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# IMPLEMENTING PERSONAL HYGIENE PRACTICES IN A *PESANTREN*: THE CONTRIBUTION OF *PONDOK PESANTREN* BINA INSANI

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## Abstract

Personal Hygiene is a step taken by a person or group of people to maintain their personal hygiene to avoid various diseases. The implementation of personal hygiene can help prevent disease-causing germs or viruses that can harm the health of the body. This is the background of the importance of implementing personal hygiene in everyday life, especially for individuals living together, such as in a *pondok pesantren*. The community stigma about the *pondok pesantren* is often identified with a slum, dirty and poorly maintained environment. The participation of institutional administrators and individual students is the main key that must be held firmly. Institutional administrators oversee making and supervising policy regulations related to cleanliness and health in the *pondok pesantren*. Meanwhile, *santri* plays a role in maintaining personal hygiene. This study aims to determine the role and steps of *Pondok Pesantren Bina Insani* in implementing Personal Hygiene *pesantren* and to find out how the *Perilaku Hidup Bersih dan Sehat (PHBS)* mechanism for students to prevent infectious diseases. The research method used is descriptive qualitative. Data sources were obtained from literature review, observation, in-depth interviews, open questionnaires, and documentation. The results of this study indicate that *Pondok Pesantren Bina*



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*Insani* already has a structured system and rules related to the implementation of personal hygiene in the *pesantren* environment, *Pondok Pesantren Bina Insani* students generally understand well what personal hygiene is and have tried to implement it in their daily lives.

**Keyword:** role, personal hygiene, *pondok pesantren*

### Abstrak

Kebersihan diri merupakan suatu langkah yang dilakukan seseorang atau sekelompok orang untuk menjaga kebersihan diri agar terhindar dari berbagai penyakit. Penerapan kebersihan diri dapat membantu mencegah kuman atau virus penyebab penyakit yang dapat membahayakan kesehatan tubuh. Hal inilah yang melatarbelakangi pentingnya penerapan *Personal Hygiene* sadalam kehidupan sehari-hari, khususnya di lingkungan tempat tinggal individu, seperti di *Pondok Pesantren*. Stigma masyarakat terhadap lingkungan *Pondok Pesantren* sering diidentikkan dengan lingkungan yang kumuh, kotor dan kurang terawat. Partisipasi pengurus lembaga dan individu mahasiswa menjadi kunci utama yang harus dipegang teguh. Pengurus lembaga mengawasi pembuatan dan pengawasan peraturan kebijakan terkait kebersihan dan kesehatan di lingkungan *Pondok Pesantren*. Sedangkan santri berperan dalam menjaga kebersihan diri. Penelitian ini bertujuan untuk mengetahui peran dan langkah *Pondok Pesantren Bina Insani* dalam melaksanakan *Personal Hygiene* Lingkungan *Pesantren* dan mengetahui bagaimana mekanisme Perilaku Hidup Bersih dan Sehat (PHBS) santri dalam mencegah penyakit menular. Metode penelitian yang digunakan adalah deskriptif kualitatif. Sumber data diperoleh dari kajian pustaka, observasi, wawancara mendalam, angket terbuka, dan dokumentasi. Hasil penelitian ini menunjukkan bahwa *Pondok Pesantren Bina Insani* sudah mempunyai sistem dan aturan yang terstruktur terkait dengan penerapan *Personal Hygiene* di lingkungan *pesantren*, santri *Pondok Pesantren Bina Insani* secara umum sudah memahami dengan baik apa itu *Personal Hygiene* dan sudah mencoba menerapkannya di lingkungan *pesantren* mereka. kehidupan sehari-hari.

**Kata kunci:** peran, *personal hygiene*, *pondok pesantren*

## I. INTRODUCTION

Nowadays, health is the most important factor for humans so that they can always do various jobs normally. A person is said to be healthy if they can apply healthy living patterns and behaviors both physically and spiritually so that they are free from bodily diseases. Personal hygiene is a person's step to maintain personal hygiene to avoid various diseases (Putri et al., 2016). In educational institutions, the importance of implementing

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*Perilaku Hidup Bersih dan Sehat (PHBS)* for students to form personal hygiene. The role of educational institutions is to provide education and practice of *PHBS* to them to form the character of students who care about body health and environmental hygiene. The implementation of *PHBS* in the setting of educational institutions consists of several indicators, including washing hands using soap with running water, consuming nutritious and nutritious food, and drinks, using clean latrines, exercising regularly, eradicating mosquito larvae, not smoking, and disposing of garbage in its place (Sari et al., 2016).

