Journal of Health Sport and Nursing
Vol 1, No. 1, (2025), Hal. 7-13
DOI: https://doi.org/10.26740/jhsn.v1i1.67988
eISSN 3125-1412

THE RELATIONSHIP BETWEEN CLEAN AND HEALTHY LIVING BEHAVIOR KNOWLEDGE AND SCABIES PREVENTION IN CHILDREN

Asri kusyani

1. Department of Nursing, Stikes Husada Jombang
*Corresponding Author: asrikusyani84@gmail.com

ABSTRACT

Scabies or also known as scabies, gudig, and budug, is a skin disease caused by infection with the Sarcoptes scabiei mite variety hominis. Scabies is often ignored by society, this often occurs due to poor personal hygiene habits, and lack of knowledge. The purpose of this study is to analyze the relationship between knowledge about clean and healthy living behaviors and the prevention of scabies in children at MI Miftahul Ulum Blaban Batumar-mar, Pamekasan Regency, Madura. This research method uses correlation analysis with a cross-sectional approach. The population of Mi Miftahul Ulum Blaban Batumar-mar Pamekasan is 50 students. The study sample is 50 people selected as a whole. using the total sampling technique. The results of the study show Sig. value 0.000, so there is a Relationship between PHBS Knowledge and Scabies Prevention at MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency, Madura. Knowledge about clean and healthy living behaviors greatly affects the incidence of scabies. The higher the knowledge about clean and healthy living behaviors, the lower the risk of contracting diseases, one of which is scabies.

Keywords : Knowledge, PHBS, Scabies

INTRODUCTION

Clean and Healthy Living Behavior (PHBS) is one of the behaviors that prevent scabies. PHBS affects the incidence of scabies especially in public areas where people live together such as orphanages, Islamic boarding schools and residential areas. Islamic boarding schools are one of the places where this disease can develop, because of the communal life which usually involves sharing one item. For example: clothes, sheets and towels (Notoatmodjo, 2018). Scabies is a contagious skin disease caused by tiny mites or lice called Sarcoptes scabiei variant harmoni. Scabies mites are tiny mites that are difficult to see with the naked eye and live in human skin. Skin infested with scabies mites causes itching, especially at night. Scabies mites can infest the entire body, especially between the fingers, between the thighs, and in the creases of the elbows. (Nikmah et al., 2021)

Data WHO (2020) Current estimates of the prevalence of scabies range from 0.2% to 71% and are estimated to affect more than 200 million people at any given time. The prevalence of scabies in Indonesia according to data from the Indonesian Ministry of Health in 2020 was 8.46% then increased in 2020 by 9% and in 2016 by 4.60% - 12.95%. Scabies is an infectious disease that ranks third among the 12 most common skin diseases,(Kemenkes RI, 2019). The prevalence of scabies in 2019 still ranges between 4.95-6.95% and as many as 14 provinces have skin disease prevalence exceeding the national prevalence, one of which is East Java Province, while in East Java Province there are 72,500 (0.2%) people suffering from scabies.

Dinkes Jawa Timur (2022) Based on data recorded in the Islamic Boarding School Database (PDPP) of the Directorate of Early Childhood Education and Islamic Boarding School of the Directorate General of Islamic Education, Ministry of Religious Affairs (Kemenag), in 2020 there were 27,722 students infected with scabies. (Dinkes Jawa Timur, 2022)

Clean and healthy living behavior (PHBS) is one of the factors that influence the occurrence of scabies, a person who has poor clean and healthy living behavior (PHBS), transmission can occur through direct contact (touching) or indirect contact with scabies sufferers (using tools and materials contaminated with scabies, such as soap, gloves or towels) and rarely cleaning the bed, such as drying the bed, drying pillowcases, and drying clothes. poor hygiene, so it is very easy to get scabies (Puspita et al., 2018). Scabies sufferers usually do not experience any symptoms due to clinical symptoms resulting in frequent headaches. This is due to increased activity followed by improved maternal health. These complaints/symptoms can cause students to lose sleep and reduce their productivity which can lead to fatigue and exhaustion in the future. (Puspita et al., 2018)

Promoting Clean and Healthy Living Behaviors (PHBS) is the solution to efforts to prevent the occurrence of Scabies. Knowledge of PHBS will be the basis of intuitive self-awareness in maintaining health and efforts to reduce the incidence of scabies. PHBS in schools is a set of behaviors practiced by students, teachers and school residents based on the awareness of learning outcomes, so that they are independent in preventing diseases, namely by bathing twice a day in the morning and evening, bathing with soap, brushing teeth, shampooing properly and cleanly, diligently washing hands with soap until clean, diligently cutting fingernails and toenails, wearing other clothes and not cleaning them, wearing other clothes and not cleaning them. actively participating in cleaning and maintaining the school environment, diligently cleaning the bed, washing the equipment used for sleeping at least once a week, Of the many components if children can do and do scabies will be avoided because clean and healthy living behaviors can reduce getting scabies or contracting the disease.

