

ABSTRACT

Background:

Infectious diseases are health disorders caused by organisms such as bacteria, fungi, viruses and parasites. Diarrhea is a condition where the shape and consistency of feces become soft to liquid with frequent bowel movements more than 3 times accompanied by vomiting. The purpose of this study was to determine the relationship between personal hygiene and the incidence of diarrhea in female students at the Al-Hidayah Islamic Boarding School in Jambi City.

Method:

This study used a quantitative method and the type of research with a cross-sectional approach. Cross-sectional research is a type of research that is only carried out once at the time of measurement. The population in this study were 104 grade 7 students, while sampling used the Lameshow formula for 60 respondents with a simple random sampling technique. Data were analyzed univariately and bivariately using the Chi-square test.

Research Results:

The results showed that more than half (65%) of respondents experienced diarrhea, more than half (63.3%) of respondents had poor bowel movement habits, more than half (61.7%) of respondents had poor hand washing habits with soap, and more than half (68.3%) of respondents had poor nail hygiene. There is a relationship between bowel movement habits ($p=0.000$), hand washing habits ($p=0.002$), and nail hygiene ($p=0.001$) with the incidence of diarrhea in female students at the Al-Hidayah Islamic Boarding School in Jambi City. The number of toilets is 40 and there are no hand washing facilities at the al-hidayah islamic boarding school in jambi city

Coniclusion:

Based on the results of the study, it can be concluded that there is a relationship between bowel movement habits, hand washing habits, and nail hygiene with the incidence of diarrhea in female students at the Al-Hidayah Islamic Boarding School in Jambi City. Suggestions: The results of this study can be used as input to the Al-Hidayah Islamic Boarding School to cooperate with health workers in imprpvng personal hygiene of students, creating policies for regular healthy student programs that involve all members of the Islamic boarding school.

Keywords: *Defecation, CTPS, Diarrhea, Nail Hygiene, Santri. Islamic boarding school, junior high school*

ABSTRAK

Latar belakang:

Penyakit menular merupakan gangguan kesehatan yang disebabkan oleh organisme seperti bakteri, jamur, virus dan parasit. Penyakit diare merupakan kondisi dimana bentuk dan konsistensi feses menjadi lunak hingga cair dengan sering buang air besar sebanyak lebih dari 3 kali disertai dengan adanya muntah. Tujuan penelitian ini untuk mengetahui hubungan antara personal hygiene dengan kejadian diare pada santri putri di Pondok Pesantren Al-Hidayah Kota Jambi.

Metode:

Pada penelitian ini menggunakan metode kuantitatif dan Jenis penelitian dengan pendekatan *cross sectional*. Penelitian *cross sectional* merupakan suatu jenis penelitian yang hanya dilakukan sekali saja pada saat pengukuran. Populasi dalam penelitian ini adalah santri kelas 7 sebanyak 104, sedangkan pengambilan sampel menggunakan rumus Lameshow sebanyak 60 responden dengan teknik pengambilan sampel *simple random sampling*. Data dianalisis secara univariat dan bivariat menggunakan uji *Chi-square*.

Hasil Penelitian:

Hasil penelitian menunjukkan bahwa lebih dari separuh 65% responden mengalami diare, lebih dari separuh 63.3% responden kebiasaan buang air besar (BAB) kurang, lebih dari separuh 61.7% responden kebiasaan cuci tangan pakai sabun kurang baik, lebih dari separuh 68.3% responden kebersihan kuku kurang baik. Ada hubungan antara kebiasaan buang air besar ($p=0,000$), kebiasaan cuci tangan ($p=0,002$) dan kebersihan kuku ($p=0,001$) dengan kejadian diare pada santri putri di Pondok Pesantren Al-Hidayah Kota Jambi. Jumlah toilet 40 dan tidak tersedia fasilitas cuci tangan di Pondok Pesantren Al-Hidayah Kota Jambi.

Kesimpulan:

Berdasarkan hasil penelitian maka dapat disimpulkan bahwa ada hubungan antara kebiasaan buang air besar (BAB), kebiasaan cuci tangan dan kebersihan kuku dengan kejadian diare pada santri putri di Pondok Pesantren Al-Hidayah Kota Jambi, hasil observasi didapatkan bahwa kurangnya fasilitas cuci tangan. Saran, hasil penelitian ini menjadi bahan masukan kepada pihak Pondok Pesantren Al-Hidayah untuk bekerja sama dengan petugas Kesehatan dalam peningkatan personal hygiene santri, membuat kebijakan pemeriksaan Kesehatan berkala dan program santri sehat yang melibatkan seluruh warga pesantren.

Kata Kunci: BAB, CTPS, Diare, Kebersihan Kuku, Pesantren, Madrasah Tsanawiyah.