


## Empowerment of Santriwan Through Scabies Transmission Prevention Training and Promotion of Clean and Healthy Living

Annisa<sup>1</sup>, Feri Oswari<sup>2</sup>, Fanie Indah Manik<sup>3</sup>, Buhori<sup>4</sup>, Dingin Sibayang<sup>5</sup>, Novani Maryam Rambe<sup>6</sup>, Fitriana Ningsih<sup>7</sup>, Imelda<sup>8\*</sup>, Aryanes<sup>9</sup>

<sup>1,2,3,4,5,6,7,8,9</sup>Universitas Katolik Santo Thomas, Jl. Setia Budi No.479, Tj. Sari, Kec. Medan Selayang, Kota Medan, Sumatera Utara

E-mail: [imelda@ust.ac.id](mailto:imelda@ust.ac.id)

 <https://doi.org/10.31004/jerkin.v2i3.238>

### ARTICLE INFO

#### Article history

Received: 11 Januari 2024

Revised: 13 Januari 2024

Accepted: 16 Januari 2024

**Kata Kunci:** Pemberdayaan Santriwan, Pencegahan Penularan Scabies, Hidup Bersih dan Sehat

**Keywords:** Empowerment of Santriwan, Scabies Transmission Prevention, Clean and Healthy Living



### ABSTRACT

Penerapan program pelatihan yang ditujukan untuk santriwan, instruktur, dan komunitas sekolah selama di pesantren adalah subjek utama dari penelitian ini. Program ini secara efisien mempromosikan pilihan gaya hidup sehat seperti berhenti merokok, membersihkan tangan dengan sabun, makan makanan ringan yang sehat, berolahraga secara teratur, membasmi jentik nyamuk, dan membuang sampah dengan benar. Melalui berbagai teknik, termasuk diskusi, debat, latihan praktis, dan penilaian, program ini secara efektif menyebarkan pengetahuan dan memastikan bahwa pengetahuan tersebut dapat dimanfaatkan. Santriwan dianggap sebagai agen perubahan yang mempromosikan perilaku yang baik dan memajukan kesehatan masyarakat. Singkatnya, penelitian ini menyoroti efektivitas program pelatihan dalam meningkatkan pencegahan kudis dan menyoroti potensinya untuk menjadi model bagi kampanye kesehatan masyarakat yang lebih luas. Lebih dari sekadar menyebarkan pengetahuan, tujuan utama proyek ini adalah untuk mempromosikan perubahan perilaku dengan memberikan Santriwan alat yang mereka butuhkan untuk membuat pilihan gaya hidup sehat, memberikan dampak positif terhadap lingkungan mereka, dan meningkatkan kesehatan masyarakat secara keseluruhan.

The implementation of training programs aimed at students, instructors and the school community while at the Islamic boarding school is the main subject of this research. The program efficiently promotes healthy lifestyle choices such as quitting smoking, washing hands with soap, eating healthy snacks, exercising regularly, eliminating mosquito larvae, and disposing of trash properly. Through a variety of techniques, including discussion, debate, practical exercises, and assessments, the program effectively disseminates knowledge and ensures that it is put to use. Santriwan are considered agents of change who promote good behavior and advance public health. In summary, this study highlights the effectiveness of training programs in improving scabies prevention and highlights their potential to serve as a model for broader public health campaigns. More than just spreading knowledge, the project's primary goal is to promote behavior change by giving Santriwan the tools they need to make healthy lifestyle choices, have a positive impact on their environment, and improve the overall health of the community.



