4 (32.2%) students had never experienced scabies.

Based on the analysis of the relationship between clean and healthy living behavior (PHBS) and the incidence of scabies, the p-value = 0.001, which means there is a significant relationship between PHBS and the incidence of scabies at MAS Assasunnajah.

DISCUSSION

Based on the analysis of the relationship between clean and healthy living behavior (PHBS) and the incidence of scabies, the p-value = 0.001, which means there is a significant relationship between PHBS and the incidence of scabies at MAS Assasunnajah.

This research shows that some people behave in a clean and healthy lifestyle that is not good and some people experience scabies.

The clean and healthy living behavior of students in this study includes how to clean their hands/wash their hands properly, when to wash their hands, choosing healthy snacks in the school canteen.

Poor PHBS can have physical and psychosocial impacts. The physical impact that is often experienced by someone who has a poor PHBS category is impaired skin integrity.

The skin is the first thing to receive external stimulation such as: touch, pain and bad things from outside. The function of the skin is to protect parts of the body and can remove certain impurities. Considering that the skin is important for protecting it, it needs to be looked after and cared for to avoid disrupting the integrity of the skin, one of which is scabies.¹⁰

The results of this research are also in line with Rico Saputra's 2019 research which stated that there was a significant relationship between PHBS and the incidence of scabies.¹¹

Efforts to suppress scabies cases in the school environment require improvements in the school, such as water in the school environment must be facilitated so that students can wash their hands cleanly. The napkins located next to the sink need to be kept clean by washing them at least once a week. The defecation room needs to be provided with soap to kill germs on the hands after defecating. This requires good cooperation from various parties in the school environment.¹²

PHBS indicators in schools are detailed in two parts, including school environment indicators.¹³ Indicators used as a measure of PHBS assessment in schools are washing hands with running water and soap, consuming healthy food/snacks in the school canteen, using clean and healthy latrines, exercising regularly and in a measured manner, eradicating mosquito larvae, not smoking at school, weighing BB/TB and throw away rubbish in the right place.¹⁴ Schools as one of the PHBS facilities in educational institutions need to receive attention considering that school age as a child is also a period that is vulnerable to various diseases and various diseases often appear that attack school age children 6-12 years, one of which is scabies.¹⁵

CONCLUSION

Based on the results of this study, researchers can conclude that there is a significant relationship between clean and healthy living behavior and the incidence of scabies

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