

HUBUNGAN *PERSONAL HYGIENE* DAN SANITASI LINGKUNGAN DENGAN GEJALA SKABIES DI PONDOK PESANTREN MIFTAHUSSA'ADAH CIBALIUNG, BANTEN TAHUN 2026.

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Abstrak

Skabies adalah penyakit kulit akibat infestasi tungau *Sarcoptes scabiei* var. *Hominis* yang masih menjadi masalah kesehatan masyarakat, terutama di lingkungan padat seperti pondok pesantren. Prevalensi skabies di Indonesia berfluktuasi antara 0,5% hingga 12,95% dengan angka relatif tinggi pada lingkungan berkepadatan hunian tinggi dan sanitasi kurang memadai. Penelitian ini bertujuan menganalisis hubungan *personal hygiene* dan sanitasi lingkungan dengan gejala skabies pada santri di Pondok Pesantren Miftahussa'adah Cibaliung, Banten Tahun 2026. Penelitian kuantitatif dengan desain *cross sectional* melibatkan populasi 295 santri dan sampel 137 responden yang dipilih menggunakan *stratified random sampling*. Data dikumpulkan melalui kuesioner dan observasi langsung pada Juni 2026, lalu dianalisis univariat dan bivariat menggunakan uji *chi-square*. Hasil menunjukkan 48,9% responden mengalami gejala skabies. Analisis bivariat menemukan hubungan bermakna antara jenis kelamin ($p=0,000$), kebersihan pakaian ($p=0,016$), handuk ($p=0,027$), tempat tidur dan seprai ($p=0,020$), dan genitalia ($p=0,014$). Sebaliknya, usia ($p=1,000$), pengetahuan ($p=0,819$), kebersihan kulit ($p=1,000$), tangan dan kuku ($p=0,196$), ventilasi ($p=0,149$), pencahayaan ($p=0,195$), suhu ($p=0,245$) serta air bersih ($p=0,975$) tidak berhubungan dengan gejala skabies. Kepadatan hunian dan kelembapan tidak dapat diuji karena seluruh kamar tidak memenuhi standar. Disimpulkan bahwa *personal hygiene* berhubungan dengan gejala skabies. Pengelola disarankan meningkatkan edukasi kesehatan, pemantauan sanitasi, dan pemeriksaan kulit santri berkala bersama puskesmas.

Kata Kunci: Gejala Skabies, *Personal Hygiene*; Pondok Pesantren, Santri, Sanitasi Lingkungan

THE RELATIONSHIP BETWEEN PERSONAL HYGIENE AND ENVIRONMENTAL SANITATION WITH SCABIES SYMPTOMS AT MIFTAHUSSA'ADAH ISLAMIC BOARDING SCHOOL, CIBALIUNG, BANTEN IN 2026.

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Abstrack

*Scabies is a skin disease caused by infestation of the mite *Sarcoptes scabiei* var. *hominis*, which remains a public health problem, particularly in densely populated environments such as Islamic boarding schools. Scabies prevalence in Indonesia has fluctuated between 0.5% and 12.95%, with relatively high rates in dormitories with high occupant density and poor sanitation. This study aimed to analyze the relationship between personal hygiene and environmental sanitation with scabies symptoms among students at Miftahussa'adah Islamic Boarding School, Cibaliung, Banten, in 2026. This quantitative cross-sectional study involved 295 students, with 137 respondents selected through stratified random sampling. Data were collected via questionnaires and direct observation in June 2026, then analyzed using univariate and bivariate chi-square tests. Results showed 48.9% of respondents experienced scabies symptoms. Bivariate analysis found significant associations between scabies symptoms and sex ($p=0.000$), clothing hygiene ($p=0.016$), towel hygiene ($p=0.027$), bedding and sheet hygiene ($p=0.020$), and genital hygiene ($p=0.014$). Conversely, age ($p=1.000$), knowledge ($p=0.819$), skin hygiene ($p=1.000$), hand and nail hygiene ($p=0.196$), ventilation ($p=0.149$), lighting ($p=0.195$), temperature ($p=0.245$), and clean water availability ($p=0.975$) showed no significant association. Occupant density and humidity could not be tested since all rooms failed to meet the standard. It is concluded that personal hygiene is significantly associated with scabies symptoms. School management is advised to strengthen health education, monitor sanitation, and conduct periodic skin checks with local health centers to prevent transmission.*

Keywords: *Environmental Sanitation, Islamic Boarding School, Personal Hygiene, Scabies Symptoms, Students*