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

**How to Cite:** Anisa et al. (2024). Empowerment of Santriwan Through Scabies Transmission Prevention Training and Promotion of Clean and Healthy Living, 2 (3) 169-173. <https://doi.org/10.31004/jerkin.v2i3.238>

### INTRODUCTION

Scabies is a widespread issue that has been documented in numerous developed and emerging nations, as well as in Taiwan, Norway, and Japan (Chosidow, 2000; Walton & Currie, 2007). Due to its highly contagious nature, scabies requires an early diagnosis. Despite this, most nations do not

mandate scabies cases to be reported to national hygiene agencies. This could be because the condition has a low death rate and is easily treated. Poor clinical status, long-term catheter use, living in nursing homes, bedding, and living conditions are significant risk factors for scabies infection.

*Sarcoptes scabiei*, a parasitic mite, is the source of scabies, a highly contagious skin illness that affects humans and other species. Scabies outbreaks are a recurring issue that affects both humans and animals, can result in morbidity and mortality in numerous species, and affects a variety of domestic and wild animal species (Chouela et al., 2002; Karthikeyan, 2005). Scabies is typically spread by direct or indirect touch, and misdiagnosis can contribute to the disease's spread.

Careful washing of clothing, bedding, and equipment that may be contaminated is necessary in nursing home settings, boarding schools, and all other types of boarding schools in order to avoid the spread of scabies. Treating individuals who may have scabies and separating contacts if transmission has already happened are additional aspects of prevention. Scabies is mostly spread by direct physical contact, which makes enclosed, crowded spaces like houses, dorms, and boarding schools vulnerable to the disease's spread (Banerji, 2015; Johnston & Sladden, 2005). In order to prevent scabies, this training session aimed to increase the understanding of *santriwan* by promoting clean and healthy living habits. It is intended that this training exercise will help lower the number of scabies cases and cases that spread across the boarding school setting.

Treating suspected cases of scabies promptly and putting in place steps to isolate contacts are crucial components of comprehensive prevention efforts, should transmission of the disease already have taken place. This proactive strategy serves as a preventive technique to limit further spread within these shared living spaces in addition to addressing current instances (Heukelbach & Feldmeier, 2006; Hicks & Elston, 2009). Since direct physical contact is the main way that scabies spreads, enclosed and crowded areas like homes, dorms, and communal living arrangements are particularly susceptible to the disease's spread. The risk of scabies spreading is higher in these environments where people live near to one another and contact with others on a frequent basis.

The training's main goal was to improve community members' comprehension by encouraging hygienic and healthful living practices. The goal is to raise awareness of the value of maintaining personal hygiene, keeping oneself clean, and taking preventative action. People who have more information are better able to actively participate in keeping an environment that is hygienic. This training session is expected to be crucial in lowering the number of scabies infections and halting the disease's spread in communal living settings. The objective is to create a better living environment that promotes the general wellbeing of the community members via cooperative efforts and a shared commitment to cleanliness standards.

## METHOD

The framework shown serves as the foundation for this training exercise. Under this paradigm, issues are first discovered, and then potential solutions are developed. The best workable answer to the issue is chosen from these choices. There were multiple steps in the training activities' methodology. Initially, participants received a knowledge of clean and healthy living behavior (PHBS) through lectures and conversations. With assistance from instructors who took part in the activity, students who are specialists in the field presented the content. An overview of scabies, ways to stop the disease from spreading, clean and healthy lifestyle choices, and implementation techniques were all included in the content.

Practical exercises follow, with the explicit goal of enhancing participants' comprehension of scabies prevention and clean and healthy living practices, particularly for *santriwan*. In order to stop the spread of scabies, this program includes practical exercises and examples of how to adopt clean, healthy living habits. A post-activity evaluation of the participants' training outcomes was carried out. This assessment attempts to gauge the participants' perceived advantages from the training as well as their comprehension and knowledge of the content that has been supplied (Prayuda et al., 2023). Future training activities will be improved and enhanced based on the evaluation results.

