

THE RELATIONSHIP BETWEEN PERSONAL HYGIENE BEHAVIOR AND THE INCIDENCE OF SCABIES AT THE TAHFIDZ QUR'AN YAPILA ISLAMIC BOARDING SCHOOL IN LANGSA CITY

Nurul Maulidya^{*1}, Ajmain², Nurhayati Ningsih³, Deviana Risa⁴

^{1,2,3}Faculty of Health Sciences, Cut Nyak Dhien University of Science

* Corresponding Author: nurulmaulidya429@gmail.com

ARTICLE INFO

Article history:

Received : Jun 13, 2025

Revised : Jun 29, 2025

Accepted : Jul 22, 2025

Available online : Jul 30, 2025

Keywords:

Personal Hygiene, Students, Scabies.

ABSTRACT

Scabies is still a problem in developing countries. In addition to poor personal hygiene behavior among students which can increase the risk of contracting scabies. The aim of this research is to determine the relationship between personal hygiene behavior and the incidence of scabies at the Tahfidz Qur'an Islamic Boarding School, Yapila Langsa. Method: Analytical research method with cross sectional design. The population in this study was all students at the Tahfidz Qur'an Islamic Boarding School Yapila Langsa, totaling 200 students, the sampling technique was carried out using Total Sampling. The

results of the research show that of the 200 respondents the majority did not experience scabies, 124 respondents (62%), the majority of respondents had good personal hygiene, 160 respondents (80%) and the majority of respondents who implemented good personal hygiene did not experience scabies, 121 respondents. (75.6%) while the majority of respondents who practiced poor personal hygiene experienced scabies as many as 37 respondents (92.5%). There is a relationship between personal hygiene and the incidence of scabies with a p-value of 0.002 ($p < 0.05$). Researchers suggest to the Tahfidz Qur'an Yapila Langsa Islamic Boarding School to improve and increase the quality of education and focus on clean and healthy living behavior.

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.

Copyright © 2025 by Author. Published by Bina Bangsa University Getsempena



INTRODUCTION

Scabies remains a problem in developing countries. Scabies is a dermatological disorder caused by infestation and sensitization by the mite *Sarcoptes scabiei*. Scabies is a common condition among Islamic boarding school residents. This disease has been found in almost every country worldwide, especially in areas with dry climates. tropical and subtropical with varying prevalence rates (Anggreni and Indira, 2019).

World Health Organization (WHO) estimates that every year more than 300 million people throughout Scabies affects the world. Prevalence tends to be higher in tropical countries and urban areas, especially densely populated areas. Scabies can occur in all

socioeconomic classes, with women and children experiencing higher prevalence. Prevalence tends to increase more in winter than in summer (Samosir, Sitanggang HD, and M, 2020).

The prevalence of scabies in Indonesia in 2020 was 4.60% - 12.95%, and scabies ranked third among the 12 most common skin diseases. Survey results found a 25% prevalence of scabies in adults, while the highest prevalence was 30% - 65% in school children (Mayrona, 2018). The Aceh Provincial Health Office recorded that the number of cases of scabies in 2017 reached 561 people, while in 2018 the number increased to 867. Although scabies is not a disease in the top 10, this disease is a disease that can be transmitted to anyone (Aceh Health Office, 2019).

Endemic cases of scabies generally occur in areas with high population density, as the disease is highly contagious and influenced by environmental hygiene. Scabies can become an epidemic in densely populated areas, including Islamic boarding schools and boarding schools. Several studies have shown a high incidence of scabies in Islamic boarding schools, ranging from 36.6% to 72.2%. (Samosir, Sitanggang HD, and M, 2020). Islamic boarding school students are at risk of contracting various skin diseases, particularly scabies. Scabies is easily transmitted because students generally lack attention to personal hygiene. Poor hygiene can be a contributing factor to the development of skin diseases, such as scabies (Ana, Retno, and Arie, 2021).

