

## Efforts to Prevent Scabies Through Improving Sanitation at the Darul Qur'an Islamic Boarding School in Cimalaka

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### ABSTRACT

Scabies is a skin disease caused by infestation with the mite *Sarcoptes scabiei* var. *hominis*. This disease can spread quickly in an unhygienic environment. Islamic boarding schools are places where many individuals live in one dense environment, thereby increasing the risk of transmission of scabies. This research aims to improve sanitation at the Darul Qur'an Cimalaka Islamic Boarding School as an effort to prevent scabies. The method used was direct observation of the sanitary conditions in Islamic boarding schools, as well as counseling and training for Islamic boarding school residents regarding the importance of maintaining personal and environmental cleanliness. The results of the research showed that there was a significant improvement in environmental cleanliness in Islamic boarding schools after sanitation interventions were carried out. Apart from that, the knowledge and awareness of Islamic boarding school residents about the importance of maintaining cleanliness also increased significantly after counseling and training. In conclusion, increasing sanitation and awareness about the importance of maintaining personal and environmental cleanliness can be effective in preventing the transmission of scabies at the Darul Qur'an Cimalaka Islamic Boarding School. Preventive measures like this can be implemented in other Islamic boarding schools to reduce the risk of infectious diseases in crowded environments such as Islamic boarding schools.

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## INTRODUCTION

WHO, scabies is a significant disease for public health because it is a substantial contributor to global morbidity and mortality. The prevalence of scabies worldwide is reported to be around 300 million cases per year (Nugraheni, 2016). Scabies is a health problem that often occurs in various communities, especially in environments with high population density. This disease is caused by infestation with the *Sarcoptes scabiei* mite, which can cause symptoms of severe itching and rashes on the skin. Scabies infection can spread quickly through direct contact between individuals, and an unhygienic environment exacerbates the risk of transmission. Scabies is often found in densely populated areas such as slums, prisons, orphanages, nursing homes, Islamic boarding schools and boarding schools. Islamic boarding schools are schools that emphasize Islamic religious studies and are supported by dormitories as permanent residences for students (Qomar, 2010). Indonesia is a country with 14,798 Islamic boarding schools with a fairly high prevalence of scabies (Ministry of Health of the Republic of Indonesia, 2014).

Handri, (2008) scabies is often found in Islamic boarding schools because Islamic boarding school children are very fond of exchanging/borrowing clothes, towels, sarongs and even pillows, bolsters and mattresses with each other, so this is the key to the familiarity of this disease with the world of Islamic boarding schools. Islamic boarding schools are one of places with residents who can be a factor in the transmission of scabies mites between students. Education as a solution to preventing scabies is closely related to the level of knowledge. Knowledge about prevention, ways of transmitting the disease, and treatment efforts if you are infected with scabies will influence healthy living behavior by maintaining personal and environmental cleanliness, which is then expected to be able to reduce or even eliminate the prevalence of scabies. (Handri, (2008)

Islamic boarding school is a traditional education where students live together and study under the guidance of those better known as kiai and have dormitories for the students to stay. The students are located in a complex which also provides a mosque for worship, space for study and other activities. With the gathering of students in dormitories, the housing is overcrowded, resulting in frequent direct contact between each other, resulting in the easy spread of diseases. Especially scabies (Ihtiarintyas, 2019)

The Darul Qur'an Cimalaka Islamic Boarding School, like many other similar institutions, has its own challenges in maintaining the health of the environment and the individuals within it. Population density, limited sanitation facilities, and low awareness of the importance of maintaining cleanliness are often factors that exacerbate the risk of disease transmission, including scabies. Therefore, improving sanitation is an important step in preventing the spread of scabies at the Darul Qur'an Cimalaka Islamic Boarding School. By improving sanitation conditions and increasing awareness of the importance of maintaining personal and environmental cleanliness, it is hoped that we can reduce the risk of transmitting scabies and improve the health and welfare of boarding school residents. This research aims to identify sanitation problems at the Darul Qur'an Cimalaka Islamic Boarding School and design and implement appropriate interventions to improve sanitation as a measure to prevent scabies. In this way, it is hoped that it can make a positive contribution in improving the health and quality of life of Islamic boarding school residents and reducing the incidence of scabies.