It is anticipated that using this approach, the training exercises will significantly improve the participants' comprehension, awareness, and adoption of clean and healthy living practices. Furthermore, it is anticipated that this training will aid in lowering the number of scabies cases and stopping the disease's transmission inside the Pondok Pesantren setting. Using this method, the

training exercises seek to promote the practical use of clean and healthy living practices in day-to-day living in addition to imparting academic knowledge. The choice of lecture and discussion formats is meant to convey information to participants in an efficient manner; on the other hand, the practical exercises serve as a means of gauging how well they can use the knowledge they have been given.

Additionally, incorporating lecturers and students in the content delivery process offers more diversity and resources, guaranteeing that participants comprehend the topic from a number of angles and at a deep level. It is anticipated that the training would positively influence the development of sustainable living habits and promote public health, with an emphasis on scabies prevention and clean and healthy living practices. An essential stage in determining the training's efficacy is evaluation at the conclusion of the activity. We can assess how well the training objectives were met by using measures of participants' comprehension and perceived benefits. In order to make such activities more successful and long-lasting, future training methods and materials might be improved based on the evaluation results. It is envisaged that by working together, the training participants would be able to encourage clean and healthy lifestyle choices and positively impact the reduction of the risk of scabies disease transmission in their surroundings.

## RESULT AND DISCUSSION

In humans and other mammals, scabies is a highly contagious skin illness that is caused by the parasitic mite *Sarcoptes scabiei*. Since prolonged physical contact in a particular region is the primary means of transmission for scabies, avoiding such contact is the major preventive approach. Identifying symptoms, being aware of risk factors, visiting a doctor right once, avoiding personal contact, eliminating attached mites, maintaining a clean home, and not using goods together are some recommendations for scabies prevention. Maintaining a clean and healthy lifestyle is essential to stopping the spread of scabies. Encouraging santriwan, teachers, and the school community to adopt clean and healthy living practices becomes even more crucial during pesantren. Several of these practices include not smoking, cleaning hands with soap, eating wholesome snacks, exercising frequently, getting rid of mosquito larvae, and throwing away trash properly.



Figure 1. Pre-activity of the workshop

Participants were given questionnaires to complete as a pretest and post-test to evaluate the training sessions. The average score increased from 58 to 95 in the evaluation, indicating that participants understood the training material better. This program significantly benefited participants in adopting clean and healthy living behaviors and comprehending scabies prevention, as evidenced by the improvement in comprehension that reached 60.34%. Santriwan's comprehension of the training content increased, as indicated by the pretest and post-test results. Prior to the exercise, the average

score was 58; following the activity, it rose to 95. The training had a positive effect on santriwan's understanding of scabies, prevention of transmission, and clean and healthy living behavior, as seen by this 60.34% rise.

This program demonstrates that participants can effectively implement scabies preventive strategies, such as identifying symptoms, understanding risk factors, and adopting clean and healthy living practices. The training approach, which included talks, debates, practice, and evaluation, worked well to disseminate knowledge and guarantee that participants understood it and applied it. In addition to imparting new information, the training gave participants a better understanding of the role that clean, healthy lifestyle choices have in halting the spread of illness. Santriwan are intended to become change agents in their surroundings, practice healthy habits, and improve public health by incorporating the ideas of clean and healthy living behaviors into their daily life.



Figure 2. Preparing participants for the workshop

The training exercises were carried out, using a variety of techniques to meet the predetermined goals. The post-test evaluation also shows how well the training worked to increase the santriwan's comprehension and knowledge. It is anticipated that the execution of this activity will serve as a model that may be used in a variety of settings to raise awareness and encourage clean and healthy living. Santriwan's comprehension of the training content significantly increased, according to the findings of the pretest and post-test. Following the activity, the average score rose from 58 to 95, indicating a 60.34% gain in understanding. This suggests that the training was helpful in improving the santriwan's understanding of scabies, transmission prevention, and hygienic and healthy living practices.

