

PHBS Implementation in Pondok Pesantren During Covid-19 Pandemic In Kediri East Java, Indonesia, 2021

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ABSTRACT

During the Covid-19 Pandemic, Pondok Pesantren environment can be a risky place for disease transmission because Pondok Pesantren are places where students gather in one room, such as sleeping, eating, studying and using shared bathrooms. With the condition of Pondok Pesantren with inadequate health support facilities and clean and healthy living behaviors that have not become the daily habits of the students, it takes commitment from the Pesantren Leaders and the active role of all students to make efforts to prevent disease transmission which can be done by increasing the application of *Perilaku Hidup Bersih dan Sehat* (PHBS). PHBS is a set of behaviors that are practiced such as washing hands with soap, wearing masks, not smoking, consuming balanced nutrition, staying in the boarding school, avoiding crowds, keeping the environment clean and others, on the basis of awareness as a result of learning that makes the pesantren community able to helping himself to play an active role in preventing the transmission of COVID-19 to realize the health of the pesantren community. The purpose of this activity is to establish cross-sectoral partnerships in increasing the knowledge and awareness of students and all residents of Pondok Pesantren in the application of PHBS. The methods used are surveys, needs analysis and health education. The result of this activity is the willingness and ability of the Pondok pesantren community in implementing PHBS and health protocols, especially during the COVID-19 pandemic.

Keywords: PHBS, Pondok Pesantren, Covid-19 Pandemic

INTRODUCTION

Pondok pesantren is a traditional education in which students live together and study under the guidance of a teacher who is better known as a kyai and has a dormitory for students to stay. The santri / the students in pondok pesantren are located in a complex that also provides a mosque for worship, space for study, and other religious activities. This complex is usually surrounded by a wall to be able to monitor the entry and exit of the students in accordance with applicable regulations. Pondok Pesantren are two terms that show one meaning. Pesantren according to its basic understanding is a place for students to learn, while Pondok means a simple house or place to live made of bamboo. In addition, the word pondok may come from the Arabic *Funduq* which means hostel or hotel. In Java, including Sunda and Madura, the terms pondok pesantren are generally used, while in Aceh it is known as *dayah* or *ranggang* or *menuasa*, while in Minangkabau it is called *surau*. Pesantren can also be understood as educational institutions and religious teaching, generally in a non-classical way, in which a kyai teaches Islamic religious knowledge to students based on books written in Arabic by medieval scholars, and the students usually live in huts (Islamic boarding schools). dormitory) in the pondok pesantren. The Ministry of Religion noted that as of October 2020 there were 26,973 Pondok Pesantren spread across all provinces in Indonesia.[1]

As a country with a Muslim majority population. Pondok Pesantren have an important order in the education system in Indonesia. On average, in Pondok apart from studying religious knowledge, the students can also take part in formal education from elementary school to university. As a large educational institution with a relatively large number of students, Pondok Pesantren are a vulnerable environment for transmission of COVID-19 because many students gather in Pondok Pesantren and carry out various activities together. With these conditions, it is very important to have a commitment from the leadership of the pesantren and to actively involve all students to make efforts to prevent and control COVID-19. For this reason, efforts are needed to increase the role of Pondok Pesantren in preventing and controlling COVID-19 through empowering the pesantren community, and starting to be able to adapt to the new life order, namely adherence to the implementation of Clean and Healthy Living Behavior or *Perilaku Hidup Bersih dan Sehat* (PHBS) according to health protocols and ensuring the availability of supporting infrastructure. [[2] [3][4]

PHBS fostering is an effort to create and preserve hygiene and health-oriented lifestyles in the community, so that people can be independent in preventing and overcoming the health problems they face. Therefore, the development of PHBS is carried out through the implementation of Health Promotion, which is an effort to help individuals, families, groups and communities to know, want and be able to practice PHBS, through a learning process in preventing and overcoming health problems faced, according to local socio-cultural and supported by health-oriented public policies. The implementation of PHBS in the Islamic boarding school environment must pay attention to health practices that support Pondok Pesantren that have PHBS including; wash hands using soap, consume healthy food and drinks, dispose of garbage in its place, use healthy latrines, free from drugs (drugs), do not smoke in public gathering places, do not spit carelessly and eradicate mosquito larvae. [5]