Poor personal hygiene behavior among students can increase the risk of contracting scabies, including the habit of students borrowing each other's toiletries (soap, sarongs, or towels), and students rarely cleaning their beds (drying mattresses, changing pillowcases, and sheets). To carry out personal hygiene, hygieneFor bathing, washing, and toilets (MCK), the water comes from a drilled well and is then channeled into a large bathtub. Due to the students' busy activities, the bathtub is rarely emptied, so it is not uncommon for the water to be contaminated. used to support personal hygiene, the quality is not maintained properly, such as yellow water due to deposits on the bottom and/or walls of the bathtub (Novitasari, Suprijandani, and Ferizko 2021).

The many impacts caused by scabies in teenagers include, sufferers cannot avoid scratching all the time because of the mites (lice).scabies) under the skin. This causes sleep disturbances at night due to the itching that is difficult to avoid. The entire body surface reacts, and the mites are active on the skin's surface, causing itching. bother activity (Yulanda, Mayasari, and Effendi, 2019).

The results of a study conducted by Majid et al. (2020) showed that the incidence of scabies was high at 53%, and personal hygiene was poor at 55%. The study also concluded that there was a relationship between personal hygiene and the incidence of scabies in students at one of the Islamic Boarding Schools in Bandung Regency ($p = 0.042$). The increasing number of scabies cases in West Langsa District in 2023 from January to June was 288 cases consisting of 131 cases in males and 151 cases in females. The highest number of cases occurred in January and February 2023, namely 72 cases (UPTDCommunity Health CenterWest Langsa, 2023).

The number of students at the Yapila Langsa Tahfidz Qur'an Islamic Boarding School is recorded at 200 students consisting of 70 females and 130 males. The results of the initial survey that the author conducted by distributing questionnaires to 10 students at the Yapila Langsa Tahfidz Qur'an Islamic Boarding School found that 5 people (50%) suffered from Scabies where they admitted to itching on the skin, and based on personal hygiene as many as 7 people (70%) had poor personal hygiene where students admitted that they had not been able to maintain their cleanliness and still used the same towels, clothes and sheets as other students. Based on the background above, the author is interested in conducting research on the relationship between personal hygiene behavior and the incidence of scabies at the Yapila Langsa Qur'an Tahfidz Islamic Boarding School.

RESEARCH METHODS

This research design will use a cross-sectional analytic type that aims to determine the relationship between variables where the independent variable (free) and dependent variable (bound) are identified in one time unit (Sugiyono, 2016). This research was conducted at the Yapila Langsa Tahfidz Qur'an Islamic Boarding School. This research was conducted from September 27 to October 3, 2023. The population in this study were all students at the Yapila Langsa Tahfidz Qur'an Islamic Boarding School, totaling 200 students.

The sampling technique in this study was carried out using the total sampling technique, namely that all members of the population were used as research samples, so the sample in this study was all students at the Yapila Langsa Tahfidz Qur'an Islamic Boarding School, totaling 200 students spread across 3 classes, namely:

Table 1. Number of samples per class

No	Class	Number of students
1	Class 1	88
2	Grade 2	55
3	Grade 3	57

No	Class	Number of students
	Amount	200

The inclusion criteria in this study were being registered as active students at the Yapila Langsa Qur'an Tahfidz Islamic Boarding School, being able to understand and listen to what the researcher said. While the exclusion criteria in this study were being unable to communicate well, not being willing to be respondents. The instrument in this study consisted of 3 parts, namely, part 1 consisting of demographic data, part 2, an observation sheet for scabies incidents and part 3 a personal hygiene behavior questionnaire consisting of 10 statements. Data analysis in this study used univariate analysis to see the frequency distribution of each variable investigated includes independent variables against dependent variables. Bivariate analysis using the Chi Square test.