*Pondok pesantren* is one of the oldest educational institutions in Indonesia. This educational institution basically aims to create a generation that understands religion deeply and *kaffah*. *Pondok pesantren* play a role in preparing quality human resources through learning that is oriented towards increasing religious understanding, teaching discipline, and training individuals to be able to live independently (learn to be independent). In addition, *pondok pesantren* also teach students about how to live together and socialize in a society which is represented through social life in the *pondok pesantren*. The general fact related to *pondok pesantren* is that noble attitudes or manners have been imprinted in the personalities of students, as well as patterns of interaction with the *pesantren* environment (AS & Sa'diyah, 2021). Based on data released by the Ministry of Religious Affairs, *pesantren* in Indonesia as of April 2022 consisted of 26,975 units with the number of students reaching 2.65 million students, which are divided into salaf, modern and student *pesantren* spread throughout Indonesia (Annur, 2022).

The COVID-19 pandemic has shown the importance of personal hygiene in preventing the spread of disease. However, in the Islamic boarding school environment, the implementation of personal hygiene is still not optimal because there are still many *pondok pesantren* that grow in slum environments, such as dirty toilets and bathrooms and minimal sanitation facilities (Navylasari et al., 2022). Some of the factors that influence the application of personal hygiene in the *pesantren* include lack of knowledge, lack of facilities and infrastructure, and habits that are difficult to change. As a result of these conditions, students are susceptible to infectious skin diseases. The focus of the research is the application of personal hygiene in the *pesantren*, especially at *Pondok Pesantren Bina Insani*. *Pondok Pesantren Bina Insani* combines campus academic culture with *pesantren* culture. The main goal of establishing the *Pondok Pesantren Bina Insani* is to produce students as a generation of nations and leaders of the people who are

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qualified, both in terms of spiritual, intellectual, and social. While the theoretical problem of this research is the lack of research that examines the role of *pondok pesantren* in implementing personal hygiene in the *pesantren*. This is important because *pondok pesantren* as Islamic educational institutions have a very strategic role in shaping the character of students who are physically and mentally healthy (Annur, 2022).

The community stigma about the *pondok pesantren* is often identified with a slum, dirty and poorly maintained environment. This is motivated by the large number of students, inadequate facilities and infrastructure and the level of awareness of students in maintaining cleanliness is still very minimal. As a result of this problem, there are many cases of infectious diseases caused by the low level of hygiene in *pesantren*. Some cases of infectious diseases that often occur include scabies, respiratory infections, tuberculosis and other infectious diseases (Lorensyifa et al., 22 C.E.). With a clean and healthy environment will help increase the enthusiasm of students in *tholabul ilmi*. In addition, a clean and healthy *pesantren* environment will also affect the level of physical and psychological health of a person. Therefore, a structured and integrated step is needed in realizing a clean and healthy *pesantren*. Some recent studies that are relevant to the focus of this research problem include research conducted by Nadiya et al. (2020) which relates personal hygiene and environmental sanitation to scabies disease in students at the Sa'adatuddaren Islamic *Pondok Pesantren* (Nadiya et al., 2020). The study found that there was no significant relationship between Personal Hygiene and the incidence of scabies at the Sa'adatuddaren *Pondok Pesantren* the working area of the Tahtul Yaman Health Center, Jambi City in 2019. Another study conducted by Irfan et al. (2022) examined efforts to prevent the spread of COVID-19 in *pesantren* through the implementation of health protocols, including personal hygiene (Irfan et al., 2022). The results showed that the implementation of health protocols including personal hygiene, sanitation, and social restrictions was very effective in preventing the spread of COVID-19 in *pesantren*.

However, there are limitations in the two studies. Nadiya et al. (2020) only focused on cases of scabies in Sa'adatuddaren *Pondok Pesantren* the working area of Tahtul Yaman Community Health Center in Jambi City in 2019 (Nadiya et al., 2020), while Irfan et al. (2022) focused more on the prevention of COVID-19 in *pondok pesantren* general, without focusing on the role of *pondok pesantren* in implementing

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personal hygiene in the *pesantren* (Irfan et al., 2022). Therefore, this study is expected to make a new contribution in enriching knowledge about the role of *pondok pesantren* in implementing personal hygiene in the *pesantren*.

