

ABSTRAK

Latar Belakang: Perilaku hidup bersih dan sehat (PHBS) di pondok pesantren merupakan upaya membudayakan perilaku hidup bersih dan sehat masyarakat di pondok pesantren. Upaya preventif berupa pendidikan kesehatan menggunakan metode *peer education* tentang perilaku hidup bersih dan sehat kepada pendamping di institusi pendidikan (pondok pesantren). Promosi kesehatan sebagai salah satu upaya membudayakan perilaku hidup bersih dan sehat bagi santri dan pendamping pada institusi pendidikan pondok pesantren.

Tujuan: Mengetahui efektivitas *peer education* terhadap perilaku menjaga kebersihan pribadi pada santri di Pondok Pesantren Al-Iman Putri Babadan Kabupaten Ponorogo.

Metode: Jenis penelitian *quasi experiment* dengan rancangan *nonrandomized control group design with pretest and posttest*. Subjek siswa Madrasah Tsanawiyah kelas I pondok pesantren Al-Iman Putri Babadan di Ponorogo. Pengambilan sampel *peer educator* dengan teknik *purposive sampling* dan analisis menggunakan uji *paired t-test* pada tingkat signifikansi $p < 0,05$.

Hasil: Ada perbedaan tingkat pengetahuan, sikap dan tindakan dengan intervensi berupa *peer education* tentang menjaga kebersihan pribadi antara kelompok intervensi dan kontrol. Kelompok intervensi yang diberikan *peer education* mengalami peningkatan lebih tinggi daripada kelompok kontrol yang tidak diberikan *peer education*.

Kesimpulan: Terdapat perbedaan terhadap tingkat pengetahuan, sikap dan tindakan antara kelompok intervensi dan kelompok kontrol terhadap efektivitas *peer education* tentang menjaga kebersihan pribadi pada santri di Pondok Pesantren Al-Iman Putri Babadan Kabupaten Ponorogo. Perlu adanya pedoman standar buku/modul *peer education* tentang PHBS di lingkungan Pondok Pesantren.

Kata Kunci: Pengetahuan, sikap, tindakan, PHBS

ABSTRACT

Background: Clean and healthy living behavior (PHBS) in boarding school is an effort to civilize the behavior of clean and healthy life of society in boarding school. Preventive efforts in the form of health education using peer education methods about the behavior of clean and healthy life to the companion in educational institutions (boarding school). Promotion of health as one effort to civilize the behavior of clean and healthy life for santri and companion at educational institution boarding school.

Objective: To know the effectiveness of peer education on personal hygiene behavior at students at Pondok Pesantren Al-Iman Putri Babadan Kabupaten Ponorogo.

Method: Type of quasi experiment research with nonrandomized control group design with pretest and posttest design. Student Subject of Madrasah Tsanawiyah Class I boarding school Al-Iman Putri Babadan in Ponorogo Sampling of peer educator with purposive sampling technique and analysis using paired t-test at significance level $p < 0,05$.

Results: There is a difference in level of knowledge, attitude and action with intervention in the form of peer education about maintaining personal hygiene between intervention and control groups. The intervention group given peer education experienced a higher increase than the control group that was not given peer education.

Conclusion: There is a difference to the level of knowledge, attitudes and actions between the intervention group and the control group on the effectiveness of peer education about maintaining personal hygiene at students at Pondok Pesantren Al-Iman Putri Babadan Kabupaten Ponorogo. There is a need for standard guidance book / module peer education about PHBS in Pondok Pesantren.

Keywords: Knowledge, attitude, action, PHBS