

**ANALISIS KEBUTUHAN LITERASI KESEHATAN SANTRI
DI PONDOK PESANTREN X YOGYAKARTA SEBAGAI
DASAR PENGEMBANGAN *PHOTOVOICE***

ABSTRAK

Latar belakang: Peningkatan literasi kesehatan penting bagi setiap kelompok usia karena rendahnya literasi kesehatan berdampak pada status kesehatan. Tatanan sekolah dan pesantren tidak lepas dari peningkatan masalah kesehatan penyakit tidak menular maupun penyakit menular. Meskipun berbagai intervensi telah dilakukan namun belum mampu mengatasi masalah tersebut. Alumni santri yang memiliki peran penting menjadi orang terdekat santri saat di pesantren. *Photovoice* sebagai metode dalam promosi kesehatan dapat menggambarkan masalah melalui gambar yang bermakna. *Need assessment* di pesantren X dilakukan untuk mengetahui prioritas masalah serta strategi dalam pelaksanaan program.

Tujuan: Mengeksplorasi kebutuhan literasi kesehatan santri di pondok pesantren X Yogyakarta sebagai dasar pengembangan *Photovoice*.

Metode: Desain penelitian ini menggunakan jenis penelitian kualitatif deskriptif dengan desain penelitian studi kasus yang dilakukan pada bulan Juli 2024. Pengumpulan data menggunakan FGD pada 13 orang alumni santri dalam dua kelompok FGD serta wawancara mendalam dengan 9 informan serta observasi. Pemilihan informan menggunakan *homogeneous sampling*. Keabsahan data menggunakan triangulasi sumber dan *member checking*. Data dianalisis menggunakan software Atlas.Ti.

Hasil: Melalui *need assessment* diketahui bahwa permasalahan kesehatan utama yang terjadi di pesantren X adalah sakit maag atau gangguan asam lambung. Keluhan tersebut dipengaruhi oleh pola makan tidak sehat, adanya stressor, kurangnya aktivitas fisik pada kalangan santri serta belum tersedianya program untuk mengatasi hal tersebut. Untuk itu program SEHATI berkaitan dengan PTM dan *Photovoice* diajukan untuk peningkatan kapasitas bagi alumni santri. Strategi penggunaan *Photovoice* dapat menggambarkan realitas melalui foto yang diambil oleh partisipan. Metode pendekatan SEM dipilih untuk menargetkan perubahan pada setiap tingkatan komunitas pesantren X.

Kesimpulan: Penyakit tidak menular berupa peningkatan asam lambung menjadi prioritas masalah yang perlu intervensi melalui program kesehatan SEHATI. Prosedur dalam *Photovoice* yang menargetkan alumni santri dapat mendorong sebuah kebijakan untuk mendukung pencegahan penyakit tidak menular di pesantren.

Kata kunci: Prioritas masalah, literasi kesehatan, *Photovoice*, santri, pesantren, penyakit tidak menular

NEED ANALYSIS OF STUDENT'S HEALTH LITERACY IN ISLAMIC BOARDING SCHOOL X YOGYAKARTA AS BASIC FOR *PHOTOVOICE* DEVELOPMENT

ABSTRACT

Background: Improving health literacy is important for every age group because low health literacy has an impact on health status. The school and Islamic boarding school system is inseparable from the increasing health problems of non-communicable diseases and infectious diseases. Although various interventions have been carried out, they have not been able to overcome the problem. Alumni of students who have an important role as the closest people to students while at the Islamic boarding school. *Photovoice* as a method in health promotion can describe problems through meaningful images. Need assessment at Islamic boarding school X was carried out to determine the priority of problems and strategies in implementing the program.

Objective: Exploring the health literacy need of students at the X Islamic Boarding School in Yogyakarta as a basis for developing *Photovoice*.

Methods: This research design used a descriptive qualitative research type with a case study research design conducted in July 2024. Data collection used FGD on 13 alumni of santri in two FGD groups and in-depth interviews with 9 informants and observations. The selection of informants used homogeneous sampling. Data validity used source triangulation and member checking. Data was analyzed using Atlas.Ti software.

Results: Through a needs assessment, it was discovered that the main health problems that occurred in Islamic boarding school X were ulcers and stomach acid. The causes were unhealthy eating patterns, stressors, lack of physical activity among students, and the unavailability of programs to overcome this. For this reason, the SEHATI program related to PTM and *Photovoice* was proposed to increase capacity for alumni students. The strategy of using *Photovoice* can describe reality through photos taken by participants. The SEM approach method was chosen to target changes at every level of the Islamic boarding school X community.

Conclusion: Non-communicable diseases in the form of increased stomach acid are a priority problem that needs intervention through the SEHATI health program. The procedure in *Photovoice* targeting alumni of student can encourage a policy to support the prevention of non-communicable diseases in Islamic boarding schools.

Keywords: Problem prioritization, health literacy, *photovoice*, *santri*, boarding school, Non-communicable diseases