Although there have been several recent studies that examine the factors that influence the implementation of personal hygiene in the *pesantren*, there is a gap between recent studies and the theoretical and empirical aspects of this study. Theoretically, there is still a lack of in-depth understanding of the role of *pondok pesantren* promoting personal hygiene in the *pesantren*. In addition, there is still a need to further explore what factors influence the implementation of personal hygiene in *pesantren*, including internal factors such as culture and tradition, as well as external factors such as the physical and social environment. Empirically, research that focuses on the role of *pondok pesantren* implementing personal hygiene in the *pesantren* is still very limited. Some previous studies were only limited to looking at the level of knowledge and personal hygiene behavior of students in *pesantren*, without focusing on the role of the *pesantren* itself in encouraging the application of personal hygiene. Therefore, this study is expected to fill this gap and make a new contribution to understanding the role of *pondok pesantren* in implementing personal hygiene in the *pesantren*.

Based on the existing gap analysis, the focus of this research is on How is the role of *Pondok Pesantren Bina Insani* in implementing personal hygiene in the *pesantren*? How is the mechanism of *Perilaku Hidup Bersih dan Sehat (PHBS)* of students to prevent infectious diseases in the *Pondok Pesantren Bina Insani*? The purpose of this study is to explore the role of *Pondok Pesantren* encouraging the application of personal hygiene in the *pesantren* and to identify internal and external factors that influence the application of personal hygiene in *pesantren*, as well as identifying the mechanism of *PHBS* of students to prevent infectious diseases in the *pesantren*. The novelty of this research lies in the focus of the study on the role of *Pondok Pesantren Bina Insani* in implementing personal hygiene in the *pesantren*, especially student *pesantren* as well as a more comprehensive study approach in considering internal and external factors that influence the implementation of personal hygiene in *pesantren*.

## II. RESEARCH METHOD

In this study, the authors used descriptive qualitative research methods. Qualitative research seeks to analyze and interpret an event or phenomenon based on the researcher's point of view. This type of qualitative research is a research procedure that produces data in the form of descriptive narratives in the form of written words. Data sources were obtained from in-depth interviews, observations, literature reviews, and open questionnaires. In addition, documentation was also carried out during the research process such as the interview process and photos of the location and place (Muzadi et al., 2021). The resource persons consisted of administrators and students of *Pondok Pesantren Bina Insani* in Semarang City. The data obtained were then analyzed descriptively qualitatively. In this research, the data analysis applied before the field is using secondary data literature study which is used to determine the focus of research. The data analysis when in the field is using data analysis according to Miles and Huberman (1992) (Sugiyono, 2017).

## III. RESULTS AND DISCUSSION

### A. Caretaker Understanding of Personal Hygiene

Table 1. Opinion of the Caregivers of *Pondok Pesantren Bina Insani*

What is the role of the caregiver in directing students to implement personal hygiene in the <i>pesantren</i> ?	<i>"So, our pesantren has an important role in shaping the character and personality of students, one of which is in terms of maintaining personal hygiene. We teach the importance of personal hygiene through the integration of learning in the santri curriculum, such as creating special programs or activities that focus on learning personal hygiene, for example, such as health seminars on maintaining personal hygiene and mental seminars."</i>
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Based on personal data

The caregivers of *Pondok Pesantren Bina Insani* already have a good policy regarding the application of personal hygiene in the *pesantren*. The caregivers have the view that personal hygiene is one of the most important things to be implemented in the

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*pesantren*, especially for students. In supporting this, there are several *pesantren* programs that support the implementation of personal hygiene, one of which is through integrating the learning curriculum. The caregivers usually collaborate with outside parties to socialize the importance of maintaining cleanliness. Caregivers play an important role in monitoring and coordinating the activities and lifestyle of the students.

Caregivers often conduct socialization and direct assistance to students in collaboration with surrounding health parties or agencies. Examples of socialization that have been held are Health Seminars such as "Healthy Tips to Prevent Cholestrol among Teenagers" and "Toxic Productivity: When Productive Turns into an Obsession". The material socialized is directly related to environmental hygiene and health which is delivered directly by experts in their fields. This socialization activity is routinely held once every three months. This is as an additional knowledge and skills of the students regarding tips for clean and healthy living.

