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**ANALYSIS OF THE CHANGE OF INTENTION KEEP SKIN HYGIENE IN
DORMITORIES AT AL-MUKMIN DAUGHTER ASROR
BANGKALAN MADURA**

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Abstract

Skin hygiene is the main cause of Scabies. The high incidence rate of Scabies is caused by the low skin hygiene. The skin hygiene in Pondok Pesantren Al-Asror is in the lowest rank among other personal hygiene. Therefore, this research was purposed to analyze the change in willingness to maintain skin hygiene resulted from health counseling held in female dormitory of Pondok Pesantren Al-Asror (Islamic Educational Center), located in Bangkalan, Madura.

The research was pre-experimental one group pre-post test design. The population involved 311 female students, totally 125 students, in which 96 respondents were chosen as the samples by using the simple random sampling technique. The data were collected by using questionnaires spread before and after giving health counseling in the location mentioned above, then analyzed by using T-test with the significance level of 0.05.

The result of analysis using T-test showed that $p = 0.000$ which meant that there was a significant change in the intention after receiving health education. So $p = < \alpha$ so that H_0 was rejected illustrating that there was a change in the intention to maintain the skin hygiene in the Islamic educational center.

The research concluded that the health counseling can change the intention to maintain the skin hygiene. Hence, the students are expected to keep the skin hygiene to improve the health level.

Keywords: intention, health counseling, skin hygiene

Introduction

Tropical climate in Indonesia is currently experiencing rainy season so plentiful standing water that can trigger the development of microorganisms that live in the water and various skin diseases. The cleanliness of the self is a form of personal hygiene in the cleanliness of the skin. Skin hygiene is very important because the skin is the body's first line of defense from disease-causing germs. When the skin is clean and well maintained, it will be able to avoid many diseases, disorders, or disorders that may appear (Chayatin & Mubarak, 2008).

According to the Director General of the Medical Services Department of health of the Republic of Indonesia year 2006 disease of the skin and subcutaneous tissue based on prevalence of disease on society most 10 Indonesia ranked second after acute respiratory tract infection with 501,280 number of cases or the brainguardmd.com 3.16%. The most common skin disorder in boarding schools is skabies. According to Kuspriyanto (2010) cited by Rifaq (2013) number incidence skabies in East Java in 2009 as many as 45 (10,37%) in 2010 as much as 79 (18,20%), and in 2011 that is as much as 80 (20,05%).

Based on the prevalence can be concluded that the incidence of the disease, number skabies from year to year has increased. Skabies is one of the primary skin disease that occurs due to the cleanliness of the skin is less. The preliminary study has been done in the dorm's daughter Al-Mukmin Asror on 19 January 2014 as shown in table 1.1 below:

No	Hygiene	Trimester I		Trimester II		Trimester III	
		N	%	N	%	N	%
1	Skin	89	71,2	72	57,6	64	51,2
2	Nail	119	95,2	112	89,6	101	80,8
3	Hair	107	85,6	115	92	119	95,2
4	Teeth and mouth	104	83,2	115	92	121	96,8
5	Eye	121	96,8	118	94,4	109	87,2
6	the Perineum	116	92,8	119	95,2	123	98,4

Source: Daughter Boarder Al-Mukmin Asror 2014

Based on Table 1.1 obtained that the hygiene of the skin in the dorm's daughter

Al-Mukmin Asror Bangkalan Madura less attention is evidenced by the lowest numbers compared to other self hygiene. Students of the Al-Mukmin daughter Asror often have skin diseases. The most frequent skin pain inflicted on students there is a water flea, as well as itching.

Most of the students say that the skin pain he suffered due to the foot of the pond is near a dirty bathroom and access to the room damp santri. They also said that he sometimes just bath 1 time a day due to lazy, and some students expressed because sometimes the water in the shower cabin.

In addition, the use of a towel interchangeably, the State of the dirty rooms can be the cause often contracted the skin disease.

According to Taylor's (1989) Chayatin & cited by Mubarak, (2008) stated that, the existence of problems in hygiene themselves would have an impact on one's health. When someone is sick, one cause is self hygiene is lacking, because cleanliness is an important factor in maintaining the health of the individual degrees.

Personal hygiene or cleanliness in this case cleanliness of the skin can be affected by several factors, namely cultural, socio-economic status, health status, knowledge, habits, and the willingness of individuals to perform personal hygiene (Potter & Perry, 2005). The willingness of the individual in question focused on the intention to maintain the cleanliness of the skin.

Based on the above issue, the solutions do researchers approach is through the theory of Planned Behavior in order to measure the change in the intention to maintain the cleanliness of the skin through public health.

Research Methods

The type of research used was pre alphabets experiment with one-group pretest posttest design. The population in this study are all students in dormitories at

Al-Mukmin Daughter Asror Bangkalan Madura as many as 125 people. Instrument research using questionnaires. Sampling done in simple random sampling is obtained as many as 96 respondents.

