

# DokTIn Medika

Jurnal Pengabdian Masyarakat Medical Faculty Universitas Muhammadiyah Malang



## EDUCATION ON FEMALE STUDENTS OF AR-ROHMAH ISLAMIC BOARDING JUNIOR HIGH SCHOOL TO IMPROVE HEALTHY LIVE BEHAVIOR DURING PANDEMIC COVID-19

*Edukasi santriwati SMP Ar-Rohmah "Islamic Boarding School" dalam Meningkatkan Gaya Hidup Sehat di Era Pandemi COVID 19*

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### ABSTRACT

**Background:** Learning in schools has been carried out face-to-face, but the COVID-19 pandemic is not over yet. Implementation of health protocols properly and correctly is needed to prevent transmission of the virus in the school environment. However, many students still do not understand how to wash their hands in 6 steps and use protective equipment properly. **Objective:** To improve a healthy lifestyle for students at SMP Ar-Rohmah Islamic Boarding School during pandemic Covid-19. **Methods:** The dedication is carried out with an educational method in the form of hands-on practice on the 6 steps of hand washing and how to use protective equipment correctly. **Results:** After receiving education, students can apply the 6-step hand washing method and use protective equipment properly and independently. **Conclusion:** The education that has been carried out has enabled the female students at SMP Ar-Rohmah Islamic Boarding School to apply 6 steps of hand washing and use PPE properly and independently.

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### ABSTRAK

**Latar belakang:** Pembelajaran sudah dilaksanakan secara tatap muka, namun pandemi covid-19 masih belum selesai. Diperlukan upaya penerapan protokol kesehatan dengan tepat untuk mencegah penularan virus di lingkungan sekolah. Namun masih banyak siswa yang masih belum memahami PHBS dan protokol kesehatan yang benar. **Tujuan:** Untuk meningkatkan gaya hidup sehat pada siswa di SMP Ar-Rohmah Islamic Boarding School di masa pandemi. **Metode:** Pengabdian dilakukan dengan metode edukasi berupa praktik langsung mengenai cuci tangan 6 langkah dan penggunaan APD dengan benar. **Hasil:** Setelah mendapat edukasi, siswa bisa menerapkan cara cuci tangan 6 langkah dan penggunaan APD dengan benar secara mandiri. **Kesimpulan:** Edukasi yang telah dilakukan membuat santriwati di SMP Ar-Rohmah Islamic Boarding School menjadi mampu menerapkan cuci tangan 6 langkah dan menggunakan APD dengan benar secara mandiri.

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## INTRODUCTION

The learning process in schools has been carried out face-to-face, but the COVID-19 pandemic is still not over. To prevent the spread of the virus in the school environment, it is necessary to implement health protocols properly and correctly in the school environment. However, there are still many students who do not understand how to wash their hands in 6 steps and how to use protective equipment properly.

## METHOD

The dedication program was carried out for 40 female students in 7th grade who were doing the learning process at Ar-Rohmah Middle School "Islamic Boarding School". The focus of the dedication program is carried out by identifying the perceptions and knowledge of students about healthy and clear live behavior in the school environment, providing education about the right implementation of healthy live behavior and health protocols to prevent the spread of the virus in the school environment, and making dedication products like posters, modules and video compilations regarding healthy and clear live behavior patterns and application of health protocol.

## RESULT

The results of the intervention were in the form of education on how to wash hands in 6 steps and use protective equipment appropriately by the objectives of the activity. Santriwati who received education became able to apply the 6 steps of hand washing and use protective equipment appropriately to minimize the transmission of the Covid-19 virus in the school environment.

The identification of students' perceptions and knowledge about healthy and clear live behavior was carried out and well received, and the intervention in the form of a seminar on healthy and clear live behavior was also well received by the students. In addition, there are additional interventions in the form of making fruit parcels to increase female students' knowledge about the benefits of consuming fruit and to increase their immunity



Gambar 1. Fruit parcel manufacturing process by 7th-grade students of Ar-Rohmah Middle Islamic Boarding School.

The dedication team made several products such as posters, modules, and videos about healthy and clear live behavior and health protocols to be presented to students. The implementation steps are also practiced directly in the classroom. Health education regarding healthy and clear live behavior was carried out well, as evidenced by the enthusiasm of the students and the ability to answer questions raised during the education process.

Education is carried out by dividing students into several small groups consisting of 10 people with a facilitator. Students are allowed to discuss in their respective groups and present the results in front of the class so that there is brainstorming of opinions from each group. Furthermore, the group representatives gave an

example of healthy and clear live behavior activities in the form of 6 steps of hand washing and proper use of masks. An evaluation was carried out on how to wash hands in 6 steps and use the mask properly.

## CONCLUSION

Universitas Muhammadiyah Malang's Blockgrant Program is a dedication to the community in the form of healthy and clear live behavior education and health protocols for 7th-grade students at Ar-Rohmah Middle School "Islamic Boarding School" the conclusions are as follows:

1. Many female students do not know how to wash their hands in 6 steps and how to use protective equipment properly.
2. Health education seminar activities regarding healthy and clear live behavior and right health protocols were carried out well, as evidenced by the enthusiasm of female students and feedback in the form of the ability to answer questions during the seminar program.
3. The results of the evaluation were those female students could apply the 6-step hand washing method and use PPE properly and independently after direct educational and practical activities were carried out on this matter.

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