Table 2. Opinion of the President of *Pondok Pesantren Bina Insani*

<p>Researchers asked the President of <i>Pondok Pesantren Bina Insani</i> about the importance of personal hygiene in the <i>Pondok Pesantren</i>.</p>	<p><i>"Personal hygiene is very important for students because we live together, we have to pay attention to others too. We can adjust to maintain personal hygiene so that others feel comfortable and not disturbed. For example, by bathing twice a day so that the body always smells good"</i></p>
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Based on personal data

Interviewee Diah has an understanding that applying personal hygiene for a *santri* is the key to creating a comfortable life in *pesantren*. In *pesantren*, we must pay attention to mutual comfort, so that no party feels disturbed. In general, the informants already have a good understanding of personal hygiene, the informants mentioned one example of efforts to maintain personal hygiene by taking a shower twice a day. This step is taken so that other people who are with us are not disturbed by body odor. Naraumber Diah has also tried to maintain personal hygiene in her daily life. Such as bathing twice a day, brushing teeth, keeping nails clean, keeping clothes clean, and keeping personal belongings tidy so that they are not messy.

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Table 3. Opinion of the Vice President of *Pondok Pesantren Bina Insani*

Researchers asked the Vice President of <i>Pondok Pesantren Bina Insani</i> about the importance of personal hygiene in the <i>Pondok Pesantren</i> .	<i>"Personal hygiene and a clean in Pondok Pesantren for me is very important to maintain comfort in the teaching and learning process. Yes, although there are still many students who do not realize this"</i>
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Based on personal data

Raffli understands personal hygiene as an effort to create a clean and healthy environment. A clean environment will affect the comfort of the teaching-learning process for students. Although many students already understand the importance of maintaining cleanliness, the informant revealed that the implementation of personal hygiene in the *pondok pesantren* is often ignored by some students. This can then affect the comfort and cleanliness of the surrounding environment. To support increase *santri* awareness about the application of personal hygiene, the management of *Pondok Pesantren Bina Insani* has been aggressively conducting various kinds of socialization and actions that lead to improving the quality of cleanliness and health in the *pondok pesantren*.

Table 4. Opinion of the Minister of Hygiene and Environment of *Pondok Pesantren Bina Insani*

Researchers asked the Minister of Hygiene and Environment 1 (Ridaul Maghfiroh) of <i>Pondok Pesantren Bina Insani</i> about the importance of personal hygiene in the <i>pesantren</i> .	<i>"Maintaining personal hygiene is not only for our own benefit to stay healthy, but also a teaching of Islam that must be applied, especially for a santri"</i>
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Based on personal data

Interviewee Ridaul Magfiroh interpreted personal hygiene as an interest for everyone to keep the body healthy. Every individual who actively maintains their personal hygiene, indirectly also maintains the health of the body. With a clean body,

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germs or bacteria that cause disease can be minimized. This then also affects the transmission of infectious diseases in the *pondok pesantren*, such as scabies and other diseases. The informants also understand that personal hygiene is one of the teachings of Islam that must be applied in everyday life, especially as a *santri*. This has also been explained in a well-known saying that reads "annadhofatu minal-iman" cleanliness is part of faith.

Table 5. Opinion of the Minister of Health and Sports of *Pondok Pesantren Bina Insani*

Researchers asked the Minister of Health and Sports (Rizky Maulidiyah) of <i>Pondok Pesantren Bina Insani</i> about the importance of personal hygiene in the <i>pesantren</i> .	<i>"The cleanliness of the surrounding environment starts from our own awareness to maintain personal hygiene. Personal hygiene in my opinion can be put together when you want a clean and healthy environment"</i>
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Based on personal data

Rizky understands personal hygiene as an important key in creating a clean and healthy environment. A clean environment certainly starts with the awareness of everyone in maintaining their own personal hygiene. As with other informants, personal hygiene according to Rizky is very important for us to apply in our daily lives. As a *santri*, of course, we must practice Islamic values, one of which is by implementing clean and healthy living behavior. Rizky has the view that if a *santri* always looks clean, neat, it will certainly be a value for the community. The community began to assume that the life of *santri* was not always identified with a dirty and unkempt environment. One of the efforts that can be made to eliminate this stigma is by maintaining personal hygiene.