The COVID-19 pandemic has ushered in a new order of life. Based on the expert, we have to deal with this condition into a new habit or 'new normal' in life because it is unlikely that this condition will return to normal conditions as before the COVID-19 pandemic. According to the Regulation of the Minister of Health of the Republic of Indonesia No. HK.01.07/MENKES/2322/2020 Efforts to prevent and control COVID-19 in Pondok Pesantren must be carried out on the basis of awareness of the pesantren community by implementing strict health protocols. Efforts to prevent and control COVID-19 in Pondok Pesantren must be supported by the commitment of the pesantren leadership through the formation of the Islamic Boarding School Task Force. Efforts to prevent and control COVID-19 are carried out through the application of prevention and control principles that are carried out through preventive and promotive efforts. These efforts are closely related to the principles of PHBS that must be applied in the educational setting, namely the Islamic boarding school environment. To bring order to the implementation of PHBS by all students, it is inseparable from the role of caregivers of Pondok Pesantren and all stake holder arrangements to provide health education to all residents of Pondok Pesantren in implementing PHBS so that positive behavior can be formed. [2][6][3][1][7]

The healthy Indonesia policy in 2025 sets out three main pillars, namely a healthy environment, healthy behavior and fair and equitable quality health services. The national health promotion policy to support efforts to increase healthy behavior establishes a national vision for health promotion. To achieve this goal, the government has campaigned for a clean and healthy lifestyle (PHBS) program through regional health institutions by various means of promotion to all elements of society, including educational institutions such as schools, universities, and Islamic boarding schools. Clean and healthy living behaviors that need attention in the Islamic boarding school environment are the availability of clean water, sanitation and the fulfillment of balanced nutrition for all students. Cases in several Pondok Pesantren behavior that is often encountered is the

unavailability of hand washing services using soap, healthy latrines, the habit of students to bathe using large bathroom tubs that are rarely drained, the habit of throwing garbage out of place so that a lot of garbage is found piling up so that it makes the environment worse. becomes smelly, the number of students' clothes that are hung attached to each other, the habit of exchanging clothes between students so that it can become a medium for transmitting skin diseases such as (ringworm, itching, tinea versicolor, scabies) and become a mosquito nest.[6] [8]

One of the points of the government's efforts to improve health services and is still a global focus that has not yet achieved maximum results is the availability of clean water, sanitation and healthy food in all institutional settings, including households, education, and the workplace. This is also still a concern for the SDGs program where the global target is that by 2030 the world will be free from water and sanitation problems where all people have universal access to water and sanitation needs. According to research conducted by Nur Arif Makful and Nelva Pirawati that there is a significant relationship between the knowledge of students with PHBS behavior in the Islamic boarding school environment. Meanwhile, based on research by Vita Widayari et al (2020) that comprehensive intervention and attention are needed for students to be able to carry out PHBS effectively.[3]

In accordance with the policy of the minister of health considering the Covid-19 pandemic and anticipating health problems currently experienced by many school-age children, the officers emphasized PHBS in Pondok Pesantrenas follows:

1. Wash your hands with soap (CTPS) in running water
2. Keep your distance when you are active
3. Using a mask and/or a face shield
4. Dispose of trash in its place
5. Snack in a healthy canteen
6. Using healthy latrines
7. Regular and measured exercise
8. Eradicating mosquito larvae
9. No smoking in the boarding school
10. Weigh and measure height every 6 months
11. Maintain personal hygiene
12. Maintaining reproductive health
13. Maintaining mental health
14. Eat healthy food
15. Use clean water.

Pesantren can add PHBS indicators that are deemed necessary to overcome health problems experienced by pesantren. Health and hygiene are things that get great attention from Islam. As Abu Malik Al-Ash'ari revealed, that the Prophet Muhammad SAW said, "Cleanliness is half of faith." This shows how important it is to maintain cleanliness so that the position of cleanliness is called half of faith. Even though a person's faith does not become a Muslim if he only has half faith, it means that his Islam is not perfect. How the form of Islamic concern in looking at cleanliness and health can also be seen in various worship activities which are accompanied by the obligation to clean oneself or purify oneself. Such as when going to prayer, tawaf, reading the Qur'an, and other worship are required to perform ablution. Likewise, when it is big hadas, you have to purify yourself by taking a junub bath. In addition, encourage to clean teeth (bersiwak or brushing teeth). Along with advocating to maintain cleanliness, Islam commands to maintain health. Because Allah loves a strong and healthy

believer more than a weak believer. Abu Hurairah narrated that the Messenger of Allah (SAW) said: "The strong believer is better and more beloved to Allah than the weak believer.[9]

METHODS

This community service activity is carried out from October to November 2021 in the city of Kediri. This activity is a partnership activity between health education, NU community organizations, puskesmas and the health office as well as 5 Pondok Pesantren in the city of Kediri including; PP Al-Amien, PP Salafiyah, PP Maunah Sari, PP Al-Husna and PP Machrusiyah. The methods carried out in this community service activity include: coordinating teams from education and health centers as the person in charge of the region and the health office as program stakeholders who then hold meetings with Pondok Pesantren to disseminate health programs that all residents of Pondok Pesantren must comply with during the covid pandemic. -19 so that the spread of the disease can be controlled properly.

