

dr Siti Aminah Turnitin

by Dr Siti Aminah -

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PERCEPTION OF RESIDENTS OF THE BOARDING SCHOOL ON THE PREVALENCE OF SCABIES

Abstract

Scabies is a *Sarcoptes scabiei* infection of the human epidermis. This disease is often found in patients who live in groups, such as boarding schools. Although the risk factors, knowledge, and treatment of scabies have been known, the incidence of scabies in Islamic boarding schools is still high. There is a perception that scabies is a common disease among students. Scabies can interfere with the quality of life or activities of sufferers. Therefore, it is necessary to study the perceptions of managers and residents of Islamic boarding schools regarding the management and incidence of scabies in Islamic boarding schools. This research was conducted in a boarding school, using qualitative methods with a phenomenological design. The information gotten from 40 people consisting of school leaders or managers, teachers, non-educational staff, students, and parents of students in boarding schools. Information was collected by using google form, then coding and grouped based on the item. The results showed that participants consider scabies as a skin disease that can interfere daily activities. It can be transmitted through direct contact, using toiletries or clothes together. School leadership policies, based on good knowledge, followed by the appropriate behavior of all school residents have an important role in the incidence of scabies in boarding school. The participants have perception that scabies is a skin disease but disturb their activities. Participants agreed that scabies could be eliminated by jointly implementing healthy lifestyle behaviors and based in Islamic values.

Keywords: scabies, boarding school, infection, perception, risk factor

Abstrak

Scabies adalah infeksi *Sarcoptes scabiei* pada epidermis. Penyakit ini sering dijumpai pada pasien yang tinggal berkelompok, seperti pesantren. Walaupun faktor risiko, pengetahuan, dan pengobatan skabies telah diketahui, namun kejadian skabies di pondok pesantren masih tinggi. Ada persepsi bahwa skabies merupakan penyakit yang umum di kalangan santri. Skabies dapat mengganggu kualitas hidup atau aktivitas penderitanya. Oleh karena itu, perlu dikaji persepsi pengelola dan penghuni pondok pesantren mengenai pengelolaan dan kejadian skabies di pondok pesantren. Penelitian ini dilakukan di sebuah pondok pesantren, dengan menggunakan metode kualitatif dengan desain fenomenologis. Informasi diperoleh dari 40 orang yang terdiri dari pimpinan atau pengelola sekolah, guru, tenaga kependidikan, santri, dan orang tua santri di pondok pesantren. Informasi dikumpulkan dengan menggunakan google form, kemudian coding dan dikelompokkan berdasarkan tema. Hasil penelitian menunjukkan bahwa partisipan menganggap skabies sebagai penyakit kulit yang dapat mengganggu aktivitas sehari-hari. Penularannya bisa melalui kontak langsung, menggunakan perlengkapan mandi atau pakaian secara bersamaan. Kebijakan pimpinan sekolah yang dilandasi dengan pengetahuan yang baik, diikuti dengan perilaku yang tepat dari seluruh warga sekolah memiliki peran penting dalam kejadian skabies di pondok pesantren. Partisipan memiliki persepsi bahwa skabies merupakan penyakit kulit namun mengganggu aktivitasnya. Partisipan sepakat bahwa skabies dapat dihilangkan dengan bersama-sama menerapkan perilaku hidup sehat dan berlandaskan nilai-nilai Islam.

Kata Kunci: skabies, pesantren, infeksi, persepsi, faktor risiko

INTRODUCTION (ALL CAPS, 12 PT, BOLD)

Scabies is an infectious disease of *Sarcoptes scabiei* on the skin of the human epidermis. This is human-to-human disease, through direct skin contact or contact with mites. Scabies can affect all races, all ages, and levels of education, worldwide. It is easily transmitted, so the disease is commonly found in patients who live in groups, such as boarding schools, or orphanages (Engelman et al., 2020).