### B. *Santri*'s Understanding of Personal Hygiene

Table 6. *Santri*'s understanding of personal hygiene

No.	Question List	<i>Santri</i>	Interviewee Answer
1	What do you know about	Muhammad Rafli Hatta	Personal awareness to live clean

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	Personal Hygiene?	Muftia Khoirun Nada Kharisma	Personal hygiene/ability to take good care of oneself
		Alfiyan Jalil Trio S.	Individual hygiene
		Nurdian Syahputra	Cleanliness and health is one of the key principles in daily life that must be applied.
		Kharisma Alifatun Hidayah	Cleanliness, both environmental cleanliness, food cleanliness, hygienic
		Nabilla Luyhfyana Azhaar	Personal hygiene
		Nafisatul Khusna	about keeping oneself clean
		Najma Audiva	hygiene on one's personality
2	What do you know about Clean and Healthy Living Behavior ( <i>PHBS</i> )?	Muhammad Rafli Hatta	Implement a healthy & clean life so that the environment feels comfortable
		Muftia Khoirun Nada Kharisma	Good lifestyle, love clean environment and healthy lifestyle
		Alfiyan Jalil Trio S.	All activities that are clean and healthy
		Nurdian Syahputra	Maintain cleanliness, diet, exercise, and adequate rest
		Kharisma Alifatun Hidayah	Washing hands properly according to health steps, implementing a healthy lifestyle
		Nabilla Luyhfyana Azhaar	Seeking health and cleanliness from oneself

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		Nafisatul Khusna	The behavior of someone who applies a clean and healthy lifestyle to create an elegant and quality life.
		Najma Audiva	Don't know
3	You always maintain a clean and healthy lifestyle regularly every day as a form of implementing Personal Hygiene in the <i>Pondok Pesantren</i> .	Muhammad Rafli Hatta	Agree
		Muftia Khoirun Nada Kharisma	Agree
		Alfiyan Jalil Trio S.	Agree
		Nurdian Syahputra	Agree
		Kharisma Alifatun Hidayah	Strongly Agree
		Nabilla Luyhfyana Azhaar	Strongly Agree
		Nafisatul Khusna	Agree
		Najma Audiva	Agree
4	What forms of clean and healthy living behaviors have you done and often do?	Muhammad Rafli Hatta	Putting trash in its place, sweeping
		Muftia Khoirun Nada Kharisma	Cleaning the dormitory kitchen, cleaning drains, cleaning the clothesline area, taking out the trash
		Alfiyan Jalil Trio S.	Cleaning, washing hands before meals, exercising, etc.
		Nurdian Syahputra	Eat regularly, get enough rest, and exercise
		Kharisma Alifatun Hidayah	Take regular showers 2-3 times a day, wash hands before and after meals

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		Nabilla Luyhfyana Azhaar	Never piling up dirty clothes, bathing 2x a day, eating home-cooked or home-cooked food
		Nafisatul Khusna	wash hands before eating, do not smoke, throw garbage in its place
		Najma Audiva	wash clothes, wash dishes as soon as possible, often drink water
5	Health care facilities at <i>Pondok Pesantren Bina Insani</i> are very adequate.	Muhammad Rafli Hatta	Agree
		Muftia Khoirun Nada Kharisma	Undecided
		Alfiyan Jalil Trio S.	Strongly Agree
		Nurdian Syahputra	Strongly Agree
		Kharisma Alifatun Hidayah	Strongly Agree
		Nabilla Luyhfyana Azhaar	Agree
		Nafisatul Khusna	Agree
		Najma Audiva	Agree
6	What diseases are often experienced by students at <i>Pondok Pesantren Bina Insani</i> ?	Muhammad Rafli Hatta	Itching, fever
		Muftia Khoirun Nada Kharisma	Fever, flu, cough
		Alfiyan Jalil Trio S.	Fever
		Nurdian Syahputra	Headache
		Kharisma Alifatun Hidayah	Flu, cough

