

## The Influence of Health Education with the Peer Education Method on the Knowledge of Students in Scabies Prevention at PPTQ Miftahul Khoir, Tasikmalaya City, Indonesia

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### ABSTRACT

Scabies is a skin disease that is still widely found and is a health problem among the community, especially in Indonesia, one of the skin diseases that still often attacks the community with densely populated environmental conditions such as Islamic boarding schools and orphanages, in preventing it needs to be supported by sufficient knowledge in each individual. This study aims to determine the effect of Health Education with the peer education method on the knowledge of students in preventing scabies at PPTQ Miftahul Khoir, Tasikmalaya City. This research method uses a Quasi Experiment Design with a one group pre-test post-test approach, the sampling technique is total sampling of all students who are the research sample. Data analysis was carried out using univariate and bivariate analysis of normality tests and paired samples T-tests. Based on the results of the study, a p-value of  $0.000 < 0.05$  (significant) was obtained. There is an influence of Health Education with the peer education method and it can be applied as a means to prevent scabies.

**Key word:** Peer education; Education; Scabies

## PENDAHULUAN

Scabies is a significant global health problem in school or boarding school children. Scabies is a significant global health problem in school or boarding school children, with dangerous systemic complications and increased risk of death because its treatment is often considered a low priority. (Ismah et al., 2021). Scabies is a contagious skin disease caused by *Sarcoptes scabiei* var. *hominis*, a human-specific ectoparasite measuring about 0.4 mm that cannot be seen with the naked eye (Agustina. N, 2022). Globally, scabies is estimated to affect more than 200 million people at any one time. The prevalence of scabies ranges from 0.2% to 71%, with an average of 5-10% of cases occurring in children. In Indonesia, according to the Ministry of Health of the Republic of Indonesia (Depkes RI), data from health centers throughout Indonesia in 2018 showed the prevalence of scabies was 5.6%-12.95%, placing it in third place out of 12 most common skin diseases. Based on data from the West Java Provincial Health Office, the prevalence of scabies sufferers in 2015 was 9.7%. In 2016, there was a significant increase to 16.0%. The prevalence of scabies continues to increase every year from 2017 to 2019, reaching 20.5% in 2020 (Nurdianti, 2021). In Tasikmalaya City, scabies is ranked 7th out of 10 most common diseases, with a total of 5,659 cases, based on data from the Tasikmalaya City Health Office (DINKES Tasikmalaya, 2023). The incidence of scabies is closely related to the environmental factors of dense housing, which increase interpersonal contact, such as in orphanages and Islamic boarding schools. This condition causes scabies sufferers to have a high probability of having direct contact with people around them, which results in the transmission of scabies mites. One place to prepare the next generation is an Islamic boarding school, which is a residence with a fairly high density. According to Mayrona et al., (2018), an Islamic boarding school is a place for students to receive Islamic religious lessons as well as a place to gather and live. The Miftahul Khoir Tahfidz Al-Qur'an Islamic Boarding School (PPTQ) is inhabited by around 200 students who are divided into three levels, namely *marhalah Ibtidai*, *marhalah Wustho*, and *marhalah 'Aly*. The results

of a preliminary study through interviews with *musyrif* (room supervisors) at the *Wustho* and *'Aly* levels showed that around 9 students were experiencing scabies, 3 students were recovering from scabies, and 18 other students had not shown symptoms of scabies. Information also revealed that students had a low level of awareness of cleanliness and tidiness. This can be seen from the habits of students who often exchange clothes with each other and use towels together. The introduction contains the background to the research problem, which is quoted based on references from research results, from field studies or other sources. Preventive efforts that can be made to students are to provide health education. Effective health education uses methods that can increase a person's knowledge about a disease, so that they can change unhealthy behavior to healthy (Rohman et al., 2023). Health education that can be carried out to overcome the problem of scabies among students is through the peer education method. Peer education is an activity carried out by peer educators that aims to influence and provide knowledge and develop attitudes and actions in a group of people between peer groups (Elsa et al., 2019). Peer education is one of the educational methods that is quite effective in conveying information to children through peers. This method is considered more effective and open in providing health education, so that communication is easier to establish compared to health education carried out by older people or teachers (Huriani et al., 2021).