This study aims to analyze the relationship between knowledge of Clean and Healthy Living Behavior (PHBS) and scabies prevention among children at MI Miftahul Ulum Blaban, Pamekasan Regency.

METHODS

This research method is analytical correlation with a cross-sectional approach design.

Study design

The research location was at Mi Miftahul Ulum Blaban, Batu Mar-Mar, Pamekasan Regency, Madura. It was carried out for 1 day on October 15, 2024 with 50 respondents.

Population and sample

The research population consisted of all children at MI Miftahul Ulum Blaban, Batu Mar-Mar, Pamekasan Regency, totaling 50 students. In this study, the total sampling technique method was used. In the sample selection process, the sample was selected using the Purposive Sampling technique, which is based on what the researcher wants

and those who are willing to be respondents. In this sample selection, the researcher obtained a sample of 50 respondents.

Data collection

Data were collected using validated questionnaires. The PHBS knowledge questionnaire was adopted from Hasan (2020) and consisted of 28 items. The scabies prevention questionnaire was adopted from Oktaviana (2019), containing 20 items. Both instruments have been previously validated for content and construct by respective prior studies.

Data analysis

In this study, data analysis uses computer software, namely IBM SPSS 18 using the Chi-Square statistical test. The purpose of this test is to help identify the relationship between variables. If the result of the p value < α (α = 0.05) means that there is a relationship and vice versa if the result of the p value > α (α = 0.05) then there is no relationship between the variables.

Ethical statement

This research has received ethical test certification with researcher number: 0717-KEPKSHJ.

RESULTS

PHBS Knowledge

Table 1 Frequency Distribution of PHBS Knowledge

No	PHBS Knowledge	Frequency	Percentage %
1	Good	19	38
2	Enough	11	22
3	Less	20	40
	Total	**50**	**100**

Based on the table 1 it shows that almost half of the respondents who have PHBS knowledge in the poor category are 20 respondents (40%), almost half of the respondents who have PHBS knowledge in the good category are 19 respondents (38%), and a small number of respondents who have PHBS knowledge in the sufficient category are 11 respondents (22%).

Scabies Prevention

Table 2 Frequency Distribution of Scabies Prevention

No	Scabies Prevention	Frequency	Percentage %
1	Positif	20	40
2	Negatif	30	60
	Total	**50**	**100**

Based on table 2, it shows that the majority of respondents experienced scabies prevention with a negative category of 30 respondents (60%), and almost half of the respondents experienced scabies prevention with a positive category of 20 respondents (40%).

Relationship Between PHBS Knowledge With Scabies Prevention

Table 3 Frequency Distribution of PHBS Knowledge With Scabies Prevention

P value	r
0,0000	0,479

Based on the results of the Spearman Rank Test, the Sig value is obtained. (2-tailed) of 0.000 < p value (0.05), then it can be concluded that there is a significant relationship between knowledge of PHBS and prevention of scabies in MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Madura Regency. Further, There was a moderate positive correlation between PHBS knowledge and scabies prevention (r = 0.479, p < 0.05). Tthis value indicates a positive value which means that the higher the knowledge of PHBS, the higher the prevention of scabies.

DISCUSSION

Based on the results of the Spearman Rank Test with IBM SPSS 18, Sig. The value (2-tailed) is 0.000 <p value (0.05), so it can be concluded that there is a significant relationship between knowledge of PHBS and prevention of scabies in MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency, Madura. Furthermore, the value of the correlation coefficient is 0.479, so this value shows a moderate relationship between PHBS knowledge and scabies prevention in MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency, Madura, and has a positive value, which means the higher the knowledge of PHBS, the higher the prevention of scabies. In line with the research of Rico Isramilda et al (2023) , the results of the spearman rank calculation of the relationship between PHBS and Scabies Incident at Bahrul Maghfiroh Malang Boarding School obtained a P value of 0.000 <0.048 so that H0 is rejected, which means there is a significant relationship between Scabies Incident between students and PH. at Bahrul Maghfiroh Boarding School, Malang. According to researchers, personal hygiene factors greatly influence scabies. The higher a person's level of personal hygiene, the lower the risk of contracting scabies, but the worse a person's level of personal hygiene, the greater the risk of contracting scabies. Based on table 5.6, it can be seen that a small number of respondents have poor PHBS knowledge with negative scabies prevention, 16 respondents (32%) and a small number of respondents have sufficient PHBS knowledge with positive scabies prevention, 2 respondents (4%).