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		Nabilla Luyhfyana Azhaar	Fever
		Nafisatul Khusna	hot cold cough
		Najma Audiva	fever, dizziness, flu
7	Scabies or Gudiken disease is often experienced by students of <i>Pondok Pesantren Bina Insani.</i>	Muhammad Rafli Hatta	Disagree
		Muftia Khoirun Nada Kharisma	Strongly Disagree
		Alfiyan Jalil Trio S.	Strongly Disagree
		Nurdian Syahputra	Disagree
		Kharisma Alifatun Hidayah	Disagree
		Nabilla Luyhfyana Azhaar	Strongly Disagree
		Nafisatul Khusna	Disagree
		Najma Audiva	Undecided
8	<i>Pondok Pesantren Bina Insani</i> often conducts socialization, assistance, and health counseling to students.	Muhammad Rafli Hatta	Agree
		Muftia Khoirun Nada Kharisma	Disagree
		Alfiyan Jalil Trio S.	Agree
		Nurdian Syahputra	Agree
		Kharisma Alifatun Hidayah	Agree

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		Nabilla Luyhfyana Azhaar	Agree
		Nafisatul Khusna	Agree
		Najma Audiva	Undecided
9	What is the role and contribution of <i>pesantren</i> if there are students who experience infectious diseases?	Muhammad Rafli Hatta	Bringing to the doctor & subpoena
		Muftia Khoirun Nada Kharisma	Taken to see Dr. Ria
		Alfiyan Jalil Trio S.	Delivered to the doctor, and divided a special rest room for people with diseases
		Nurdian Syahputra	Move quickly and certainly handle with first aid.
		Kharisma Alifatun Hidayah	Treating and treating using physical distancing to prevent infection.
		Nabilla Luyhfyana Azhaar	Rushed to the nearest clinic and treated at the clinic
		Nafisatul Khusna	Immediately go to the doctor's clinic Ria
		Najma Audiva	immediately rushed to the proper place. then clean up the dormitory.
10	What do you think about the cleanliness of the <i>Pondok Pesantren Bina Insani</i> ?	Muhammad Rafli Hatta	7 out of 10
		Muftia Khoirun Nada Kharisma	The environment of the BI <i>pesantren</i> can be clean depending on the personality of each <i>mahasantri</i> , if there is no awareness from them then the environment becomes slum, so it can be concluded that the cleanliness of a place / environment depends on

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		the sensitivity of each <i>mahasantri</i> to cleanliness.
	Alfiyan Jalil Trio S.	Alhamdulillah, it is quite clean
	Nurdian Syahputra	Good and will continue to be better
	Kharisma Alifatun Hidayah	The cleanliness of the <i>Pondok Pesantren Bina Insani</i> is considered clean because it routinely cleans and checks every situation in the surrounding environment.
	Nabilla Luyhfyana Azhaar	Quite good because the cleanliness of the <i>pesantren</i> is controlled every day
	Nafisatul Khusna	the cleanliness of the environment is good enough
	Najma Audiva	pickets are carried out every day, but because there are quite a lot of human heads here, it is very possible to get dirty again.

Source: Results of the research questionnaire in 2023

Personal hygiene is one of the important things that must be owned by every individual to realize a comfort for oneself and others. Personal hygiene in this study is defined as the efforts or steps taken by everyone to maintain personal hygiene, both body hygiene and environmental hygiene. By maintaining personal hygiene, it is hoped that a comfortable, clean, and healthy environment can be created. Based on the results of field research conducted by researchers, it can be represented that the *Pondok Pesantren Bina Insani* Management has a diverse understanding of personal hygiene.

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Personal hygiene basically has a considerable influence on a person's life. The urgency of implementing personal hygiene in daily life is very important, especially for students who live in *pondok pesantren*. Those who live in *pondok pesantren* must pay attention to personal hygiene, this is because living in *pondok pesantren* is not only about personal life, but life together. Maintaining personal hygiene in daily life for a *santri* can be implemented through several things including: maintaining skin hygiene, hair hygiene, oral hygiene, personal bed hygiene and so on independently. Various efforts taken to implement personal hygiene in the *pesantren* are not difficult, but not a few students ignore this, if each student has an awareness and understanding of personal hygiene well, indirectly they contribute to maintaining the cleanliness of the existing environment to keep it clean, healthy and conducive. A clean and healthy environment will certainly affect the comfort of the teaching and learning process. Likewise, if there are still many students who pay less attention to personal hygiene, a clean and healthy environment will be difficult to achieve.