The forms of activities carried out are as follows:

1. Coordination between education lecturers, midwives in public health center those in charge of health promotion at the health office and community organizations in realizing healthy Pondok Pesantrenduring the COVID-19 pandemic.
2. Survey the location of Pondok Pesantren to determine the needs of the community
3. Socialization of PHBS in the Pesantren environment to all pesantren residents
4. Education about health protocols for adapting new habits in the era of the Covid-19 pandemic to all pesantren residents

The output target of this community service activity is to increase the knowledge of all pesantren residents about the application of health protocols through adapting new habits in the era of the Covid-19 pandemic. This service activity is carried out by following the strict health protocol as set out by the Task Force for the Acceleration of Handling Covid-19 and the guidelines issued by the Ministry of Health of the Republic of Indonesia.

RESULTS

As a form of partnership activity between universities, Islamic boarding schools and Islamic-based community organizations as well as public health service agencies, it is hoped that a cooperative relationship that is oriented to the health and benefit of the people and as a form of community service is oriented to the needs of the community in accordance with the current situation.

DISCUSSION

The results of community service activities involving partnerships with various related sectors are as follows:

- a. Coordination between education lecturers, puskesmas midwives, those in charge of health promotion at the health office and community organizations in realizing healthy Islamic boarding schools during the COVID-19 pandemic.

The follow-up to this coordination is the formation of a partnership between the puskesmas holding the area where the boarding school is located, the Nahdhotul Ulama' community organization as a liaison between the caretaker of the Islamic boarding school and outside parties, the lecturer of the midwifery and nursing academy as an educator and researcher, the Health Office represented by the health promotion as program holders and boarding school caregivers as decision makers and policies for all students. Then this partnership is poured into a cooperation document so that it can be forwarded to future activities. The

purpose of this collaboration is to become a boarding school companion team in realizing a healthy pesantren program.



Figure 1. Team coordination in the PHBS development program

- b. Survey the location of Islamic boarding schools to determine the needs of the pesantren community.

The survey of the location of the boarding school was carried out directly by 3 people consisting of; 1 person from the puskesmas, 1 person from mass organizations, 1 person from the health department. By looking directly at the students' beds, bathrooms, food processing kitchens, and places to study. So that it can determine the needs needed in this community service activity. In this activity, officers from the health service and puskesmas were assisted by mass organizations to distribute PHBS forms to santri cadres so that the problems that students complained about the most regarding the management of PHBS in the Islamic boarding school environment. Then this is used to determine the priority of the problem, where for each boarding school the 3 highest problems are taken to be reported to the caretakers of the Islamic boarding school through mass organizations in the hope of the emergence of new policies related to priority problems obtained in the field.



Figure 2. Ones of the Situation in Pondok Pesantren

- c. PHBS socialization in the Islamic boarding school environment to all pesantren residents.

PHBS socialization was given to all students by focusing on 3 priority issues from the survey results. Based on the Regulation of the Minister of Health of the Republic of Indonesia No. 2269/ Menkes/PER/XI/2011 concerning Guidelines for the Guidance of PHBS, PHBS is a set of behaviors that are practiced on the basis of awareness as a result of learning, where a person, family, group or community is able to help themselves (independently) in the health sector and play an active role in realizing public health. Although in general there are seven

PHBS indicators in Islamic boarding schools that are determined and given as material for PHBS socialization for all residents of Islamic boarding schools, namely:

1. Washing hands using soap: means of washing hands using soap (CTPS) are still limited to each Islamic boarding school and this is not in accordance with the proportion of the number of students in the boarding school.
2. Consuming healthy food and drinks; each cottage has a communal kitchen to process food and drinks for the students.
3. Using healthy latrines; The latrines in the Islamic boarding school are in accordance with the standards.
4. Dispose of garbage in the trash; the majority of the 5 Islamic boarding schools are very less aware of the awareness of the residents to dispose of garbage in its place.
5. Not smoking, not consuming Narcotics, Alcohol, Psychotropics and other Addictive Substances (Drugs); most of the male students still smoke in public places or in the rooms so it is necessary to socialize the dangers of cigarette smoke and passive smoking. So it was agreed that smoking should not be in the room and there was a policy from the caretaker of the boarding school to prohibit smoking in the boarding school environment and there were sanctions for students who violated it.
6. Do not spit anywhere; In the context of controlling respiratory tract diseases, all students who are infected with the flu are not allowed to throw saliva carelessly.
7. Eradicating mosquito larvae and others can be added as needed. There is a fishization program in 5 Islamic boarding schools.