The above study is not in line with the study (Saputra, 2021) which shows that almost half of the respondents who have sufficient PHBS, 44 people (34.6%) suffer from scabies, and a small portion of respondents who lack PHBS, 1 person (0.8), suffer from scabies. PHBS is a set of behaviors practiced based on awareness of learning outcomes that allows a person or family to help themselves in the health sector and play an active role in realizing the health of their community. Lack of personal hygiene among students causes scabies to spread quickly (Depkes RI, 2007). According to Isramilda et al (2023) in their study, the majority of respondents who have a high category about scabies, the level of knowledge of these respondents is only limited to knowing and knowing what scabies is without understanding further. Based on the results of the study, it is known that respondents do not know the factors that cause scabies, signs and symptoms of scabies, and respondents also do not know how to overcome and control the occurrence of scabies.

According to Ihtiaringtyas *et al* (2019) Factors that contribute to this problem include inadequate hand and nail hygiene. Unclean hands and dirty nails can facilitate the spread of scabies because of the amount of manual work required, such as holding, scratching, and touching. People with skin diseases, especially scabies, can easily transmit the condition to other parts of their body through unclean hands and nails. Scabies can also be transmitted through direct contact, such as shaking hands. Other studies have stated that increasing knowledge and understanding of personal hygiene can influence a person's attitude and behavior in maintaining personal hygiene so that the occurrence of skin diseases or scabies can be handled properly (Puspita et al., 2018).

Other studies have suggested that the disease that attacks children in Islamic boarding schools is the same as scabies. The cause of the problem is the state of personal hygiene and the ineffectiveness of therapy due to delays in seeking medical help. Scabies, a dermatological condition, is easily transmitted to people living in an environment filled with scabies mites (Ibrahim et al., 2023). Clean and healthy living behavior is the act of maintaining cleanliness and health for physical well-being. A person is said to have good personal hygiene if a person can maintain body cleanliness, which includes skin cleanliness, clothing cleanliness.hand hygiene, nail hygiene, and genital hygiene. Scabies is a type of infectious disease caused by ectoparasites that is often ignored until it becomes a global health disease worldwide (Wati & Ridlo, 2020). According to researchers based on the above facts and theories, lack of knowledge about clean and healthy living behaviors can increase the incidence of scabies and vice versa, as happened in this study, which shows that knowledge about clean and healthy living behaviors is enough to cause scabies. Clean and healthy living behaviors can be influenced by several factors, for example parenting styles. In addition to personal hygiene factors, each person can also influence someone in preventing scabies. Poor environmental hygiene can be the cause of scabies, such as clothes, hands, and nails should always be kept clean.

Study Limitations: This study was conducted in a single location with a relatively small sample size and used self-reported data, which may be subject to bias or overestimation.

Recommendation: Regular health education sessions focusing on Clean and Healthy Living Behaviors (PHBS) are recommended to improve scabies prevention among elementary school students

CONCLUSION

The relationship between knowledge about Clean and Healthy Living Behavior and prevention of scabies in children at MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency, Madura, Almost half of the respondents who have PHBS knowledge with a less category of 20 respondents (40%). And most respondents experience scabies prevention with a negative category of 30 respondents (60%). There is a relationship between PHBS Knowledge and Scabies Prevention at MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency, Madura with the results obtained a Sig. value of 0.000, and a correlation coefficient value of 0.479, then this value indicates a moderate relationship between PHBS Knowledge and Scabies Prevention at MI Miftahul Ulum Blaban, Batu Mar-Mar District, Pamekasan Regency.

CONFLICT OF INTEREST

No conflict-of-interest.

ACKNOWLEDGMENTS

The author would like to thank the principal, teachers and students of Mi Miftahul Ulum Blaban Batumar-mar Pamekasan.

REFERENCES

Depkes RI. (2007). *Perilaku Hidup Bersih Dan Sehat*.

Dinkes Jawa Timur. (2022). *Statistik Kesehatan Provinsi Jawa Timur*. 1–80.

Fitriani, L. (2018). Internalisasi Nilai-Nilai Karakter Islami pada Anak Usia Dini Melalui Metode Berkisah. *In Annual Conference on Islamic Early Childhood Education (ACIECE)*, *3*(1), 121–154.