Scabies is still widely found in Indonesian society, especially in people who live in groups. The prevalence of scabies in the general population is 18.5% in Fuji and tends to be higher in children (43.6%) (Romani et al., 2015). Until now, the prevalence of scabies in certain boarding schools is still high, reaching 54.7% of 53 people (Hilma & Ghazali, 2014), even 85% of 52 people (Tresnasari et al., 2018). In other boarding schools, it has greatly decreased, like a study in Kulonprogo which found the prevalence of scabies in urban and rural boarding schools was 0% and 2% with a population of 30-40 people (Aminjati & Estri, 2014). Various factors that influence the case of scabies are different, namely knowledge, perceptions and healthy behavior (Hidayati & Akrom, 2006), occupants of room density, endurance, environmental sanitation, and closeness of physical contact (Chandler & Fuller, 2019).

Complaints of itching, especially at night, in scabies can interfere either learning activities or rest, so it can be said that this disease can interfere the quality of life. Scabies caused moderate to severe quality of life in 61% subjects (Purwanto, 2016), 79.1% of 105 patients in Brazil, with an impression rate of 0.72 (9). The management of scabies has been widely researched, namely by controlling various risk factors and administering anti-rabies drugs in an appropriate manner. Treatment of permethrin 5% as an anti-scabies in an appropriate way, is still the first choice and is effective (Gunning et al., 2019; Widaty et al., 2017).

Although the risk factors, knowledge and treatment of scabies have been known and carried out, it turns out that the case of scabies is still quite high in the population and in boarding schools. Managers' perceptions may influence the management of scabies in boarding schools. There is a perception that scabies is a disease that occurs among students or a harmless disease, although scabies actively interferes with the sufferer's activities (Setiawan, 2018). Therefore, it is necessary to re-examine how the perceptions of managers and residents of a boarding school regarding the management of scabies disease.

METHODS

This study used a qualitative method with a phenomenological design, aims to determine the human experience of a phenomenon, and the phenomenon in this

study is the incidence of scabies in boarding schools. To understand the experience of managing scabies events, this study will examine the experiences of subjects who were directly involved and relatively long in boarding schools, in order to develop certain patterns and meaning relationships (Creswell, 2017).

To fully understand the phenomenon of scabies incidence, information was collected from participants from all people who live or are involved in the school's activities. The participants of this study were residents of a boarding school located in the city of Yogyakarta. This boarding school was chosen because information from several parents stated that the incidence of scabies in the boarding school was not much, thus an overview of the management of scabies disease can be obtained, so that the school can ensure that none of the school residents experience scabies. The participants involved in this study were:

- a. School leaders or managers
- b. Implementers of education, consisting of teachers, caregivers/ musrifis, supervisors for academic or extracurricular activities, health workers, cleaning service.
- c. Students at grades 8 and 9.
- d. Parents of students

The number of participants who filled out the google form was limited by the time of the study and the participants' explanations. Googleform dissemination is limited to 2 months, due to the limited research time. In addition, if the participants' explanations reach a certain pattern of similarity, the distribution of the google form will also be sufficient.

To find out the experience of participants in managing scabies events in schools, the researchers asked various questions via google form to school residents. The questions given to participants are in the form of open-ended questions and are distributed or given to participants by the research coordinator at the school. The information described by the participants will be stored automatically in the Googleform as well as documentation of research data information.

The information collected from the Googleform is grouped based on the theme or category presented by the participants according to the themes that are often written by the participants. Information that has been grouped by theme is squeezed into several sentences in the form of a certain pattern or relation of meaning as a result of the analysis of this research.

RESULTS

This qualitative study aims to explain the case clearly through in-depth data collection. This study was conducted at SMPIT Abu Bakar Yogyakarta from September to October 2020. The subjects of this study consisted of school leaders

or administrators, teachers, dormitory caregivers, non-education employees, students and parents, a total of 40 people. Data was collected by filling out a questionnaire via Google Form in accordance with the school's request suggestion and the condition of the area that is still in Covid19 pandemic. Questions are made in the form of open-ended questions, so that subjects can explain according to their respective knowledge, understanding and expectations. The insufficient information is confirmed via WhatsApp messages or telephone.