RESULTS AND DISCUSSION

Results

Table 2. Distribution of the Frequency of Scabies Incidence at the Yapila Langsa Qur'an Memorization Islamic Boarding School

No	Scabies Incident	Frequency (f)	Percentage (%)
1	Yes	76	38
2	No	124	62
	Amount	200	100

Primary Data Sources Processed in 2025

Based on table 2 above, the research results show that of the 200 respondents, the majority did not experience scabies, as many as 124 respondents (62%).

Table 3. Frequency distribution of personal hygiene in Islamic boarding schools Yapila Langsa Quran Memorization Center

No	Scabies Incident	Frequency (f)	Percentage (%)
1	Good	160	80
2	Not good	40	20
	Amount	200	100

Primary Data Sources Processed in 2025

Based on table 3 above, the research results show that of the 200 respondents, the majority had good personal hygiene, namely 160 respondents (80%).

Table 4. The Relationship Between Personal Hygiene and the Incidence of Scabies at the Yapila Langsa Qur'an Memorization Islamic Boarding School in 2023

No	Personal hygiene	Scabies incident				p-value	
		yes		No			Amount
		f	%	f	%	f	%
1	Good	39	24.4	121	75.6	160	100
2	Not good	37	92.5	3	7.5	40	100
	Amount	76	38	124		200	

Based on table 4 above, it shows that the majority of respondents who can apply good personal hygiene did not experience scabies, amounting to 121 respondents (75.6%), while the majority of respondents who apply poor personal hygiene experienced scabies, amounting to 37 respondents (92.5%). The test results statistics Chi-Square (Continuity Correction) at a confidence level of 95% ($\alpha=0.05$) obtained a p-value = 0.002 ($p<0.05$) which means H_a is accepted and H_o is rejected so it can be concluded that there is a relationship between personal hygiene and the incidence of scabies.

Discussion

The results showed that of the 200 respondents, the majority, 124 (62%), did not experience scabies. This research aligns with that of Efendi, Adriansyah, and Ibad (2020), which examined the relationship between personal hygiene and scabies incidence in students at Islamic boarding schools. The results showed that the majority of students, 56 respondents (56%), did not experience scabies.

This research also aligns with that conducted by Gumilang and Farakhin (2021) regarding the relationship between personal hygiene and the incidence of scabies in students at the Al-Hikam Islamic Boarding School in Bangkalan. The results showed that 56 students (66.7%) tested negative for scabies.

The results of this study are inconsistent with research conducted by Majid, Astuti, and Fitriyana (2020), regarding the relationship between personal hygiene and the incidence of scabies in students at Islamic Boarding Schools in Bandung Regency, where the majority of students experienced scabies, as many as 32 students (53.3%). Scabies is synonymous with the disease of Islamic boarding school children due to poor hygiene conditions, poor sanitation, malnutrition, and rooms that are too humid and lack direct sunlight. Scabies can be transmitted directly through skin contact, for example by shaking hands and sleeping with sufferers. For indirect transmission (through objects), for example, clothing, towels, sheets, pillows, and blankets that are used together.

Researchers assume that the incidence of scabies among students at the Yapila Langsa Qur'an Memorization Islamic Boarding School is quite high. This is due to transmission through skin-to-skin contact such as shaking hands and sleeping together, as well as sharing personal items such as clothing, towels, sheets, pillows, and blankets. Furthermore, the presence of multiple students in a single room increases the risk of scabies transmission. All of these behaviors are risk factors for the high scabies rate. The results of the study showed that the majority of respondents who were able to apply good personal hygiene did not experience scabies, as many as 121 respondents (75.6%), while the majority of respondents who applied poor personal hygiene experienced scabies, as many as 37 respondents (92.5%). The results of the Chi-Square (Continuity Correction) statistical test at a 95% confidence level ($\alpha = 0.05$) obtained a p Value = 0.002 ($p < 0.05$), which means H_a is accepted and H_o is rejected, so it can be concluded that there is a relationship between personal hygiene and the incidence of scabies.

