

STUDY ON SCABIES AMONG SANTRI PONDOK KARYA PEMBANGUNAN AL-HIDAYAH JAMBI

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ABSTRACT

Background: Scabies is a contagious skin disease that spreads rapidly in densely populated environments such as Islamic boarding schools, especially when personal hygiene is poor and living spaces are overcrowded. In 2022, Pondok Karya Pembangunan Al-Hidayah in Jambi City reported the highest number of scabies cases among 11 pesantren, indicating the need for further investigation.

Method: This quantitative study employed an observational survey approach, conducted from February to April 2024. A total of 56 respondents were selected from 130 scabies-infected students using Slovin's formula. Data were collected through structured questionnaires and direct measurements of room dimensions. Variables included personal hygiene behavior, contact history, and room occupancy density. Data analysis used univariate descriptive statistics.

Result: The study found that 67.9% of respondents had poor personal hygiene, 64.3% had a history of direct or indirect contact with scabies sufferers, and 63.3% of the rooms were categorized as overcrowded. These findings indicate a strong correlation between the prevalence of scabies and the three examined factors.

Conclusion: Poor personal hygiene, a history of contact with infected individuals, and high room occupancy density were significant contributors to the spread of scabies in the studied pesantren. It is essential to implement hygiene education, regular health monitoring, and structural dormitory improvements to reduce scabies transmission among students.

Keywords: Scabies; Personal hygiene; Contact history; Room occupancy; Boarding school

INTRODUCTION

Scabies is a contagious skin disease caused by infestation of *Sarcoptes scabiei* var *hominis*, which often appears in crowded places with poor hygiene such as dormitories and boarding schools. According to the Indonesian Ministry of Health (2016), the prevalence of scabies in Indonesia ranges from 4.60% to 12.95%. The disease is closely related to personal hygiene and the living environment. Poor individual hygiene behavior, such as sharing towels or clothing, and living in high density housing are identified as key risk factors (Irjayanti et al., 2023; Edison et al., 2022).

In recent years, several studies have highlighted the increasing trend of scabies in Islamic boarding schools (pesantren), with

contributing factors including personal hygiene habits, contact history with infected individuals, and room occupancy density (Wandira, 2022; Nilam Nur Sofiana, 2017). However, many pesantren still lack proper surveillance or data recording systems regarding scabies infections. Among several pesantren in Jambi City, Pondok Karya Pembangunan (PKP) Al-Hidayah has recorded the highest number of scabies cases with 130 infections from 1,210 students in 2022.

The originality of this research lies in its focus on combining personal hygiene behavior, contact history, and room occupancy density to understand the incidence of scabies. This combination of variables has not been comprehensively studied in previous literature within the local context of Jambi City.

Based on this background, the study aims to assess the level of personal hygiene, history

of contact, and room occupancy density in students infected with scabies at Pondok Karya Pembangunan Al-Hidayah Jambi.

METHODS

This research employed a quantitative method using an observational survey approach. The study was conducted at Pondok Karya Pembangunan Al-Hidayah, Kota Jambi, from February to April 2024. The population consisted of 130 santri (students) diagnosed with scabies. A total of 56 respondents were selected using Slovin's formula with a 10% margin of error.

Instruments used included a structured questionnaire to assess personal hygiene and contact history, and a measuring tape to assess room size for calculating room occupancy density. The personal hygiene variable consisted of indicators such as bathing frequency, towel usage, clothing change frequency, and bed hygiene. Contact history assessed both direct and indirect contact with infected individuals. Occupancy density was evaluated by dividing room area by the number of occupants, and the standards used referred to the Indonesian Ministry of Health regulation (Kepmenkes No. 829/Menkes/SK/VII/1999). Data analysis used univariate descriptive statistics, with variables presented in frequency tables.

RESULTS AND DISCUSSION

3.1. Personal Hygiene

Based on the results, 38 respondents (67.9%) had poor personal hygiene while 18 (32.1%) had good hygiene. Key contributing behaviors included the use of shared toiletries, not changing clothes twice daily, not washing hands with soap, and sleeping together on shared beds. Poor hygiene supports parasite transmission, as scabies mites thrive in unclean environments (Iriyanti et al., 2023).

3.2. Contact History

The study showed that 36 respondents (64.3%) had a history of contact with scabies sufferers. In a densely populated dormitory setting, close physical interaction is common, increasing the risk of direct and indirect transmission. This finding aligns with previous research stating that close contact is a significant risk factor (Aurdhah & Umniyat, 2012).

3.3. Room Occupancy Density

From 30 rooms observed, 19 rooms (63.3%) were categorized as overcrowded based on the 8m² for 2 person's standard. High occupancy density facilitates the spread of skin diseases, as students sleep closely together, often without bed separation. The findings are in line with Kartika (2008) and Herrwati (2022), who reported overcrowding as a key driver of scabies transmission.

CONCLUSION

The study concluded that the majority of scabies cases among santri at Pondok Karya Pembangunan Al-Hidayah are associated with poor personal hygiene, a history of contact with infected individuals, and overcrowded room conditions. Improvements in personal hygiene education, regular monitoring, and structural dormitory improvements are necessary to reduce transmission.

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CONFLICT OF INTEREST

All authors declared that there was no conflict

of interest.

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