Characteristics of the Participant

This study succeeded in obtaining information from 40 participants consisting of 6 men and 34 women, aged 13-51 years with an average age of 30.7 years¹¹. The subjects worked or as a part of school residents between 1-29 years old with a mean of 4.9 years old. Student and parents of students are limited to students in grade 8 and above and who live in the dormitory. This is to ensure that the subjects have experience or become residents of the school for at least 1 year. The status of these subjects consists of various parties who are in boarding schools as shown in Table 1.

Table 1. Participants' Characteristic

No	The Subject's status	Total
1.	School managers	2
2.	Teacher or <i>musrif</i> (dormitory teacher)	8
3.	Non-Education Employees	4
4.	Students	9
5.	Parents of students	16
Total		40

The case of scabies in boarding schools caused by various factors¹². The results of this study indicate that all components of school members play an important role in preventing the case of scabies in schools. This study also shows the role or participation that each component can play so that scabies or other infectious diseases can be prevented.

Information about the school environment is not only provided by the teacher but also based on direct observation. The dormitories in Islamic boarding schools are grouped based on the gender of the students. Female students occupy a dormitory built by the school, with a room measuring 10x10 m² containing 12 students.

Rooms contain wooden beds 30-50 cm apart from each other, wardrobes, windows, adequate ventilation and light. Male students occupy dormitories in the form of houses around the school rented by the school. Each room is filled by 4-8 students depending on the size of the room. The room contains a wooden bedroom with wardrobe and books made of wood. Rooms have good ventilation and lighting; some rooms are equipped with a fan. The number of bathrooms in dormitories varies, with a ratio of 1 bathroom for 10 students. The bathroom in the female dormitory is equipped with a bucket to collect water, while in the male dormitory the bathroom is equipped with a water tub. Students are required to bring their own water spoon and toiletries.

Perception: Disease Awareness

The subject's knowledge and understanding of scabies factors is not yet qualified because most of the subjects only explain that scabies is a skin disease characterized by itching and is contagious. However, most of the subjects do not understand that scabies is a disease caused by certain microorganisms, namely mites, as written below. In fact, there are subjects who explain that scabies is an allergic disease.

"Scabies is a disease that occurs in the skin. In general, it causes itching."

"Scabies is an infectious disease that is usually happened in the fingers, caused by lack of hygiene."

"Scabies is a disease on the skin surface. If you are exposed to the disease, spots appear on the skin surface, the skin feels itchy and if you scratch it, it will hurt."

However, some subjects were able to explain that scabies is caused by certain mites or germs, such as the following:

"Skin disease caused by mites"

"One of the skin diseases caused by the scabies germ which is quickly transmitted"

"Scabies is an itchy and rash on the skin caused by lice mange."

Perception: Incidence of Scabies

The results showed that most of the subjects did not see any cases of scabies in Islamic boarding schools. The results showed that 2 out of 40 (5%) people claimed

to have experienced scabies during the 2019/2020 school year. There are several factors that support the small number of scabies cases, namely a clean environment, consistent use of personal tools, or being able to maintain good personal hygiene, as in the following statement:

"Nothing, because children are used to maintaining cleanliness and using personal equipment"

'Nothing, because the toilet itself keeps clean"

"Nothing, because my school keeps the environment clean and no one has scabies."

"Nothing, because our pesantren is relatively clean"

"I don't know. But in my opinion, cleanliness in schools, especially dormitories, needs to be improved again because there are many cats pee found."

Meanwhile, subjects who had seen students with scabies stated that the disease was related to personal hygiene behavior or unclean air. Like the statement below:

"I have experienced itching on the hands, more specifically between the fingers. When I saw the doctor, the doctor said it was scabies. As far as I know, no friends or teachers have been affected besides me."