Hasan, I. (2020). *Analisis Data Penelitian dengan Statistik (Edisi Kedua)*. Bumi Aksara.

Ibrahim, S., Abdelhameed, M. M., Ahmed, S. E., Ali, A. N., Atif, Y. A., Farahat, Y. G., Mohammed, M. M., & Abdelmohsen, R. S. (2023). Diagnostic Dermoscopic Feature Patterns of the Parasitic Skin Diseases. *The Egyptian Journal of Hospital Medicine*, *91*(1), 4102–4109. https://doi.org/10.21608/ejhm.2023.294350

Ihtiaringtyas, S., Mulyaningsih, B., & Umniyati, S. R. (2019). Faktor Risiko Penularan Penyakit Skabies pada Santri di Pondok Pesantren An Nawawi Berjan Kecamatan Gebang Kabupaten Purworejo Jawa Tengah. *Balaba: Jurnal Litbang Pengendalian Penyakit Bersumber Binatang Banjarnegara*, 83–90. https://doi.org/10.22435/blb.v15i1.1784

Isramilda, Asa, A., & Purnama, R. Y. (2023). *Faktor - Faktor yang Mempengaruhi Kejaian Skabies di Pondok Pesantres Darul Falah Kota Batam*. *13*(1), 351–361.

Kemenkes RI. (2019). Profil kesehatan Indonesa 2019. In *Kementrian Kesehatan Republik Indonesia*. https://pusdatin.kemkes.go.id/

Munfrida, M., Ririanty, M., & Nafikadhini, I. (2012). Efektivitas Buku Saku PHBS di Sekolah dalam Meningkatkan Perilaku Hidup Bersih dan Sehat. *Jurnal Kesehatan*, *6*(4), 46–53. https://doi.org/10.25047/j-kes.v6i2.15

Nikmah, N., Handayani, N. I., & Firdaus, N. (2021). Analisis Personal Hygiene Dengan Kejadian Scabies Pada Santri Di Pondok Pesantren. *Jurnal Nursing Update*, *12*(3), 48-53.

Notoatmodjo, S. (2016). *Pengembangan Sumber Daya Manusia.* Rineka Cipta.

Notoatmodjo, S. (2018). *Metodologi Penelitian Kesehatan. Cetakan Ketiga.* Jakarta: PT Rineka Cipta.

Nursalam. (2020). *Metodologi Penelitian Ilmu Keperawatan : Pendekatan Praktis Edisi ke Tiga*.

Oktaviana, M. D. (2019). *Gambaran Perilaku Santri Tentang Pencegahan Scabies di Pondok Pesantren Darussalam Kepanjen*. (Doctoral dissertation, Poltekkes RS dr. Soepraoen).

Puspita, S., Rustanti, E., & Wardani, meyliana kartika. (2018). Hubungan Personal Hygiene Dengan Kejadian Skabies Pada Santri. *Jurnal Keperawatan*, *2*(1), 33–38.

Rahmawati, N., Utami, R. D. P., & Cahyaningtyas, M. E. (2019). Hubungan Antara Pengetahuan Orang Tua Tentang Phbs Dengan Perilaku Pencegahan Ispa. *Intan Husada: Jurnal Ilmu Keperawatan*, *8*(2), 49–58.

Rosandi, M. E. T., & Sungkar, S. (2014). The Knowledge on Scabies Among Students in a Pesantren in East Jakarta, Before and After Health Education. *E-Journal Kedokteran Indonesia*, *2*(3), 21–165. https://doi.org/10.23886/ejki.2.4501.

Saputra, R. (2021). Hubungan Pengetahuan, Sikap, Sarana Dan Jenis Kelamin Dengan Perilaku Hidup Bersih Dan Sehat (Phbs) Di Asrama Riau, Yogyakarta. *Jurnal Kesehatan Dan Pengelolaan Lingkungan*, *2*(1), 88–93. https://doi.org/10.12928/jkpl.v2i1.4157

Wati, P. D. C. A., & Ridlo, I. A. (2020). Hygienic and Healthy Lifestyle in the Urban Village of Rangkah Surabaya. *Jurnal PROMKES*, *8*(1), 47. https://doi.org/10.20473/jpk.v8.i1.2020.47-58

WHO. (2020). WHO methods and data sources for life tables 1990-2019. *WHO Methods and Data Sources for Life Tables 1990-2019*, *December*, 32.

Yakin, A. (2021). Pengetahuan PHBS pada Anak Usia Sekolah di Indonesia Literature Review Naskah Publikasi. *Universitas 'Aisiyah Yogyakarta*, *2*(1), 45–75.