Figure 3. Socialization of PHBS to pondok pesantren by midwife of public health center in Kediri d. Education about health protocols for adapting new habits in the era of the Covid-19 pandemic to all pesantren residents

This activity is an effort to increase the knowledge of the students and the entire pesantren community in handling COVID-19. The information provided refers to the policy of the Indonesian Ministry of Health in August 2021 regarding the prevention of COVID-19, namely the 5M movement which consists of: 1. Wearing a mask: all students and the Islamic boarding school community are encouraged to wear masks every time they do activities that involve interaction with other people. 2. Keep your distance; when carrying out Islamic boarding school activities, students are advised to keep their distance from other students or not to do activities outside the pesantren and meet with people outside the Islamic boarding school to reduce physical contact. 3. Wash your hands; habit of washing hands using soap in running water after and before doing activities or using hand sanitizer if no water and soap are reached. 4. Stay away from crowds; The more students come into contact with many outsiders, the more likely there is a potential for transmission of germs from one person to another. 5. Reduced mobility; If there is no urgent need, students are encouraged to stay in the

boarding school environment. Even though they are healthy and have no symptoms of illness, it is not necessarily when the students return home with the same condition. This material was well received by the students as evidenced by all the counseling participants being able to answer the questions given by the officers.



Gb. 4 Health protocol education to all boarding school residents

a. The final result of the activity

At the end of the community service program activities in the form of partnerships between universities, Islamic boarding schools, health centers, and the Nahdhotul Ulama community institution, an agreement was reached in the form of a cooperative relationship between each agency as follows:

1. The Head of Pondok Pesantren make new policies related to the implementation of PHBS in Islamic boarding schools by adjusting to new normal conditions in the covid-19 pandemic. It is hoped that with this policy, a healthy and conducive condition of the pesantren community can be achieved. The management also affirms the regulations of the Islamic boarding school based on the priority problems obtained from the results of the survey of the pesantren community and the consultation of the pesantren community. In addition, together with partner boarding school administrators, they also identify policies that have an insight into the health sector that can be applied to the Islamic boarding school environment.
2. Established mutually beneficial cooperative relationships in the form of assistance in the implementation of healthy pesantren across sectors which include; universities, Islamic boarding schools, health centers, and Nahdhotul Ulama community institutions in the form of a memorandum of agreement signed by each party so that it is hoped that this activity can take place in a sustainable manner.
3. Assistance for POSKESTREN (Health Pos in Pondok Pesantren) by universities, in this case the academy of midwifery and nursing academy Dharma Husada Kediri and NU community organizations represented by the Nahdhotul Ulama' health institution, Puskesmas in the boarding school area and the health office as the city health policy makers. The activities carried out

include; delivery of health information, training for health cadres of Pondok pesantren on first aid, basic health services and health referrals.

CONCLUSION

Community service programs in the form of this partnership can run well. Among them include; partnership program between health education campuses, health offices, health centers and boarding school caregivers, programs for implementing PHBS in pondok pesantren, and education on health protocols for adapting new habits in the Covid-19 pandemic era to all pesantren residents. It is hoped that the sustainability of this program can continue to be implemented so that it can improve the quality of the facilities and infrastructure needed by Pondok Pesantren for the realization of healthy pesantren.

ACKNOWLEDGMENTS

We express our gratitude to Allah Subhanahu Wa Ta'ala, because for the facilities provided so that this Community Service can run smoothly. This community service can be carried out well with the support of (1) Head of Dharma Husada Midwifery Academic and Dharma Husada Nursing Academic (2) Head of LPPM Dharma Husada Midwifery Academic (4) Head of Pondok Pesantren and all community leaders in Kediri, (5) Head of PCNU and LKNU Kediri – East Java - Indonesia (6) Head of Kediri Public Health office and all staff, May Allah Subhanahu Wa Ta'ala reward all of you with the good you deserve. Aamiin.

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