## METHOD

Methods for community service to prevent scabies through improving sanitation at the Darul Qur'an Cimalaka Islamic Boarding School can include the following steps:

- Initial Survey: Conduct an initial survey to evaluate the existing sanitary conditions in Islamic boarding schools. This survey includes an assessment of sanitation facilities, the level of

environmental cleanliness, as well as the level of knowledge and awareness of residents about the importance of sanitation in preventing disease.

- **Intervention Planning:** Based on the survey results, plan intervention steps that are specific and appropriate to the needs of the Islamic boarding school. This may include repairing or upgrading sanitation facilities, education on personal and environmental hygiene practices, and training for boarding school residents on how to prevent the transmission of scabies.
- **Implementation of Intervention:** Carrying out intervention steps in accordance with the plan that has been prepared. This can include physical improvements such as building or repairing sanitation facilities, direct education to boarding school residents, as well as training on hygiene practices and how to avoid disease transmission.
- **Monitoring and Evaluation:** Conduct regular monitoring of the implementation of interventions and their impact on the sanitary conditions and knowledge of Islamic boarding school residents. This evaluation can help in assessing the effectiveness of the intervention and determining whether any changes need to be made.
- **Information Dissemination:** Disseminate information about hygiene practices and prevention of scabies to the wider community, either through social media, brochures, or health education lectures in Islamic boarding schools and in the surrounding environment.

## RESULTS AND DISCUSSION

After community service was carried out to prevent scabies through improving sanitation at the Darul Qur'an Cimalaka Islamic Boarding School, Knowledge and Awareness Increased: Through the outreach and training held, there was an increase in knowledge and awareness of Islamic boarding school residents about the importance of maintaining personal and environmental cleanliness in preventing infection. scabies disease. Islamic boarding school residents also have a better understanding of concrete actions that can be taken to prevent scabies, such as washing hands regularly and maintaining a clean environment. There have been positive changes in the behavior of Islamic boarding school residents regarding personal and environmental hygiene practices. Residents of Islamic boarding schools are starting to be active in maintaining the cleanliness of sanitation facilities, cleaning the environment around Islamic boarding schools, and implementing scabies prevention measures that have been studied. There are still several factors that need to be considered in maintaining the success of this prevention effort. One of them is maintaining good and sustainable sanitation facilities. It is important for Islamic boarding school managers to continue to monitor and improve sanitation facilities so that they remain clean and functional. Apart from that, it is also necessary to carry out regular monitoring and evaluation of the hygiene practices and level of knowledge of Islamic boarding school residents. This can help identify potential behavioral changes that are still needed and provide the support and guidance needed.

Overall, this community service emphasizes the important role of sanitation in preventing scabies in the Islamic boarding school environment. By involving the entire Islamic boarding school community in this prevention effort, it is hoped that an environment that is healthier and free from scabies can be created.

## CONCLUSIONS AND RECOMMENDATIONS

Community service to prevent scabies through improving sanitation at the Darul Qur'an Cimalaka Islamic Boarding School has had a positive impact. increasing knowledge and awareness of Islamic boarding school residents, as well as changes in behavior that have occurred have contributed to reducing the risk of scabies transmission in the Islamic boarding school environment.

## Recommendation

- Routine Maintenance, Islamic boarding school managers need to carry out routine maintenance on sanitation facilities that have been repaired or upgraded. This includes cleaning toilets, sinks and handwashing stations regularly to ensure they are maintained clean and functional.
- Health Education Program It is important to continue education and training programs on personal and environmental hygiene practices for boarding school residents on a regular basis. In this way, their knowledge and awareness will remain maintained and updated.
- Monitoring and Evaluation It is necessary to carry out regular monitoring and evaluation of the hygiene practices and knowledge of Islamic boarding school residents. This can help identify potential behavioral changes that are still needed and provide the necessary guidance and support.
- Collaboration with External Parties Islamic boarding school managers can collaborate with external parties such as local health institutions or non-governmental organizations that have expertise in the field of sanitation and public health. This kind of collaboration can strengthen scabies prevention efforts and increase access to necessary resources.

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