

Effectiveness of Educational Videos and Personal Hygiene Counseling in Prevention of Skin Diseases on Students' Knowledge and Attitudes at Jati Sanan Islamic Boarding School

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ABSTRACT

Skin disease is a common disease in all members of society. In Jati Sanan Islamic Boarding School, there are 45 students who have experienced redness of the skin, 44 students who have experienced itching, 28 students have experienced skin that feels like it is burning, 32 students have experienced hives, 29 have experienced white/red spots accompanied by itching, and 33 students have experienced repeated skin complaints. Factors that influence the occurrence of skin disease in students are suspected to be environmental factors and individual behavior of the students themselves are still lacking. This study is to analyze the differences in knowledge and attitudes of students before and after being given counseling on preventing skin diseases at the Jati Sanan Islamic Boarding School. In this study, the researcher used experimental research type with Pre-Experimental Designs form. The research design is One Group Pretest-Posttest Research Design. This research design combines Pretest and Posttest Study. With a sample of 101 students at the Jati Sanan Islamic Boarding School. The value of knowledge and attitudes of students before and after the provision of counseling increased. The results of the analysis showed a p-value of $0.00 < 0.05$, meaning that it can be concluded that there is a difference in knowledge and attitudes before and after the provision of counseling to students. The importance of learning using video media combined with PPT provides benefits that can increase students' knowledge in understanding efforts to prevent skin diseases.

Keywords : Attitude, Knowledge and Skin Disease

INTRODUCTION

Health efforts are any activity or series of activities carried out in an integrated, integrated and sustainable manner to maintain and improve the health of the community in the form of disease prevention, health improvement, disease treatment, and health recovery by the government and/or community. The social environment that determines the norms and behavior of people influences the transmission of disease directly from person to person, such as the transmission of skin diseases. Skin diseases often occur in Indonesia, this is because Indonesia is one of the countries with a tropical climate. Skin health needs to be considered because the skin is the most vital part and is a reflection of health and life. Skin is a tissue, which has so far been less noticed by most people until problems such as skin diseases occur. Skin in humans has a very important role, in addition to its main function of ensuring survival, it also has other meanings, namely race, and a means of nonverbal communication between individuals. (Gusni, Putra and Bayhakki, 2021).

The prevalence of infectious skin diseases according to the World Health Organization (WHO) worldwide is reported to be around 300 million cases per year. The prevalence of skin diseases in Indonesia is 4.60% - 12.95%, ranking third out of the 10 most common diseases. (Sri Rahayu, Dita Puteri and Mufti Azzahri Isnaeni, 2023). Skin disease morbidity is not well documented in most countries; in the United States, skin diseases account for more than 45% of all reported occupational diseases, but this figure is thought to be an underestimate of the

true incidence of disease.

Islamic boarding schools are one of the places where religious educational institutions grow and develop from the community that plays an important role in the formation of healthy lifestyles and supports the realization of a healthy Indonesia. Jati Sanan Islamic Boarding School is an Islamic religious school located in Kamulan Village, Talun District. In Jati Sanan Islamic Boarding School, there are 45 students who have experienced redness on the skin, 44 students who have experienced itching, 28 students have experienced skin like burning, 32 students have experienced hives, 29 have experienced white/red spots accompanied by itching, and 33 students have experienced repeated skin complaints. Factors that influence the occurrence of skin diseases in students are suspected to be environmental factors and individual behavior of the students themselves are still lacking.

In relation to this, the selection of media materials must be adjusted to the purpose of the counseling to achieve maximum results. One of the appropriate media tools for counseling is animated video. Counseling media through animated videos containing scabies material is expected to be more effective in delivering material to students, this is in accordance with research conducted by (Rimba Mawan and Endah Indriwati, 2017), the results of the study show that the use of animated video media in counseling on clean and healthy living behavior containing character values is valid, practical and effective in increasing public knowledge about diarrhea.

One of the learning media that can be used is Educational Video media. The purpose of this study was to analyze the differences in knowledge and attitudes of students before and after being given educational videos and counseling on preventing skin diseases at the Jati Sanan Islamic Boarding School. Because environmental factors and individual behavior of the students themselves are still lacking.

METHODS

This research design uses experimental research type with Pre-Experimental Designs form. The research design is One Group Pretest-Posttest Research Design. This research design combines Pretest and Posttest Study. The research instrument uses a questionnaire containing the variables of knowledge and attitudes of students.

This study was conducted in June 2024 with the population used being all students living in the Jati Sanan Islamic Boarding School. The sampling technique in this study uses simplerandom sampling. The sample in this study were students who were willing to be research respondents, with a sample size of 101 respondents.

