

ABSTRACT

Background: *The prevalence of skin disorders in childhood has been well documented, with Islamic boarding schools being recognized as a high-risk environment for the development of such conditions. Maintaining personal hygiene has been identified as a pivotal strategy for preventing skin diseases. The present study aims to assess the personal hygiene practices of individuals afflicted with skin complaints.*

Methods: *An observational study with a cross-sectional research design was conducted at As'ad Islamic Boarding School in Jambi City in November 2024, encompassing a sample of 97 participants.*

Results: *The study's results demonstrated that 61 students (62.9%) exhibited optimal personal hygiene, while 36 students (37.1%) demonstrated suboptimal personal hygiene. A total of 84 students (86.6%) reported experiencing itching, 53 students (54.6%) reported bumps, 36 students (37.1%) reported reddish rashes, 20 students (20.6%) reported white/reddish patches, and seven students (7.2%) reported burning. Notably, 38 students (39.2%) experienced recurrent complaints.*

Conclusion: *This analysis reveals that, although the majority of students demonstrated good personal hygiene, skin complaints were still prevalent. To reduce the incidence of skin complaints among students, it is recommended that boarding schools allocate greater resources to improving facilities and organizing health-related social activities.*

Keywords: *Personal hygiene, skin complaints, boarding school students.*

ABSTRAK

Latar Belakang : Kelainan kulit merupakan komponen penting dari morbiditas masa kanak – kanak. Pondok pesantren adalah salah satu lokasi yang memiliki risiko tinggi rentan terkena masalah kulit. Salah satu bentuk pencegahan agar terhindar dari penyakit kulit adalah menjaga *personal hygiene*. Penelitian ini bertujuan melihat gambaran *personal hygiene* dengan keluhan kulit.

Metode : Penelitian ini bersifat deskriptif observasional dengan desain penelitian *cross – sectional* dilakukan di Pondok Pesantren As’ad Kota Jambi pada bulan November 2024 dengan 97 sampel.

Hasil : Hasil penelitian menunjukkan bahwa dari 97 sampel, sebanyak 61 santri (62,9%) memiliki *personal hygiene* yang baik, dan 36 santri (37,1%) memiliki *personal hygiene* yang buruk. Sebanyak 84 santri (86,6%) mengeluhkan gatal – gatal, 53 santri (54,6%) bentol – bentol, ruam kemerahan pada 36 santri (37,1%), bercak putih/kemerahan pada 20 santri (20,6%), dan paling sedikit mengeluhkan rasa panas atau terbakar yaitu 7 santri (7,2%). Dan sebanyak 38 santri (39,2%) mengalami keluhan secara berulang.

Kesimpulan : Sebagian besar santri memiliki kecenderungan *personal hygiene* yang baik meskipun demikian, keluhan kulit pada santri masih banyak dijumpai. Pondok pesantren diharapkan untuk dapat lebih memperhatikan dan memberikan kontribusi pengadaan sarana yang memadai serta sosialisasi terkait kesehatan demi meminimalisir terjadinya keluhan kulit pada santri.

Kata Kunci : *personal hygiene*, keluhan kulit, santri pondok pesantren.