

## ABSTRACT

*Background:* Hygiene is a basic necessity of human being. In congregate setting, such as orphanages and boarding school, many studies have shown poor hygiene and sanitation practices and its impact on health problems.

*Aim:* The objective was to design an appropriate hygiene training intervention and to apply the interventions to improve the santris' hygienic practices at Mawar Islamic Boarding School, Yogyakarta.

*Method:* A mixed-method explanatory sequential study design was applied. First, a qualitative phase using three FGDs with 20 supervisors and one interview were carried out to explore supervisors' perception. This was followed by a quantitative phase, i.e. a stepped wedge cluster design with pre and posttest targeted to 452 santris. The hygiene training intervention employed presentation, discussion and one of the three methods, either video, poster, and leaflet. Evaluation was conducted using the Kickpatrick model, consisting of reaction, knowledge, behavior and outcome. Categories related perception and potential solution were identified, and Paired T-test and Wilcoxon Rank Test were used in the quantitative analysis.

*Result:* Training intervention materials were developed from the qualitative findings. Overall, the santris gave positive reaction, with boys being more satisfied than girls (4.42 vs 4.33). Knowledge and behavior of personal hygiene increased significantly ( $7.22 \pm 1.34$  to  $7.70 \pm 0.74$  SD and  $9.75 \pm 2.98$  to  $12.16 \pm 2.12$  respectively,  $p < 0,001$ ). However, the outcome of room hygiene was only significantly improved in the boys group and those who received leaflet. After training, girls had higher knowledge than boys (7.74 vs 7.65), but behavior of personal hygiene and outcome of room hygiene was better among the boys (12.72 vs 11.74 and 6.83 vs 4.39, respectively).

*Conclusion:* The hygiene training improved hygiene santris' practices at Mawar Islamic Boarding School Yogyakarta, especially among boys. To integrate this intervention into the routine program, the role of supervisors as role model should be encouraged.

*Keywords:* hygiene training, mixed method, Islamic boarding school

## ABSTRAK

*Latar Belakang:* Kebersihan merupakan kebutuhan dasar manusia. Di tempat berkumpul, seperti panti asuhan dan pesantren, banyak penelitian menunjukkan praktik kebersihan dan sanitasi yang buruk dan dampaknya terhadap masalah kesehatan.

*Tujuan:* Tujuannya adalah merancang intervensi pelatihan kebersihan yang sesuai dan menerapkan intervensi untuk memperbaiki praktik higienis santri di Pondok Pesantren Mawar Yogyakarta.

*Metode:* Desain penelitian sekuensial metode campuran diterapkan. Pertama, fase kualitatif menggunakan tiga FGD dengan 20 supervisor dan satu wawancara dilakukan untuk mengeksplorasi persepsi supervisor. Kemudian diikuti oleh fase kuantitatif, yaitu sebuah desain cluster wedge stepper dengan pre dan posttest yang ditargetkan kepada 452 santri. Intervensi pelatihan kebersihan menggunakan presentasi, diskusi dan satu dari tiga metode, baik video, poster, dan leaflet. Evaluasi dilakukan dengan menggunakan model Kickpatrick, yang terdiri dari reaksi, pengetahuan, perilaku dan hasil. Kategori yang terkait dengan persepsi dan potensi solusi diidentifikasi, Uji T berpasangan dan Uji Wilcoxon Rank digunakan dalam analisis kuantitatif.

*Hasil:* Materi intervensi pelatihan dikembangkan dari hasil penelitian kualitatif. Secara keseluruhan, santri memberi reaksi positif, dengan anak laki-laki lebih puas daripada anak perempuan (4,42 vs 4,33). Pengetahuan dan perilaku kebersihan diri meningkat secara signifikan (dari  $7,22 \pm 1,34$  sampai  $7,70 \pm 0,74$  SD dan  $9,75 \pm 2,98$  sampai  $12,16 \pm 2,12$ ,  $p < 0,001$ ). Namun, hasil higiene ruangan hanya meningkat secara signifikan pada kelompok anak laki-laki dan mereka yang mendapat leaflet. Setelah pelatihan, anak perempuan memiliki pengetahuan yang lebih tinggi daripada anak laki-laki (7,74 vs 7,65), namun perilaku kebersihan diri dan hasil kebersihan ruangan lebih baik di antara anak laki-laki (12.72 vs 11.74 dan 6.83 vs 4.39).

*Kesimpulan:* Pelatihan kebersihan memperbaiki praktik kebersihan santri di Pondok Pesantren Mawar Yogyakarta, khususnya di kalangan anak laki-laki. Untuk mengintegrasikan intervensi ini ke dalam program rutin, peran pengawas sebagai teladan harus didorong.

*Kata kunci:* pelatihan kebersihan, metode campuran, pondok pesantren