

## ABSTRAK

**Latar belakang :** Kesehatan bukan hanya tentang menghindari terkena penyakit, tetapi juga tentang fisik, mental dan kesejahteraan sosial. Pola hidup sehat merupakan acuan kesehatan yang mencakup banyak seluruh aspek kesehatan. Komunitas menjadi sasaran pengembangan pola hidup sehat yang paling baik, dengan memberdayakan komunitas dapat meningkatkan kesadaran pentingnya kebiasaan pola hidup sehat di lingkungan Pesantren.

**Tujuan:** mengembangkan media edukasi peningkatan pengetahuan pola hidup sehat yang sesuai pada santriwati di PMDG Putri Kabupaten Ngawi, Jawa Timur.

**Metode:** metode yang digunakan berupa metode *research and development* dengan pendekatan *participatory action research*. Penelitian dilakukan di Pondok Pesantren Darussalam Gontor Putri Kabupaten Ngawi, Jawa Timur. Subjek penelitian dipilih secara *purposive sampling*. Metode pengumpulan data dengan *focus group discussion* dan lokakarya. Peneliti juga mengembangkan desain buku saku bersama peserta lokakarya dengan memanfaatkan *what's app group* untuk berdiskusi sehingga tercipta desain buku saku.

**Hasil:** Pengembangan media edukasi dilakukan dalam beberapa langkah, dimulai dari kegiatan observasi dan pengumpulan data, kegiatan FGD, kegiatan lokakarya tahap 1, uji coba media pertama, lokakarya tahap 2, uji coba media kedua dan implementasi, sehingga tercipta buku saku yang berjudul “Pola Hidup Sehat Pesantren”. Buku saku telah dilakukan 3 kali uji coba terhadap 60 responden yang terdiri dari santriwati kelas 5 KMI, dosen ahli bidang gizi pesantren dan islamisasi ilmu, pemasak dapur, petugas kesehatan, dan ustadzah penanggungjawab sektor.

**Kesimpulan:** Buku saku pola hidup sehat pesantren telah diciptakan sebagai media edukasi untuk santriwati di PMDG dengan menyesuaikan keinginan sasaran, yaitu visualisasi menarik dan media mudah diakses.

**Kata kunci:** Pola hidup sehat, Media Edukasi, Pesantren, Santriwati

## ABSTRACT

**Background:** Health is not just about avoiding disease, but also about physical, mental and social well-being. A healthy lifestyle is a reference for health that covers many aspects of health. So that the community becomes the target for developing the best healthy lifestyle, by empowering the community it can increase awareness of the importance of healthy living habits in boarding school environment.

**Objective:** to develop educational media to increase knowledge of healthy lifestyles that are appropriate for female students at PMDG, East Java.

**Method:** the method used is a research and development method with a participatory action research approach. The study was conducted at Darussalam Gontor Putri Islamic Boarding School, Ngawi Regency, East Java. The research subjects were selected by purposive sampling. The data collection method was with focus group discussions and workshops. The researcher also developed a pocket book design by discussing with workshop participants using the what's app group so that a pocket book design for healthy lifestyle in Islamic Boarding Schools was created.

**Results:** The development of the educational media was conducted through several stages, beginning with observation and data collection, followed by FGD, workshop, initial media trials, a second workshop, a second round of media trials, and implementation. These steps led to the creation of a pocket book entitled "Healthy Lifestyle in Boarding Schools". The pocket book was tested in three stages involving 60 respondents, including class 5 KMI, expert lecturers in boarding school nutrition and the Islamization of science, as well as stakeholders in boarding school.

**Conclusion:** The pocket book on healthy lifestyle in Islamic boarding schools has been created as an educational media for female students in boarding schools by adjusting the target's desires, namely attractive visualization and easily accessible media.

**Keywords:** Boarding School, Educational Media, Healthy lifestyle, Santriwati