The peer education method has proven to be effective and influential, in line with research by Rahmawati & Pramita, (2023). The study showed that the group that received peer education experienced a higher increase in knowledge and attitudes compared to the group that only received leaflets. The increase in knowledge in the peer education group reached 42% and the increase in attitudes reached 60%, while the leaflet group only experienced an increase in knowledge of 24% and an increase in attitudes of 26%.

From the results of the preliminary study, it was found that poor environmental sanitation and minimal knowledge of students about scabies at PPTQ Miftahul Khoir can trigger the occurrence of

scabies that is difficult to control. Based on these problems, researchers are interested in exploring whether there is an influence of health education with the peer education method on students' knowledge in preventing scabies.

METHOD

This study aims to determine the effect of health education with the peer education method on the knowledge of students, using a quasi-experimental method with the design approach used is one group pretest-posttest design, namely a form of quasi-experimental study where the desired results are evaluated twice; This method involves assessment before and after exposure of a non-random sample of individuals to a particular intervention or treatment (Georges. C, 2021). The population involved in this study were all students of PPTQ Miftahul Khoir with a total population of 200. The sample taken in this study was 30 students with sample determination using the total sampling technique where the sample was not taken randomly but included participants in groups.

RESULT

The results of the study include students' knowledge about scabies and environmental sanitation before and after Health Education with the peer education method, respondents were given Health Education with the peer education method and leaflet media. The following is general data from the results of the study on the effect of Health Education with the peer education method on students' knowledge in preventing scabies at PPTQ Miftahul Khoir.

Table 1 Knowledge Before Being Given Health Education Using the Peer Education Method

	n	mean	std. dev
Knowledge <i>Pre-Test</i>	30	62,50	11,799

Source : Data Primer 2024

In table 1, the mean value of prior knowledge was 62.50. Meanwhile, before being given health education.

Table 2. Knowledge after being given health education using the peer education method

	n	mean	std. dev
Knowledge <i>Pre-Test</i>	30	90,50	7,114

Source : Data Primer 2024

Table 2 shows that knowledge after being given health education treatment about scabies using the peer education method, namely the mean value of knowledge after was 90.00.

Table 3. Paired Samples T-Test Results

	mean	Std. deviasi	t-tabel	p-value
Knowledge <i>Pre-Test</i>	-28,000	8,964	-17,110	0,000

Source : Data Primer 2024

Based on table 3, it shows that the significance value is p-value = 0.000 <0.05, so it can be concluded that there is an influence of Health Education about scabies with the peer education method on the knowledge of PPTQ Miftahul Khoir students in Tasikmalaya City.

DISCUSSION

Knowledge Before Health Education with Peer Education Method

The research data obtained the knowledge value before health education is the lowest value is at 30 and the highest is 75, the average value of respondents is 62.50 with a standard deviation of 11.799. Overall, the mean value shows that students' knowledge about scabies is still lacking.

The results of the field study from the distribution of questionnaires obtained several questions that were most often answered correctly such as respondents answered correctly in the statement that scabies is caused by mites called sarcoptic scabiei, scabies can be transmitted through eating together and answered incorrectly in the statement that scabies will not be transmitted if clothes and towels are exchanged. Students do not yet clearly understand the prevention of scabies

and do not yet understand the concept of environmental sanitation. Prevention of scabies in humans can be done by avoiding direct contact with infected people and avoiding sharing items belonging to infected people such as clothes, towels, and others. Items used by sufferers must be isolated and washed first with hot water, clothes and cloth must be ironed before use. (Wulandari et al., 2023)

The results of this study are in line with the research conducted by Ekdha et al (2023) namely the effect of health education about scabies with audiovisual on the knowledge and attitudes of students in Islamic boarding schools obtained results before health education was carried out, most respondents had less knowledge, namely 17 people (56.6%) with an average value of 62.93 and a standard deviation of 23.883

#### Knowledge After Health Education with the Peer Education Method

The research data obtained from the knowledge value after health education was carried out, the respondents' knowledge increased with the lowest value at 75 and the highest at 100, the average respondent value was 90.50 with a standard deviation of 7.114. Overall, the mean value shows that students' knowledge about scabies has mostly increased.

