

ABSTRACT

DESCRIPTION OF ENVIRONMENTAL SANITATION CONDITION AMONG FEMALE STUDENTS WITH DIARRHEA IN AN ISLAMIC BOARDING SCHOOL X

Alya Fadiana

NIM 432022718007

Environmental sanitation is one of the main factors causing diarrhea, especially among individuals who live in Islamic boarding school. This study aimed to obtain an overview and information about environmental sanitation among female student with diarrhea at Islamic Boarding School X. The variables studied include drinking water quality, toilet conditions, rubbish bin, dormitory space density and Clean and Healthy Living Behavior (PHBS). The research method used was descriptive qualitative with data collection through questionnaires and field observations. The research sample consisted of 99 female students with diarrhea in the period April-May 2025. The results showed that the quality of drinking water was in the very good category with a percentage of 90%, the condition of toilets was in the good category with a percentage of 75%, the condition of rubbish bin was in the very less category with a percentage of 48%, the dormitory space density was in the good category with a percentage of 61%. PHBS on hand washing habits was in the very good category with a percentage of 94%, PHBS on waste disposal habits was in the very good category with a percentage of 78%, PHBS on toilet use habits was in the very good category with a percentage of 100%, and PHBS on snacking behavior was in the very good category with a percentage of 90%. This study concluded that although most aspects of environmental sanitation were in good condition, several aspects that need to be improved, such as drinking water quality, toilet cleanliness conditions, waste management and arrangement of dormitory space density. Recommendations were directed at improving environmental sanitation and increasing PHBS awareness to reduce the incidence of diarrhea in Islamic boarding schools.

Keywords: *Environmental sanitation, Diarrhea, Islamic boarding schools, Clean and Healthy Living Behavior (PHBS).*

ABSTRAK

GAMBARAN SANITASI LINGKUNGAN PADA SANTRIWATI PENDERITA DIARE DI PONDOK PESANTREN X

Alya Fadiana

NIM 432022718007

Sanitasi lingkungan merupakan salah satu faktor utama penyebab penyakit diare, terutama pada individu yang hidup berkelompok seperti di pondok pesantren. Penelitian ini bertujuan untuk memperoleh gambaran dan informasi mengenai sanitasi lingkungan pada santriwati penderita diare di Pondok Pesantren X. Pada penelitian ini, variabel yang diteliti meliputi kualitas air minum, kondisi jamban, tempat sampah, kepadatan ruang hunian dan Perilaku Hidup Bersih dan Sehat (PHBS). Metode penelitian yang digunakan adalah deskriptif kualitatif dengan pengumpulan data melalui kuisioner dan observasi lapangan. Sampel penelitian terdiri dari 99 santriwati penderita diare pada periode April-Mei 2025. Hasil penelitian menunjukkan bahwa pada kualitas air minum berada dalam kategori sangat baik dengan persentase 90%, kondisi jamban berada dalam kategori baik dengan persentase 75%, kondisi tempat sampah berada dalam kategori kurang baik dengan persentase 48 %, kepadatan ruang hunian berada dalam kategori baik dengan persentase 61%. PHBS pada kebiasaan cuci tangan berada dalam kategori sangat baik dengan persentase 94%, PHBS pada kebiasaan membuang sampah berada dalam kategori sangat baik dengan persentase 78%, PHBS pada kebiasaan menggunakan jamban berada dalam kategori sangat baik dengan persentase 100%, dan PHBS pada kebiasaan jajan berada dalam kategori sangat baik dengan persentase 90%. Penelitian ini menyimpulkan bahwa walaupun sebagian besar aspek sanitasi lingkungan telah berada pada kondisi baik, terdapat beberapa aspek yang perlu ditingkatkan, seperti kualitas air minum, kondisi kebersihan jamban, pengelolaan tempat sampah dan penataan kepadatan ruang hunian. Rekomendasi diarahkan pada perbaikan sanitasi lingkungan dan peningkatan kesadaran PHBS guna mengurangi kejadian diare di lingkungan pondok pesantren.

Kata kunci: *Sanitasi lingkungan, Diare, Pondok pesantren, Perilaku Hidup Bersih dan Sehat (PHBS)*

ACKNOWLEDGEMENT

Alhamdulillah rabbil 'alamin, Praise and gratitude are always offered to Allah SWT for all His grace and blessings so that the author can complete this thesis well. Blessings and greetings be upon the Prophet Muhammad SAW as rahmatan lil'alamin who has guided his people from the era of ignorance to the Islamic era. This thesis was written to fulfill the requirements for completing studies in the Bachelor of Pharmacy program at the Faculty of Health Sciences, Darussalam Gontor University.

This thesis is not merely the result of hard work and scientific study, but also a manifestation of devotion and gratitude for all the blessings God has bestowed upon it. Behind each page of this writing are the prayers, support, and sacrifices of many who have sincerely given their time, energy, and encouragement to the author. Therefore, the author would like to express his sincere gratitude to:

1. Prof. Dr Hamid Fahmi Zarkasyi, M.A., M.Phil as the Chancellor of Darussalam Gontor University. Dr. Abdul Hafidz Zaid, M.A as Vice Chancellor I of Darussalam Gontor University. Dr Setiawan Bin Lahuri, M.A as Vice Chancellor II of Darussalam Gontor University. Dr Khoirul Umam, M. Ec as Vice Chancellor III of Darussalam Gontor University. Dr Royyan Ramdhani Djayusman, Ph.D. As Vice Chancellor IV of Darussalam Gontor University.
2. Apt. Amal Fadholah, S.Si, M. Si as Dean of the Faculty of Health Sciences, Darussalam Gontor University and apt. Nadia Iha Fatihah, M.Clin.Pharm, as Head of the Pharmacy Study Program, Darussalam Gontor University.
3. Apt. Amal Fadholah, S.Si, M.Si as the first supervisor, and Dr. Solikah Ana Estikomah, M.Si as the second supervisor who have provided knowledge, time, thoughts, direction, and guidance during the thesis preparation process so that it can be completed well.
4. 4. All lecturers, laboratory assistants, educational staff, and administrative staff of the Pharmacy Study Program who have been

willing to share knowledge, guide, and provide direction during the lecture process.

5. Beloved parents, Mr. Diana Sakrisna Saputra and Mrs. Siti Fatimah, the author's two younger siblings, Shandika Nauval and Nabila Shafiyah Qalbi, and the entire extended family who have provided moral and financial support, and always prayed for the blessings and success of the author's knowledge.
6. Friends of the Pharmacy class of 2022, Pharmacy Study Program, University of Darussalam Gontor who have prayed for and given encouragement to the author and all parties who cannot be mentioned one by one.

The author realizes that this thesis is far from perfect. Therefore, the author greatly appreciates constructive criticism and suggestions so that this work can be improved and beneficial to all parties in need. Hopefully, this thesis can provide benefits and become a continuous charity for the author and all parties involved. Finally, all good deeds are returned to Allah, and to Him alone do the author ask for His blessings and approval. *Aamiin Ya Rabbal 'Alamin*

Ngawi, 28 Juli 2025

Penulis,



Alya Fadiana

NIM.432022718007