CONCLUSION

From the research results, the conclusions that can be drawn include: The majority of respondents did not experience scabies as many as 124 respondents (62%), the majority of respondents had good personal hygiene as many as 160 respondents (80%) and there was a relationship between personal hygiene and the incidence of scabies with a p-value of 0.002 ($p < 0.05$).

REFERENCES

- Anggreni, P. M. D., & Indira, I. G. A. A. E. (2019). korelasi faktor prediposisi kejadian skabies pada anak-anak di Desa Songan, Kecamatan Kintamani, Kabupaten Bangli, Provinsi Bali. *E-Jurnal Medika*, 8(6), 4-11.
- Dinas Kesehatan Aceh. 2019. "Profil Kesehatan Aceh." Banda Aceh.
- Efendi, Rizal, Agus Aan Adriansyah, and Mursyidul Ibad. 2020. "Hubungan Personal Hygiene Dengan Kejadian Scabies Pada Santri Di Pondok Pesantren." *Jurnal Kesehatan Masyarakat Indonesia* 15 (2): 25. <https://doi.org/10.26714/jkmi.15.2.2020.25-28>.
- Gumilang, R., & Farakhin, N. (2021). Hubungan Personal Hygiene Dengan Kejadian Penyakit Skabies Pada Santri di Pondok Pesantren Al-Hikam Bangkalan. *Jurnal Sistem Kesehatan*, 6(2), 80-84. <https://doi.org/10.24198/jsk.v6i2.48527>
- Majid, R. Dewi Indi Astuti R, Fitriyana S. (2020). Hubungan Personal Hygiene dengan Kejadian Skabies pada Santri di Pesantren Kabupaten Bandung. *Jurnal Integrasi Kesehat Sains*, 2(2), 160-4. <https://doi.org/10.29313/jiks.v2i2.5590>
- Mayrona, Cindy Tia. 2018. "Pengaruh Sanitasi Lingkungan Terhadap Prevalensi

- Terjadinya Penyakit Scabies Di Pondok Pesantren Matholiul Huda Al Kautsar Kabupaten Pati." *Jurnal Kedokteran Diponegoro* 7 (1): 100-112. <https://doi.org/https://doi.org/10.14710/DMJ.V7I1.19354>.
- Novitasari, D, Suprijandani, and F.A Ferizko. 2021. "Hubungan Personal Hygiene Santri Dengan Kejadian Skabies Di Pondok Pesantren As - Syafi'iyah Sidoarjo." *Gema Lingkungan Kesehatan* 19 (2): 129-37.
- Rahmawati, A. N., Hestningsih, R., & Wuryanto, M. A. (2021). Hubungan Personal Hygiene dengan Kejadian Skabies pada Santri Pondok Pesantren X Semarang. *Jurnal Ilmiah Mahasiswa*, 11(1), 21-24. Retrieved from <https://ejournal.undip.ac.id/index.php/jim/article/view/35019>
- Samosir, K., Sitanggang H.D., and MF Yusuf M. 2020. "Hubungan Personal Hygiene Dengan Kejadian Skabies Di Pondok Pesantren Madani Unggulan, Kabupaten Bintan." *Jurnal Ilmu Kesehatan Masyarakat* 9 (03): 144-52. <https://doi.org/https://doi.org/10.33221/jikm.v9i03.499>.
- Sugiyono, Prof. Dr. 2016. *Metodologi Penelitian Kuantitatif, Kualitatif Dan R&D*. 2nd ed. Bandung: Cv. Alfabeta.
- UPTD Puskesmas Langsa Barat. 2023. "Data Scabies Tahun 2022."
- Yulanda, Glenys, Diana Mayasari, and Effendi RE Rizal. 2019. "Skabies Pada Remaja Putri Dengan Higienitas Personal Yang." *Buruk Medula* 9 (1): 288-92.