

CHAPTER 1

INTRODUCTION

1.1. Background

Maintaining healthiness not only depends on our intake such as food and beverage but also environment cleanliness like clothes, house, air, many other and body cleanliness for example frequency of taking a bath, cutting nails, and ecetra. If these aspects are met under the condition of the body, region, age, and habits, then one will have good health until his death (Al-Jauziyah, 2013)

These days a lot of mental health disorders cases and physical human being, types and shapes are also varied, some diseases arise that the disease had not been raised before, of man with power and his efforts to treat diseases that afflict them. Many treasures that have been sacrificed to attempt recovery, the number of hospitals and clinics throughout the day increase in number of significant amounts. The hospital and the clinic is always full, and the disease is also rampant and continue to multiply, illness increasingly varied, even be said to be in line with the progress of medical science and technology. Ranging from infectious diseases to non-infectious disease (metabolic disease) every day is better and a lot of cases, the average age of people who affected the disease metabolic example, stroke, diabetes mellitus, coronary heart disease at a young age is a lot going on (Hanafi, 2014)

Directly nutritional problems are also associated with infectious diseases. This is because the food consumed is used to boost immunity and repair cells damaged by infection (Kemendikbud, 2013). Healthy lifestyle habits are one of the factors that can affect health conditions. Clean and Healthy Lifestyle Behavior (CHLB) is the application of health behavior by a person or group of people consciously to improve health. Clean and healthy lifestyle behavior or healthy life has become government program to improve quality of life Indonesia citizen (Kemenkes, 2011).

Healthy life covers the habit of washing hands with water and soap before eating and after using the bathroom, physical activity, consumption of fruits and vegetables every day and not smoking can minimize the infectious diseases (Kemenkes, 2011). Application of a healthy lifestyle reduces the risk of experiencing health problems such as insomnia, respiratory infection and other health problems. Hopefully, this program can become habit in future.

The application of clean and healthy life indirectly prevent nutritional problems as a result of their infection. One healthy behavior is physical activity. The application of regular physical activity can maintain stamina. Nationally residents who have met the criteria healthy life in 2011 only 55% and is expected to reach 70% in 2014. (Kemenkes, 2013)

This condition can cause a variety of diseases and can degrade the quality of human resources. To realize a healthy physical, mental and social human being with optimal productivity, effort are needed to maintain and improved health continuously from the womb, toddlers, school-age until old age. Improving the quality of health also effect the quality of human resources. (Kusmayadi, 2011)

Research on student attitudes toward CHLB College of Health Sciences Husada Citra Mandiri Kupang (STIKes CHM-K) (2010), conducted by the Seni reported 88.7% of 346 students STIKes CHM-K show a positive attitude about the CHLB and 11.3% students show negative attitudes about lifestyle (Seni, 2010). Student also should practice CHLB to improve their life in dormitory.

Students classified in the category of late adolescence are one of those most vulnerable to nutritional and health problems. This is because adolescence is a period of transition to adulthood and as an important period in the life cycle. In adolescence, there is a physical and psychological development from childhood to adulthood (Lembaga Demografi, 2017).

It all depends on intelligence in managing a healthy lifestyle every day that will inevitably face a variety of challenges. This is because illness

comes not because of the poor or the rich, but rather depends on the intelligence in maintaining the body with full responsibility and awareness of the importance of health (Illahi, 2015).

Rasulullah PBUH makes himself as a model and the best example for his people. Rasulallah PBUH is the Qur'an life (the living Qur'an). That is, the Rasulallah PBUH himself reflected all the teachings of the Qur'an in a tangible form. He is the first executing all the commands of Allah and leaves all of his bans. Therefore, the companions facilitated in the teachings of Islam is to imitate and emulate the behavior of the Rasulallah PBUH (Shoni, 2008).

As the Qur'an Allah has said in the letter al-Ahzab verse 21, which reads:

لقد كان لكم فى رسول الله أسوة حسنة لمن كان يرجوا الله واليوم الآخر
وذكر الله كثيرا

Meaning: *«He have indeed in the Messenger of Allah himself a good role model for you; is for people who expect the grace of God and the coming of the last days and he remembers God many»* (QS. Al-Ahzab 21)

Based on secondary data obtained University of Darussalam (UNIDA) Gontor for girls, has a vision of *“Being a flagship university which integrates science, technology, and the humanities with the sciences of Islam and keeps abreast of the times in 2030”*. UNIDA Gontor has seven faculties and seventeen departement that has been accredited by the Government of the Republic of Indonesia through the National Accreditation Board (Unida Gontor, 2017).