"There is. In direct contact, the water is not clean."

"It seems someone has itching, maybe because of the same dormitory and sometimes lack of personal hygiene. From school, usually the treatment by school health unit (SHU) officers is given ointment or medicine"

Perception: Scabies Transmission

Information about the transmission of scabies was sufficiently understood by the subjects, who explained that scabies could be transmitted through interaction, touch, or physical contact. There are even subjects who explain that behaviors that support the transmission of scabies are sharing personal items, such as bedding, clothes, toiletries or towels and bath water. There are also subjects who explain that the factors that influence the transmission of scabies is the lack of personal hygiene, or through animals. The statement below is an example of writing the subject.

"Lack of personal hygiene,"

"From one to another, that people does not maintain healthy behavior,"

"Often interact, through touch, sharing items or bathrooms that are used by many people,"

"Usually because of using the same water and soap,"

"Because of contamination with bacteria through skin contact with sufferers, clothing, other personal tools and water used together."

Perception and Practices: Disease Management

This pesantren has a health management system with a School Health Unit (SHU), with 1 general practitioner and 1 dentist, who come once a week and take medication. However, health consultations with doctors online or by telephone can be done 24 hours. If there are students in the dormitory who are sick and need examination or treatment, they will be taken to a hospital 100 meters away from the school. Medicines are also available in each hostel. If there are students in the dormitory who are sick, they will be checked or confirmed by the musyrif (dormitory caretaker) and given medicine or taken to the hospital. Some students have also given medicines according to their respective health conditions.

The cleanliness of the dormitory is carried out by all students with a cleaning picket system every day, both inside and in the dormitory yard, which is coordinated by Mushrif. The cleanliness of the hostel is supported by the provision of adequate room facilities and equipment. Room facilities in the dormitory, there are wooden bunk beds with mattresses arranged separately at 30-50 cm, wardrobe, lamp, fan, although not always available in every room. Not all rooms have windows, although other means of ventilation are available. The following is a subject statement that explains the above.

"Dormitory health management is good; medicine boxes are provided in each room and students can deliver medicine boxes to SHU to update the contents of the box every 2 weeks. There is SHU for schools but no SHU for dormitories, and school SHUs are only open during working hours and weekdays/study times, so it's a bit difficult if there are students who are sick. But the mushrif is quite quick to respond if there are students who are sick."

"It's good enough, there is a janitor team to help in cleaning and there is a picket schedule for each dormitory"

"Yes, there is an SHU, a prayer room to keep the daily activities and morals of the students in the dormitory."

"It's been good. In the dormitory, there is a cleaning picket schedule, a hostel cleaning competition and each dormitory is equipped with a medicine box and there is health counseling."

"Air circulation is quite good, the distance between the beds is not too tight, the pillow sheets and bolsters are washed regularly."

However, there is some information that the management of health, especially environmental health, is not good, by saying that there is still garbage scattered about, the use of used mattresses, or an insufficient number of clotheslines. The subject statement is written as follows:

"Not very good, we still tend to use personal medicine. In some places there are still piles of garbage."

"Not very good because when I moved to the dormitory. I use mattresses from other students who I don't know the history of, also for clotheslines, too little space so wet clothes are close together."

Perception and Attitudes: Promotion and Prevention Scabies

Information in this study requires policies or rules in schools to maintain environmental health and clean and healthy behavior in accordance with Islamic values or values, rules for maintaining cleanliness or health, current management of sick students, and guidelines that provide information or health education. These things are indicated in the statement below:

"Always keep the school environment clean, especially for children, given instructions about the importance of maintaining cleanliness. Don't be bored, always tell them."

"Applying Islamic values properly"

"Students' initial orientation on hygiene and health

Regular health education

Routine cleaning schedule

Health and fitness counseling

Provide medicines and SHU officers."