### **C. Health Problems and Handling Steps at *Pondok Pesantren Bina Insani***

Health problems often occur in various places, and *pondok pesantren* are no exception (Yusep Rafiqi et al., 2021). *Pondok Pesantren Bina Insani* students are known to often experience health problems that are still mild and harmless such as flu, fever, cough, dizziness, and others. This condition is caused by their fatigue and tiredness due to the tight schedule and activities carried out by students starting from activities while on campus and at the *pondok pesantren*. Unorganized self-management plus erratic rainy season weather are the main factors that make them susceptible to these diseases. So far, *Pondok Pesantren Bina Insani* has never confirmed any students who experience skin diseases or serious infectious diseases. They always implement *Perilaku Hidup Bersih dan Sehat (PHBS)* in their living environment by holding various programs in the field of hygiene and health. These programs are carried out together and are routine so as to create a clean, healthy and comfortable environment.

There are several good steps taken by the caregivers and administrators of the *pesantren* in overcoming the health problems of the students. The Ministry of Health, which is part of the organizational structure of *Pondok Pesantren Bina Insani*, is tasked with providing medicines or first aid kits in each dormitory, both male and female as a

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form of first aid for students. The need for stock of medicines is routinely checked and restocked to facilitate students who are experiencing mild symptoms of illness such as flu, fever, cough, dizziness, and others. If there are students whose illness is still ongoing, the management will help deliver and accompany them to the nearest clinic to obtain further treatment. The Ministry of Health also holds a program that aims to foster and increase *santri* awareness about the importance of maintaining health. One of the programs is sports together every Saturday for male and female students. The types of sports include morning walks, gymnastics, playing soccer, badminton, volleyball, and others. Not only that, but the caregivers also hold a health seminar or socialization program every three months in collaboration with the *puskesmas* or *pesantren* health partners. This is an addition to the knowledge and skills of the *santri* regarding tips for a clean and healthy life.

On the other hand, the presence of the Ministry of Cleanliness and Environment administrators is no less important in maintaining the comfort, cleanliness, and order of the *pesantren*. They have various important programs such as overseeing arranging daily picket schedules, coordinating weekly and grand *ro'an*, coordinating the collection of used goods to be sold at *rosok*, making cleanliness slogans posted in strategic places, and buying cleaning tools. The daily picket is carried out every morning and evening by two to five students. Each student has also been assigned a place such as the kitchen, toilet, hall, and *pesantren* yard. Then there is a routine *Ro'an* program which is carried out every week by cleaning the entire *Pondok Pesantren* dormitory, as well as the *Ro'an* Akbar at the beginning of each vacation.

The need for clean springs and drinking water for students is also very important for the health and sustainability of the students' lives. The water source at *Pondok Pesantren Bina Insani* comes from the regional *PDAM* channel. The need for clean water to support their cleaning activities such as washing hands, clothes, kitchen utensils, bathing, washing latrines, and mopping the floor. Meanwhile, they buy their own drinking water from refillable gallon water sellers. Each *santri* is required to have personal hygiene needs to avoid infectious diseases or itching. The students are not allowed to lend each other their cleaning tools because this could potentially transmit the disease. For this reason, the administrators, in this case the Ministry of Hygiene and the

Environment, also check to ensure that each student has their own cleaning tools, such as soap, shampoo, towels, buckets and others.

#### **D. The Role of *Pondok Pesantren Bina Insani* in Implementing Personal Hygiene**

In a *Pondok Pesantren*, maintaining personal hygiene is also very important because students live and study together (Riski Amalia & Dwi Haryanto UIN Abdurrahman Wahid Pekalongan, 2022). Therefore, *Pondok Pesantren Bina Insani* has a very important role in implementing personal hygiene for its students. The following are the roles and steps taken by *Pondok Pesantren Bina Insani* in implementing personal hygiene for its students: (1) Being an educational institution that encourages the formation of healthy and clean *santri* characters. In this case, the *Pondok Pesantren* is responsible for providing proper education and teaching to students about the importance of maintaining personal hygiene. *Pondok Pesantren Bina Insani* also develops programs and activities that can assist in shaping the healthy and clean character of students, such as the development of a healthy diet, sports activities, and other activities that can strengthen the understanding and practice of personal hygiene in students. Thus, *Pondok Pesantren Bina Insani* can make a positive contribution in shaping the character of healthy and clean students. (2) Provide adequate facilities and infrastructure to maintain the cleanliness and health of students. The steps taken by *Pondok Pesantren Bina Insani* in providing adequate facilities and infrastructure to maintain the hygiene and health of students include providing hand washing stations, providing adequate sanitation facilities, and providing environmental hygiene facilities. By providing adequate facilities and infrastructure to maintain the hygiene and health of students, *Pondok Pesantren Bina Insani* can ensure that students can maintain their personal hygiene well and the around the *Pondok Pesantren* is always clean and healthy. (3) Routinely monitoring the health conditions of students and providing appropriate medical treatment. *Pondok Pesantren Bina Insani* has an important role in monitoring the health conditions of students regularly and providing appropriate medical treatment. The following are some explanations of the role of *Pondok Pesantren Bina Insani* in this step: Ensuring the health of students, preventing the spread of disease, providing appropriate medical treatment, and encouraging healthy living behavior. With the role and steps that have been taken by *Pondok Pesantren Bina Insani* in implementing personal hygiene, it is hoped that students