The primary data used in this study were obtained directly from respondents using a questionnaire containing the same questions and answers and given to respondents before and after the counseling was given. While secondary data obtained indirectly by researchers from documents related to skin disease issues, namely data from health journals, the Ministry of Health, and from previous research.

RESULTS

A. Characteristic Variable Analysis

Based on the results of the study entitled Effectiveness of Educational Videos and Personal Hygiene Counseling in Preventing Skin Diseases on the Knowledge and Attitudes of Students at the Jati Sanan Islamic Boarding School, the following data was obtained regarding the characteristics of the respondents:

Table 1.Characteristics of Respondents of Students at the Jati Sanan Islamic Boarding School in 2024

Data Types	f	%
Age		
15	1	1.0%
16	33	32.7%
17	38	37.6%
18	29	28.7%
Total	101	100%

Data Types	f	%
Gender		
Woman	65	64.4%
Man	36	35.6%
Total	101	100%
Class		
X	40	39.6%
XI	23	22.8%
XII	38	37.6%
Total	101	100%

Source:Primary Data, 2024

Based on the table above, it was found that the majority of respondents in this study were 17 years old, namely 38 students (37.6%). More than half of the respondents were female, namely 65 respondents (64.4%). At the class level, respondents were dominated by class X, namely 40 respondents (39.6%).

B. Variable Characteristics Analysis

Table 2.Frequency Distribution of Knowledge and Attitude Variables of Students at Jati Sanan Islamic Boarding School in 2024

Variables	Pre	%	Post	%
Knowledge of Santri				
Good	8	7.9%	73	72.3%
Enough	28	27.7%	28	27.7%
Not enough	65	64.4%	-	-
Total	101	100%	101	100%
Attitude of Santri				
Positive	100	99%	101	100%
Negative	1	1%	-	-
Total	101	100%	101	100%

Source:Primary Data, 2024

Based on the research results, it is known that the average knowledge of students before being given education was 4.78 with the lowest knowledge being 1 and the highest being 9. Meanwhile, the attitude of students before being given education was 68.37 with the lowest attitude value being 55 and the highest being 82. Based on the research results, it is known that the average knowledge of students after being given education was 8.01 with the lowest knowledge being 6 and the highest being 10. Meanwhile, the attitude of students after being given education was 76.27 with the lowest attitude value being 66 and the highest being 87.

C. Bivariate Analysis

Bivariate analysis is a data analysis carried out to find the correlation or influence between 2 or more variables being studied. Researchers want to know whether it is effective or not to prove the hypothesis. The variables are analyzed using the paired t-test statistical test if the data is normal but if the data is not normal then the Wilcoxon signed rank test is used with a

significance level of $\alpha \leq 0.05$.

The results of the normality test obtained on the pre-test knowledge variable are: 0.200 and pre-test attitude 0.200. In the post-test, namely knowledge 0.140 and attitude 0.176 with $\alpha = 0.05$ which if > 0.05 then the data is said to be normally distributed and can be continued to statistical tests.

Table 3. Statistical test analysis results Effectiveness of Educational Videos and Personal Hygiene Counseling in Preventing Skin Diseases on the Knowledge and Attitudes of Students at the Jati Sanan Islamic Boarding School in June 2024

Variables		Mean	lean Difference	t Count	t Table	<i>p-value</i>
Knowledge	Pre	4.78	3,228	14,569	1,984	0,000
	Post	8.01				
Attitude	Pre	68.37	7,901	13,000	1,984	0,000
	Post	76.27				

Source: Primary Data 2024

The results based on the table above, there is a t-value of knowledge $>$ t-table value of knowledge ($14.569 > 1.984$) and a t-value of attitude $>$ t-table value of attitude ($13.000 > 1.984$) at a significance level of 5% or $\alpha = 0.05$ and the difference in the average value between pre and post knowledge is 3.228 and the average value of pre and post attitudes is 7.901 with a significance value of 0.000 ($p = 0.000 < 0.05$), meaning that H_0 is rejected, H_1 is accepted, so there is a difference in knowledge and attitudes before and after education is given.

DISCUSSION

A. The Value of Knowledge and Attitude of Students Regarding Prevention of Skin Diseases Before Being Given Counseling

A study conducted at the Jati Sanan Islamic Boarding School in June 2024 on the knowledge and attitudes of students regarding the prevention of skin diseases before being given counseling obtained results that the knowledge scores of students were mostly in the poor category, namely 65 respondents (64.4%). While the attitude scores of students before being given education were mostly in the Positive attitude category, namely 100 respondents (99%). These results are in accordance with what is in the field that there are still many students who do not understand or understand skin diseases in efforts to prevent skin diseases that can be transmitted from one student to another.