Initial survey results on UNIDA Gontor for girls showed that the facilities and the means provided by the University are quite adequate. However, when the researchers took baseline is still a lot of junk strewn everywhere. Rasulallah PBUH said:

فإن الله تعالى بنى الإسلام على النظافة ولن يدخل الجنة إلا كل نظيفي
(رواه طبران)

It means: «Allah establish Islam on cleanliness. And will not enter Paradise except those who maintain cleanliness» (HR. Thabraani).

1.2. Formulation of the problem

Is there a correlation between student knowledge and attitudes about Rasulullah PBUH healthy lifestyle by healthy life practical at UNIDA Gontor for girls ?

1.3. Interest issues

1.3.1 General purpose

Knowing the correlation between student knowledge and attitudes about Rasulullah PBUH healthy lifestyle by healthy life practical at UNIDA Gontor for girls

1.3.2 Special purpose

- a. Knowing percent of knowledge, attitude and healthy life practical in UNIDA Gontor for girls.
- b. Knowing the correlation between student knowledge about Rasulullah PBUH healthy lifestyle by healthy life practical at UNIDA Gontor for girls.
- c. Knowing the correlation between student attitude about Rasulullah PBUH healthy lifestyle by healthy life practical at UNIDA Gontor for girls.

1.4. Benefits of research

1.4.1 For students

This study can give more information about the science of healthy lifestyles, so that they knowledge can improve and can apply in their daily lives at UNIDA Gontor for girls or after graduation.

1.4.1. For institutions

This program can add to the treasures of Sciences healthy lifestyle, especially about the Rasulullah PBUH with healthy life practical in UNIDA Gontor for girls to improve the quality of health and hygiene in UNIDA Gontor for girls.

1.4.2. For researchers

- a. Improving knowledge about matters relating to the hadith of the Rasulullah PBUH.
- b. Developing the application of healthy life to the public later, when it plunged into the community.

1.5 Authenticity research

Table 1. Authenticity research

Research	Methods	Variable	Result	Differences
Relationship Between Religion And Attitudes Toward Knowledge Application for School Kits Healthy life SMU Negeri 1 Rilau Ale Bulukumba in (Haerani, 2011)	This type of research is analytic survey dedfdbd ngan Experiment Quasi approach.	Variables: religious knowledge and attitudes Variable Bound: Application of Healthy life practical	Respondents with a good level of religious knowledge and behavior of living getting clean and healthy with a good many as 104 people (60.8%).	Variables: rasulullah knowledge about healthy lifestyle and attitude Variable Bound: Healthy life practical

Research	Methods	Variable	Result	Differences
Knowledge, Attitude, Behavior Clean and Healthy At FKIK Student UIN Syarif Hidayatullah Jakarta (Muliadi, 2015)	Analytic Observational study using cross sectional design.	Variables: Knowledge, attitudes, and characteristics Variable Bound: Clean and Healthy Lifestyle	Student / i faculty of medicine at the Syarif Hidayatullah State Islamic University Jakarta in 2015 has knowledge and attitudes that are up well against Healthy life practical	Variables: rasulullah knowledge about healthy lifestyle and attitude Variable Bound: Healthy life practical
Effect of Religiosity Attitude Toward Behavior Clean and Healthy Communities Rejang Lebong (Yanuarti, 2018)	This research is a field research (field research), with the combined method approach (mixed methods), concurrent triangulation model (qualitative and mixed methods kuantitatif balanced way).	Variables: The attitude of religiosity Variable Bound: Behavior Clean and Healthy Communities	The attitude of religiosity has contributed 83.80% influence on society Healthy life practical Curup hamlet. The attitude of the public religiosity has an influence on the behavior of the public net	Variables: rasulullah knowledge about healthy lifestyle and attitude Variable Bound: Healthy life practical