can understand the importance of maintaining cleanliness and health of themselves and the surrounding environment.

**E. Mechanisms of *Perilaku Hidup Bersih dan Sehat (PHBS)* in Efforts to Prevent Infectious Diseases**

*Pondok Pesantren Bina Insani* has an application of cleanliness and health that is almost the same as *pesantren* in general in Indonesia. The presence and collaboration between caregivers, administrators, students, and outsiders help support the implementation and actualization of *Perilaku Hidup Bersih dan Sehat (PHBS)*, especially in the *Pondok Pesantren Bina Insani*. To maintain the stability of health and hygiene at *Pondok Pesantren Bina Insani*, there are several programs held by caregivers and administrators. The existing program is routine and includes all elements of the *pesantren* community so that it is strived to create a clean environment that is always conducive, clean, healthy, and comfortable. The *PHBS* mechanism at *Pondok Pesantren Bina Insani* can be seen from the side of the caregivers, administrators, and *Bina Insani* students. Caregivers play an important role in monitoring and coordinating the most important activities and lifestyle of the students. Caregivers often conduct socialization and direct assistance to students by working with health agencies or *pesantren* partners. On the management side, there are various work programs held to increase self-awareness about the importance of health and environmental cleanliness for students, including: arranging a daily picket schedule, weekly *ro'an* program, coordinating the collection of used goods to be sold in *rosok*, making cleanliness slogans posted in strategic places, buying cleaning tools, regularly checking the level of sanitation in the *Pondok Pesantren* carried out by the management, procuring medicines in collaboration with the *pesantren* partner clinic, and joint sports programs for students to maintain physical and spiritual health.

#### **IV. CONCLUSION**

Based on the results of the study, it can be concluded that *Pondok Pesantren Bina Insani* has a very important role in shaping and instilling personal hygiene awareness in students. *Pondok pesantren* have a great responsibility in shaping the character and personality of students and must continue to improve programs related to personal hygiene and health. The role of *Pondok Pesantren Bina Insani* in implementing personal hygiene of students is shown by its seriousness in dealing with health and hygiene issues, with the existence

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of special ministries that oversee issues related to personal hygiene such as the Ministry of Health, the Ministry of Hygiene, and the Ministry of the Environment, besides that *pesantren* caregivers play a role in providing education to students in the *pesantren*, *Pondok Pesantren* are also agents of change in the surrounding community by disseminating information and education about personal hygiene and health to the surrounding community. The *pesantren* also collaborates with external parties in this personal hygiene implementation effort. *Santri* at *Pondok Pesantren Bina Insani* generally have a good knowledge of personal hygiene and can apply it well in their daily lives. Students' knowledge of personal hygiene includes various aspects, such as personal hygiene, environmental hygiene, a healthy diet, and regular exercise. *Santri* at *Pondok Pesantren Bina Insani* are accustomed to maintaining personal hygiene by bathing, changing clothes regularly, and maintaining health. In addition, students are also accustomed to maintaining environmental cleanliness, such as cleaning their bedrooms and the surrounding environment where they live. In this case, *Pondok Pesantren Bina Insani* has become a good example in implementing personal hygiene and health in the *pesantren*. The suggestion for further research is to conduct research on the effect of personal hygiene on the academic performance of students which can help to understand the relationship between physical health and academic success of students in *pondok pesantren*, besides that, it can also conduct research with a focus on mental health and well-being of students in the *pesantren*.

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