"Schedule of making pickets and socializing the importance of cleanliness together"

DISCUSSIONS

The results showed that the incidence of scabies in this boarding school was 5%, which could be categorized as small, when compared to the prevalence of scabies which varied between 0.2-71% (). The prevalence of scabies in Indonesia based on data from health centres throughout Indonesia in 2008 was 5.6-12.95% (Ministry of Health of the Republic of Indonesia). While the prevalence in boarding schools or Islamic boarding schools varies between 23.6% (Anggreni, 2019), 38% (Ridwan et al., 2017), 52.33% (Ibadurrahmi et al., 2016), to 84.8% (Mayrona et al., 2018).

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The interesting thing from this study is that scabies is considered a skin disease, and there is one participant who stated that scabies is a disease that usually occurs in students or school students together. This is different from the results of other studies which found that most of the informants said that scabies was a common disease among students and some students who had lived in Islamic boarding schools had experienced scabies. In addition, it also informs that scabies is a harmless disease, it's just that the disease is very disturbing for the sufferer's activities (Setiawan, 2018). Similar results were shown by Lopes who found 92% of participants had experienced scabies complaints. Participants who caused scabies was not a serious disease and did not cause death (Lopes et al., 2020). Lake's research shows that the incidence of scabies interferes with the quality of life of patients, due to complaints of itching, sleep disturbances, study and work (Lake et al., 2021).

Research that examines risk factors for scabies shows that there are 2 groups of risk factors, namely the characteristics of the host or student and the student's environment including school leadership policies. This research involves all groups of people or communities in a boarding school, which consists of school leaders, teachers, school officials, students and parents. By involving all of these components as participants, a good picture of the perception of the incidence of scabies in the boarding school environment will be obtained.

Ibadurrahmi's research shows that the characteristics of students who have the greatest relationship strength to the incidence of scabies are attitudes, followed by knowledge and behavior (Ibadurrahmi et al., 2017). The results of this study show that students have good knowledge about scabies, by explaining that scabies is a contagious skin disease characterized by itching and infection. Most of the participants were able to explain that scabies was caused by mites. Some participants explained that scabies is a disease that often occurs in students. This is in accordance with the consensus results that the clinical diagnosis of scabies can be made by finding lesions in the predilection area accompanied by itching and a history of contact with scabies patients (Engelman et al., 2020). A good understanding of scabies in most participants is the basis for increasing awareness

and ability of the boarding school community to behave in a healthy manner (*Pedoman Penyelenggaraan Pesantren Sehat*, 2019).

The next individual factor related to the incidence of scabies is attitudes and behavior in maintaining individual hygiene and health. Attitude and behavior factors that have less risk are 2.4 times greater than those with sufficient and good attitudes and behavior (Ibadurrahmi et al., 2017). This study shows that most of the participants have good attitudes and behaviors about scabies. This is shown from the participants' explanations about the mode of transmission of scabies, which is caused by direct and frequent touch, or indirectly, through the use of shared items or sleeping together. This participant's knowledge was followed by daily attitudes and behavior in the dormitory, such as using their own personal items, not lending personal items to other students, changing bed linen, pillowcases or bolsters regularly. Parents, support students' hygiene behavior at this school by providing bed linen and pillowcases, so students can change them every week. The results of this study are like the Lopes research which shows that individual health is less associated with the incidence of scabies by 96% based on interviews with respondents in Bijago (Lopes et al., 2020).