The results of this study are in line with research conducted by (Pramesti, 2024) showing the results of respondents' knowledge before being given counseling, most of the respondents were in the sufficient category. Knowledge that has a sufficient category is because before the intervention was given to the respondents. And the attitudes of the respondents mostly have a good category.

Previous research conducted by Daulian et al. (2016) showed that the results of students' knowledge before conducting counseling obtained the greatest results in the less category. And the students' attitudes had the most positive attitudes compared to negative traits before the intervention was carried out.

Some factors that influence the occurrence of skin diseases include the level of knowledge of students. Knowledge is a very important part in shaping a person's behavior. Knowledge is everything that is known through the results of a person's curiosity, especially through the sensory process of the eyes and ears towards objects. In addition, the low level of public knowledge about the spread and prevention of skin diseases causes a high incidence of skin diseases in community groups/students. Lack of knowledge will make someone have a poor attitude too, Attitude is a person's closed response to certain objects that involve opinions and

emotions such as happy-unhappy, agree-disagree, and good-bad. According to (Irwan, 2017), Attitude is a person's closed response to something, both internal and external so that its manifestation cannot be seen directly, but can only be interpreted first from his closed behavior. Attitude plays a very important role in preventing skin diseases in an environment that requires personal hygiene and healthy behavior. A person's positive attitude towards health may not automatically have an impact on a person's behavior to be positive, but a negative attitude towards health almost certainly has a negative impact on health (Jasmine et al., 2016).

Information also influences a person's knowledge and attitude. We can find information from several media. The purpose of using media is as a source of learning in the teaching and learning process to make it easier for students to gain knowledge and skills, because in the teaching and learning process the presence of media is very important, because the unclear material delivered can be helped by presenting media as an assistant. Media as a tool in the teaching and learning process because of a reality that cannot be denied. Because it is the teacher/lecturer who is tasked with conveying messages from the learning materials given to students. Teachers are aware that without the help of media, learning is difficult to understand and digest by students, especially in complicated or complex learning.

According to the researcher's assumption, the knowledge possessed by students will have a major impact on the attitude they will show, someone who has less knowledge will tend to show a less good attitude in their daily life. One of the factors causing students' lack of knowledge is about socio-culture, the higher the level of education and social status of a person, the higher their level of knowledge will be. Skin disease is a disease that is transmitted through direct or indirect contact through contaminated objects such as towels, clothes, handkerchiefs, and so on. Therefore, pillows, sheets, blankets, towels, clothes or other fabrics that have been used by sufferers should be washed with hot water and dried in the sun/dry cleaned to kill the mites that stick to it so that transmission does not occur.

Meanwhile, according to the researcher's assumption, the negative attitude of students is caused by some of them having less knowledge about preventing skin diseases. In an effort to prevent skin diseases, students' attitudes can include environmental sanitation (cleanliness of the residence or dormitory), this can be done by cleaning personal furniture, sweeping and mopping the floor, cleaning the dormitory, and throwing away trash. Environmental sanitation needs to be kept clean starting from the yard, water drainage, and the front street of each dormitory. In addition, bathe regularly, and all clothes, sheets and towels used must be washed regularly if necessary soaked in hot water at 60 ° C or hot drying circle.

B. The Value of Knowledge and Attitude of Students Regarding Prevention of Skin Diseases After Being Given Counseling

A study conducted at the Jati Sanan Islamic Boarding School in June 2024 on the knowledge and attitudes of students regarding the prevention of skin diseases obtained the results of the students' knowledge after the provision of education, most of them were in the good category, namely 73 respondents (72.3%) with a total number of respondents of 101. Meanwhile, the results of the students' attitudes after the provision of education, all respondents had a positive attitude, namely 101 respondents (100%) of the total number of respondents. These results indicate that there was an increase in students' knowledge and attitudes after being given counseling on the prevention of skin diseases.

This study is in line with research conducted by (Pramesti, 2024) showing the results of the average knowledge value after being given counseling, the number of respondents with good knowledge increased and the number of students with poor knowledge and sufficient knowledge decreased. After being given counseling, the number of respondents with good attitudes increased, while the number of respondents with sufficient attitudes decreased and there were no respondents with poor attitudes.

Previous research conducted by Daulian et al (2016) showed that the results of students'

knowledge after conducting counseling obtained quite increased knowledge results. At the time of the post-test, the knowledge results decreased. And at the time of the post-test, the positive attitude results increased and the negative attitude results decreased.