The results of the field study from the distribution of questionnaires obtained several questions that were most often answered correctly, such as respondents answered correctly in the statement that scabies is caused by mites called *sarcoptes scabiei*, scabies can be transmitted through eating together and answered incorrectly in the statement that scabies will not be transmitted if you exchange clothes and towels. This shows that health education is very effective in increasing student knowledge because the information provided about scabies with the peer education

method is presented concisely, clearly, and structured to help students absorb the information provided more easily. This study is in line with the results of the post-test conducted by Rachmaniyati, R & Sudyasih (2017) regarding the influence of health education by peer educators on clean and healthy living behavior at the Al-Hikmah Karangmojo Islamic Boarding School, Gunungkidul, Yogyakarta, namely the good category of 48 respondents (75.0%), while the sufficient category was 16 respondents (25.0%), and the less category was 0 respondents (0%). Likewise with the research conducted by Maimunah et al. (2024) on the influence of health education with the peer group method on scabies prevention efforts at the Darussalam Bayeman Tongas Probolinggo female boarding school after health education, 35 respondents (100%) were categorized as good. Another study conducted by Dewi, Rachma & Caesar, Laksamana, (2019) with the theme of scabies prevention at the Raudlatuth Thullab Islamic boarding school based on peer education obtained the results of observations by the student knowledge service team regarding scabies and personal hygiene also experienced an increase in knowledge.

#### The Effect of Health Education with the Peer Education Method on Students' Knowledge about Scabies and Environmental Sanitation

Based on the results of the Paired Sample T-Test, the knowledge value between before and after receiving Health Education showed an increase in respondents' knowledge about scabies with a p-value of  $0.000 < 0.05$ , this can also be proven by the average value before being given health education of 62.50 and after being given health education of 90.50, so it can be seen that after being given health education about scabies with the peer education method has a significant effect.

Research conducted by Maimunah et al. (2024) There is an effect of Health Education with the

peer group method on scabies prevention efforts at the Darussalam Bayeman Tongas Probolinggo Putri Boarding School.  $p = 0.000 < \alpha = 0.05$ . In another disease study conducted by Sulistiyawati, (2022) on the influence of peer education on the knowledge and attitudes of adolescents about HIV-AIDS prevention at SMK Korpri Majalengka, the results of the paired sample t-test obtained a p value of  $0.0001 < 0.05$  so that there was a significant influence.

This shows a significant increase in knowledge between before and after health education. Therefore, there needs to be better education about diseases that often occur in places with high population density, such as Islamic boarding schools, one of which is scabies. so that it can be a preventive effort against the disease and prevent its transmission if it has been infected and as a panacea for scabies. There is an influence of health education on knowledge, where health education is one way to change human personality by getting information, knowledge will increase (Yuningsih, Rahmat et al., 2024).

Scabies prevention at PPTQ Miftahul Khoir is classified as good because the health education program is carried out using the peer education method and is supported by pamphlets that do not make students feel bored. The success of Peer Education can be influenced by several factors including thorough preparation, a comfortable atmosphere and location, and the selection or appointment of the right educator for teenagers. These supportive conditions are the concern and reflection of researchers so that the implementation of Peer Education can run as expected (Astari, Yuni & Fitriyani, 2019). Discussion by looking for updated references, for journals and books a maximum of 10 years back. Efforts are made to find reference sources with reputable journals such as national ISSN indexed at least by Google Scholar, or DOAJ, international

journals indexed by DOAJ or Scopus and journals that have a good impact factor.

## CONCLUSION

Based on the results of the study, it can be concluded that the health education method using the peer education approach has an influence on scabies prevention efforts at PPTQ Miftahul Khoir, Tasikmalaya City.

1. Before health education was carried out using the peer education method at PPTQ Miftahul Khoir, most respondents had insufficient knowledge, this can be proven by an average value of 62.50.
2. After Health Education was carried out using the peer education method at PPTQ Miftahul Khoir, the level of knowledge of students about scabies and environmental sanitation had an average value of 90.50. It can be concluded that there is a difference in knowledge before and after Health education was carried out.
3. There is an influence of health education using the peer education method on students' knowledge about scabies at PPTQ Miftahul Khoir, with a value of  $p = 0.000 < \alpha = 0.05$

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