Environmental factors that affect the incidence of scabies are residential density, air humidity, natural lighting, temperature and room ventilation (Ibadurrahmi et al., 2017). Research by Ibadurrahmi et al., (2017) shows that environmental factors have a greater role or relationship strength than student characteristics. Environmental factors in this boarding school that support the least incidence of scabies include each student sleeping on a mattress with wooden beds separated by 30-50 cm, there are wardrobes, lights, fans, although not always in every room. Not all rooms have windows, although there are other means of air ventilation. This is in accordance with the requirements for a healthy home set by the Minister of Health of the Republic of Indonesia (RI) in 1999. The bathroom environment in boarding schools is considered a good participant, because there are bathrooms with buckets, the use of individual toiletries and a clothesline, although there are a participant who believes that the available clotheslines are still lacking. To maintain the cleanliness of the dormitory environment, the school leadership requires students to carry out picket cleaning of their respective rooms and dormitories, by sweeping the rooms and the dormitory environment every day. The dormitory cleaning picket activities are carried out by the students who live in the rooms or dormitories, each of which is monitored and coordinated by the musrif of the dormitory. The same thing was also carried out at the Walisongo Islamic boarding school, Pontianak (Setiawan, 2017). Cleanliness in the classroom is carried out by students in the class by taking turns. Meanwhile, to maintain the cleanliness of the school environment, the school leadership assigns janitors to sweep the school grounds every day.

There are various activities carried out to keep the environment clean, which is the policy of the school leadership, to keep the school environment clean and healthy. School leaders hold cleanliness competitions between rooms in one dormitory or between dormitories in schools to increase student motivation and musrif in maintaining the cleanliness and health of the room and dormitory environment. This is a school leadership innovation activity. Setiawan's research report (2017) explains that there has been no cleaning competition activity like this.

Other efforts made by school leaders in maintaining the health of school residents are by conducting counseling/providing information/socialization about health, and providing a school health business unit (SHU). Beside, health counseling is carried out when students enter school orientation, health and hygiene information is also placed in a strategic school environment. In SHU there are doctors, nurses, provision of simple examination facilities, medicines and vitamins. Provision of simple medicines and vitamins is also available in each dormitory. Although, there were participants who complained that the UKS opening hours were limited to working hours. If a student is seriously ill, the mushrif or the teacher will take the sick student to the hospital closest to the school. Health checks are carried out regularly. School leaders build hand washing stations with liquid soap in various places in the school environment. Most of the student participants and their parents considered the management of sick students in this boarding school to be quite good.

Some participants thought and hoped that school leaders would teach and apply Islamic values in maintaining the personal health of students and the school environment. Many Islamic values are related to cleanliness and health, as in the letter Al Mudassir verse 4 which means: and clean your clothes. The hadith of the Prophet Muhammad which means cleanliness is part of faith. In Islam, daily activities that are intended as worship to Allah Almighty, have a very meaningful reward value for Muslims. School leaders, teachers or mushrif, school cleaners and students have collaborated in carrying out various activities to maintain school cleanliness and student health. This activity was supported by parents who had facilitated their son by providing personal tools so that student participants used personal items well, not lending to each other. The collaboration formed in boarding schools is in line with the Ministry of Health to realize healthy Islamic boarding schools, which requires the cooperation and involvement of all parties in boarding schools or Islamic boarding schools (*Pedoman Penyelenggaraan Pesantren Sehat*, 2019).

Many studies related to scabies have examined the incidence of scabies in students but have not seen the incidence of scabies in all residents or school members, such as school leaders or administrators, teachers or dormitory assistants, or non-educational officers. Likewise, the role of school members or educational

institutions has not been widely studied, how big their role is in preventing scabies in boarding schools or Islamic boarding schools. This study shows that all school members have a role in health management, especially infectious diseases such as scabies.

CONCLUSIONS

Participants consisted of students, parents, teachers and mushrif, non-educational staff and school leaders. They have good knowledge and modes of transmission of scabies. Participants have similar attitudes and behaviors to keep boarding schools clean and healthy, so that participants who experience scabies is not that much. Various efforts have been made jointly by all participants. School leaders make various policies that are implemented by students with the support of parents and supervision of teachers and mushrif. Non-educational staff who are involved in managing school health and hygiene also carry out their duties so that school hygiene and health are maintained. If all of these activities are based on Islamic values, then maintaining personal hygiene and health and the environment of rooms, dormitories and schools is worth worship. All these series of activities make the incidence of scabies at the boarding school a minimum.

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Appendices

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