Research results

The results of the special data contains the characteristics of respondents who include intentions before and after the given health counselling, a change of intention before and after, and the analysis of the changes of intention.

a. Intention before and after the given health counselling and change the intention of students

Table 1.2 Intentions before and after the given health counselling and change the intention of boarding students at Al-Mukmin Daughter Asror Bangkalan Madura

	N	the Mean Before	Mean After	Delta Mean
The intention of	96	60.79	64.35	3.56

Source: Processed Data Researcher, March 2014

Based on Table 1.2 indicates that the intention of students to maintain the cleanliness of the skin before given health counselling acquired results mean 60.79, after given health counselling of 64.35, delta and the mean value of the results obtained by 3.56.

b. results of the analysis of the Changes of intention due to the Extension of the health

Table 1.3 Analysis Changes the intention to maintain the cleanliness of the skin due to Health Counselling in the dorm's daughter Al-Mukmin Asror Bangkalan Madura March 2014

N	Variabel		p	Description
	Dependen	Independen		
96	health Outreach	intention	0,000	change

Sources: The primary Data 2014

Table 1.3 investigation obtained through Test T-Test shows results of

significant value = 0.000 so there was significant value with changes in the amount of 0.000 which means there is a change in the intention to maintain the cleanliness of the skin due to health education in boarding schools Daughter Boarder Al Asror Bangkalan-Madura.

Discussion

The intention is to change the change the desires of someone to do something. The greater a person's desire to change then the occurrence of a change of intention is getting bigger as well. According to the Theory of Planned Behavior intentions can be seen from the change in attitudes, subjective norms, and the perception of control behavior (Nursalam, 2013).

The first factor that affects the intention is attitude. Attitude is a response in the form of closed positive or negative feelings towards an object that followed the tendency to behave. The attitude can be affected by four factors, namely, experience, a physiological factor in terms of reference, and social communication.

The existence of information obtained through health counseling students, resulting in the knowledge the students can add up and the attitude of students to maintain the cleanliness of the skin. An increase in the value of the mean attitude after the extension of health, there are conformity with theory that States that information received of individuals will be able to cause a change in attitude on the individual self (Walgito, 2001 in Sunaryo, 2004).

The second factor that affects a person's intention in behaving according to the Theory of Planned Behavior (TPB) is the subjective norm. Subjective norm is one's belief regarding the approval of others against an act that is affected by two factors, namely normative belief (individual belief that someone thought he should or should not be doing a behavior), and motivation to comply (individual

motivation to meet the norms of that person).

Health counseling is awarding an information and beliefs on someone that others support the existence of such behaviour, and give an information about the importance of these behaviors when done. So, someone will be motivated to want to do the appropriate behavior is recommended. This is evident in the results of the study showed that the mean value of the delta positive.

The third factor that affects a person's intentions to behave according to TPB is the perception of control behaviors. Perception of control behavior (perceived behavioral control) is easy or hard it is against the perception of a behaviour can be implemented. Perceived Behavioral Control (PBC) is influenced by two factors, namely a control belief (or no factors that hinder or support such behaviour performance), and perceived power (the perception about how strong things that support and hinder his behavior) (Nursalam, 2013). Perception is the power to know the objects through a process of observing, knowing or interpret after sensory perception gets a stimulus. The perception itself is influenced by several factors, namely interests, interests, habits, and konstansi.

An increase in the value of the mean perception due to health counselling about the cleanliness of the skin can give a new knowledge to the students about the importance of hygiene of the skin, so that students will feel that hygiene is very important for skin health. The existence of the interest of the students against the perception of the cleanliness of the skin will change and the desire to maintain the cleanliness of the skin. This is in accordance with the theory that States that the process of the formation of perception occurs through three mechanisms, namely: selectivity, closure, and interpretation. Selectivity process happens when someone on the other by information, then process the message is taking place is not

considered important. Next in the process of closure, the result of the selection will be compiled into a single entity that is sequential, whereas interpretation occurs when a concerned provide interpretation against the information thoroughly. (Feige cit. Khayati, 2000 cited by Wuryaningsih, 2008).

Conclusion

Based on the goals and results that will be achieved in the process of this research it can be summed up as follows:

1. Students in dormitories at Al-Mukmin Daughter Asror Bangkalan Madura before given health counselling has a positive intention to maintain the cleanliness of the skin.
2. Students in the dorm's daughter Al-Mukmin Asror Bangkalan Madura before given health counselling has a positive intention to maintain the cleanliness of the skin.
3. There is a positive intention changes to maintain the cleanliness of the skin due to health education dormitories Princess Al-Mukmin Asror Bangkalan Madura.

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