

PROGRAM STUDI KESEHATAN MASYARAKAT

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HUBUNGAN PENGETAHUAN DENGAN PENERAPAN *PERSONAL HYGIENE* SISWA SEKOLAH DASAR ISLAM TERPADU *GLOBAL ISLAMIC SCHOOL (SD IT GIS)* PERMATA UMMI KERTASEMAYA KABUPATEN INDRAMAYU

XII+81 hal+2 bagan+4 tabel+18 lampiran

ABSTRAK

Personal hygiene atau kebersihan diri merupakan aspek penting dalam menjaga kesehatan individu, terutama di kalangan anak-anak sekolah dasar. Sehingga, penerapan *personal hygiene* yang tepat sangat di perlukan untuk menciptakan suasana belajar yang sehat dan mendukung perkembangan fisik serta mental siswa. Berdasarkan observasi awal yang dilakukan di Sekolah Dasar Islam Terpadu *Global Islamic School (SD IT GIS)* Permata Ummi Kertasemaya Kabupaten Indramayu pada Februari 2025, ditemukan bahwa sekitar 65% pengetahuan siswa masih belum sepenuhnya menerapkan praktik mencuci tangan dengan sabun sebelum makan, sesudah makan, dan setelah buang air, serta menjaga kebersihan diri secara keseluruhan.

Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat pengetahuan siswa mengenai kebersihan diri dengan penerapan praktik *personal hygiene* di kalangan siswa Sekolah Dasar Islam Terpadu *Global Islamic School (SD IT GIS)* Permata Ummi Kertasemaya Kabupaten Indramayu.

Metode penelitian menggunakan pendekatan kuantitatif dengan desain *cross-sectional*. Sampel berjumlah 96 siswa Sekolah Dasar Islam Terpadu *Global Islamic School (SD IT GIS)* Permata Ummi Kertasemaya Kabupaten Indramayu. Menggunakan teknik *purposive sampling*.

Dari hasil penelitian menunjukkan adanya hubungan antara pengetahuan dengan penerapan *personal hygiene* $P\text{-value } 0,000 < 0,05$. Siswa yang memiliki pengetahuan *personal hygiene* dengan baik dapat menerapkannya dengan baik dan sebaliknya. Maka pihak sekolah di harapkan dapat meningkatkan edukasi *personal hygiene* secara rutin.

Kata kunci : Pengetahuan, penerapan *personal hygiene*, siswa

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RELATIONSHIP BETWEEN KNOWLEDGE AND THE IMPLEMENTATION OF PERSONAL HYGIENE AMONG STUDENTS OF INTEGRATED ISLAMIC ELEMENTARY SCHOOL GLOBAL ISLAMIC SCHOOL (SD IT GIS) PERMATA UMMI KERTASEMAYA, INDRAMAYU REGENCY

XII+81 pages+2 charts+4 tables+18 attachments

ABSTRACT

Personal hygiene is an important aspect in maintaining individual health, especially among elementary school children. Therefore, the proper implementation of personal hygiene is necessary to create a healthy learning environment and support the physical and mental development of students. Based on initial observations conducted at the Integrated Islamic Elementary School Global Islamic School (SD IT GIS) Permata Ummi Kertasemaya, Indramayu Regency in February 2025, it was found that around 65% of students' knowledge has not yet been fully implemented in the practice of washing hands with soap before eating, after eating, and after defecating, as well as maintaining overall personal hygiene.

This study aims to analyze the relationship between the level of students' knowledge about personal hygiene and the implementation of personal hygiene practices among students of the Integrated Islamic Elementary School Global Islamic School (SD IT GIS) Permata Ummi Kertasemaya, Indramayu Regency.

The research method used a quantitative approach with a cross-sectional design. The sample consisted of 96 students of the Integrated Islamic Elementary School Global Islamic School (SD IT GIS) Permata Ummi Kertasemaya, Indramayu Regency, using a purposive sampling technique.

The results of the study showed a relationship between knowledge and the implementation of personal hygiene with a P-value of $0.000 < 0.05$. Students who have good knowledge about personal hygiene are able to implement it well, and vice versa. Therefore, the school is expected to improve personal hygiene education routinely.

Keywords: *Knowledge, implementation of personal hygiene, students*

References: *21 (2017–2024)*