The training approach, which included talks, practice, assessments, and lectures, worked well for informing participants and guaranteeing their understanding. In addition to imparting knowledge on scabies prevention, the program gave participants new perspectives on the significance of maintaining a clean and healthy lifestyle in halting the disease's spread. The post-test evaluation, as seen in Figure 2, illustrates how well the training accomplished the objective of raising santriwan's level of comprehension and knowledge. It is anticipated that the execution of this activity will serve as a model for other situations that aim to raise awareness and encourage the practice of clean and healthy living. It's also critical to realize that this initiative aims to promote behavior change in addition to expanding information. It is intended that by encouraging santriwan to adopt clean and healthy lifestyle practices, they will be able to influence their surroundings, encourage the development of healthy lifestyles, and improve public health in general.

## CONCLUSION

To sum up, the study has effectively illustrated how the training program may improve participants' comprehension of scabies, how to prevent it, and how important it is to adopt clean and healthy living habits. Santriwan's comprehension has significantly improved, as seen by the pretest and post-test evaluations, with an astounding 60.34% gain in average scores. The participants successfully

received and assimilated the preventive techniques covered in the course, which included symptom recognition, risk factor awareness, prompt medical consultation, and adopting clean and healthy living habits. The training's all-encompassing methodology, which included talks, debates, hands-on activities, and evaluations, worked well for spreading information and guaranteeing its application.

Furthermore, the workshop gave participants a deeper awareness of the significance of upholding a clean and healthy lifestyle in preventing the spread of infectious diseases in addition to providing them with fresh information about scabies prevention. This comprehensive approach coincides with the greater goal of enabling santriwan to become agents of change in their communities, promoting healthy habits, and contributing to general public health improvement. It shows how the training sessions were carried out using different techniques to meet the predetermined goals. The post-test assessment provides more evidence of the program's effectiveness in raising participants' levels of understanding and knowledge.

The findings of this study are expected to be able to operate as a template for related campaigns that promote and increase public knowledge of the clean and healthy living lifestyle. Lastly, it is important to understand that the project aims to promote behavioral change rather than just increase information. The research intends to empower Santriwan to positively affect their environment, stimulate the adoption of healthier lifestyles, and contribute to the general improvement of public health by motivating them to adopt clean and healthy lifestyle practices.

## REFERENCES

- Banerji, A. (2015). Scabies. *Paediatrics & Child Health*. <https://academic.oup.com/pch/article-abstract/20/7/395/2281114>
- Chosidow, O. (2000). Scabies and pediculosis. *The Lancet*. <https://www.thelancet.com/journals/lancet/article/PIIS0140673699094581/fulltext>
- Chouela, E., Abeldaño, A., Pellerano, G., & ... (2002). Diagnosis and treatment of scabies: a practical guide. *American Journal of ...* <https://doi.org/10.2165/00128071-200203010-00002>
- Heukelbach, J., & Feldmeier, H. (2006). Scabies. *The Lancet*. [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(06\)68772-2/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(06)68772-2/fulltext)
- Hicks, M. I., & Elston, D. M. (2009). Scabies. *Dermatologic Therapy*. <https://doi.org/10.1111/j.1529-8019.2009.01243.x>
- Johnston, G., & Sladden, M. (2005). Scabies: diagnosis and treatment. *Bmj*. <https://www.bmj.com/content/331/7517/619.short>
- Karthikeyan, K. (2005). Treatment of scabies: newer perspectives. *Postgraduate Medical Journal*. <https://academic.oup.com/pmj/article-abstract/81/951/7/7031861>
- Prayuda, M. S., Pangaribuan, J. J., & Linia, A. (2023). The Effect of Genre Based Approach For The Students Writing Skill. *Jurnal Pendidikan Tambusai*, 7(3), 20152–20158. <https://doi.org/10.31004/JPTAM.V7I3.9454>
- Walton, S. F., & Currie, B. J. (2007). Problems in diagnosing scabies, a global disease in human and animal populations. *Clinical Microbiology Reviews*. <https://doi.org/10.1128/CMR.00042-06>