The increase in attitudes that occurred in respondents was likely caused by the knowledge obtained being able to create understanding and belief in their needs as respondents who must have behavior (knowledge, attitude and action) to avoid skin diseases. In addition, the change in respondents' attitudes into a positive category after the intervention was carried out because respondents were better able to absorb the material through group discussions using the displayed video media. Additional media such as material presentation by providing counseling can be supporting media that can make material absorption more optimal. Someone who is well-informed does not guarantee that they will have a positive attitude. Because someone in determining a complete attitude is not only determined by knowledge, but is also influenced by thoughts, beliefs and emotions that play an important role. The individual concerned must be able to absorb, process and understand the information received as a stimulus. The positive attitude referred to by the researcher is that respondents have opinions that are in accordance with the researcher's criteria, namely respondents believe in the importance of skin diseases to be watched out for and behave in a clean and healthy way. Respondents who still have a negative attitude at the end of the study, could be caused by their interpretation with inappropriate attitude questions.

According to the researcher's assumption, there was an increase in knowledge and attitudes of students after being given counseling on preventing skin diseases, as evidenced by the results of field data showing that the knowledge value increased to good, which was initially lacking. The increase in knowledge accompanied by an increase in attitudes shows that the provision of counseling on preventing skin diseases that had been carried out was successful. Previously, there were several students who did not understand the concept of preventing skin diseases to what could be the causes of skin disease transmission, as well as an increase in attitudes that previously did not know about what triggered the transmission of skin diseases, to what were the causes of skin disease problems themselves. Providing counseling on health provides benefits for all people in order to improve their health.

C. The Value of Knowledge and Attitude of Students Regarding Prevention of Skin Diseases Before and After Providing Counseling

The results of the study conducted at the Jati Sanan Islamic Boarding School in June 2024 regarding the differences in knowledge and attitudes of students regarding the prevention of skin diseases before and after being given counseling obtained the results of the t-test, the calculated t value of knowledge > the t table value of knowledge ($14.569 > 1.984$) and the calculated t value of attitude > the t table value of attitude ($13.000 > 1.984$) at a significance level of 5% or $\alpha = 0.05$ and the difference in the average value between pre and post knowledge was 3.228 and the average value of pre and post attitudes was 7.901 with a significance value of 0.000 ($p = 0.000 < 0.05$), meaning that H_0 is rejected, H_1 is accepted, so there is a difference in knowledge and attitudes before and after education is given.

This study is in line with the study conducted by (Pramesti, 2024) obtained the results of the average value (mean) of the respondents' knowledge score before being given counseling was 7.05. After being given counseling, an increase in the average respondent's knowledge score was obtained. This can indicate that there is an increase in the average value of knowledge. The average value of the respondents' attitude score before counseling was 29.95 and after being given counseling, an increase in the average respondent's attitude score was obtained to 31.82 which stated that there was an increase in the average value of 1.87. Based on the results of the statistical analysis, the p-value of knowledge was 0.000 and the p-value of attitude was 0.001 ($p\text{-value} < 0.05$). So it can be concluded that there is a significant difference between the knowledge and attitudes of students before and after scabies prevention counseling

at the Hidayatullah Islamic Boarding School in Samarinda.

According to the researcher's assumption, there is a significant difference between knowledge and attitudes before and after counseling on skin disease prevention, as evidenced by the results of data analysis showing a p-value of knowledge and attitudes with a significance value of 0.000 which is smaller than 0.005, meaning that it can be concluded that there is a difference in knowledge and attitudes before and after counseling on students. Increasing knowledge needs to be increased again for students in order to provide good short-term and long-term changes for students so that they are able to apply clean living behavior with this knowledge. Changes in attitude indicate that respondents want to change their views on preventing skin diseases. Changes in attitude can occur along with changes in knowledge. An increase in knowledge scores will change attitudes and influence a person's habits in a positive direction.

CONCLUSION

Based on the results of research conducted on students at the Jati Sanan Islamic Boarding School, it can be concluded that the results of students' knowledge before education were mostly in the poor category, namely 65 respondents (64.4%) and the results of students' knowledge after education were mostly in the good category, namely 73 respondents (72.3%). While the results of students' attitudes before education were mostly in the Positive attitude category, namely 100 respondents (99%) and the results of students' attitudes after education were all respondents had a positive attitude, namely 101 respondents (100%) of the total number of respondents. based on the data analysis that has been done, it is known that the p-value of knowledge and attitudes before and after is 0.00, which is smaller than 0.05, meaning that it can be concluded that there is a difference in knowledge and attitudes before and after counseling for students.

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