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## **Improving Student Lifestyles through Health Quality Assurance**

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### **Keywords**

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### **Abstract**

This paper describes the quality assurance of health in improving the healthy lifestyle of students in Islamic boarding schools, highlighting its impact on students' comfort in learning. The research was conducted at the Nurul Jadid Islamic Boarding School. The research employed a qualitative descriptive method with a case study approach. Data collection techniques included interviews, observation, and documentation. Informants comprised health sector consultant's health division coordinators, and students selected through purposive sampling. Data analysis followed the Milles and Huberman framework, involving data presentation, reduction, and conclusion. The results indicate that the quality of health services at Nurul Jadid is well-assured, evidenced by the numerous health service programs provided by the Health Division. This research is expected to offer contributions and benefits, including (1) an assessment of the extent to which Nurul Jadid Islamic Boarding School has improved student health, (2) evaluation materials for the health service coordinator, and (3) considerations on the importance of enhancing health services for students.

## **INTRODUCTION**

According to Madjid (1997), Islamic boarding schools are one of Indonesia's oldest Islamic religious education institutions. Islamic boarding schools are places to educate students to become pious people, have noble characters, and have high intelligence (Murwani & Kusumasari, 2022). Santri in Islamic boarding schools are resources that must be developed and need special attention, especially their health and growth.

In the Law of the Republic of Indonesia Number 36 of 2009 concerning Health, it is stated that health is a human right and one of the elements of welfare that the ideals of the Indonesian nation must realize. So, health is a basic need that must be obtained by every individual, from the womb to death. Likewise, students who live in Islamic boarding schools have the right to be healthy and support the learning process in Islamic boarding schools.

The number of Islamic boarding school educational institutions 2022 recorded in the Pondok Pesantren Data Base (PDPP) application reached 27,722, totaling 4,175,531 students. Islamic boarding schools can potentially become agents of national development in terms of the many young people educated in Islamic boarding schools (Pranata et al., 2013). As a development potential, Islamic boarding schools should ideally become agents of development, one of which is in the health sector (Sukana & Musadad, 2010).

Health services are important activities in an institution because health is related to a person's life (Sutoyo, 2020). This is by the Regulation of the Minister of Health of the Republic of Indonesia No. 1 of 2013 concerning Guidelines for the Implementation and Development of Islamic Boarding School Health Posts (Poskestren) that empowering Islamic boarding schools in

the health sector is an effort that aims to enable them to identify problems, plan and carry out efforts to solve them by utilizing the potential according to the circumstances and conditions that occur.

Poskestren is a form of Community-Based Health Efforts (UKBM) in Islamic boarding schools that aims to realize the independence of Islamic boarding school residents and the surrounding community regarding clean and healthy living behavior (PHBS). According to Azwar, the position of poskestren is the same as "Posyandu," namely as a public health service under the auspices of the "Puskesmas" (Fajriyah et al., 2021). The "Poskestren" from the government will be able to reduce and minimize health problems in pesantren residents, especially students. In addition, "Poskestren" can also provide counseling on how to prevent and identify disease symptoms and training in providing treatment for a disease.

According to the Radar Bromo Digital Newspaper, the Nurul Jadid Islamic Boarding School has around 15,000 students who live in the pesantren environment. As a place for students to live, Islamic boarding schools generally have various facilities, such as bathrooms, latrines, kitchens, and trash cans. The pattern of boarding-based education often creates health problems for students (Fahham, 2019). Thus, health services are one aspect that must be given special attention. Considering that they live together and socialize with many people, health is an important thing that must be considered so that they can participate in the learning process from the beginning to the end of their education.

In general, Islamic boarding schools still require attention from various parties regarding health services. Islamic boarding schools are considered to need still to pay more attention to the health of students and their environment. Infectious diseases based on the environment and unhealthy behavior, such as tuberculosis (TB), upper respiratory tract infections (ARI), diarrhea, and skin diseases, are the dominant problems in Islamic boarding schools (Supriadi & Chandra, 2018). Skin disease is a disease that is still a health problem in Indonesia. This disease is commonly found in high-density environments, such as prisons, orphanages, and Islamic boarding schools (Habibi, 2019).

Based on a preliminary study through interviews with the Coordinator of the Health Division of the Nurul Jadid Islamic Boarding School in the Al-Mawaddah Region, health services at the Nurul Jadid Islamic Boarding School are provided by the Az-Zainiyah Clinic. The Az-Zainiyah Clinic is a form of implementation of the poskestren, which provides health services for students. The Az-Zainiyah Clinic was first established under the auspices of the Islamic boarding school in 1989 under the name Santri Health Unit (UKS). Then, in 2000, the Santri Health Unit changed its name to the Az-Zainiyah Medical Center (BPA). In 2018, BPA continued to grow and changed its name to the Az-Zainiyah Clinic.

From the preliminary study results, information was obtained that health services at the Az-Zainiyah Clinic still needed to be improved. Doctors who practice at the Az-Zainiyah Clinic are general practitioners who are relatively new and inexperienced. The practice hours are not available 24 hours, only available at night. Meanwhile, access to health services outside Islamic boarding schools is difficult to reach because the Islamic boarding schools are far from the place of health services. In addition, many students are less concerned about their health, especially the problem of health-seeking behavior. Many students still prefer to rest in their room when they feel sick and then go to a health service for treatment. If the students feel that their illness is severe and does not go away, then they will go to a health service facility outside the Islamic boarding school (Rahman et al., 2016).

Given how important health is for students, it is necessary to guarantee quality health services to support the healthy lifestyle of students in Islamic boarding schools. Departing from some of the problems previously described, this research is focused on quality assurance of health in

improving the healthy life of students at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah Region as health insurance for students, which has an impact on the comfort of students in learning.

## **RESEARCH METHODS**

This study aims to describe the quality of health services (quality assurance of health) provided by Islamic boarding schools in improving the healthy life of students, such as health insurance, which impacts students' comfort in learning. Research activities were conducted at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah Region from December 2022 to January 2023. The research method used is a qualitative descriptive with a case study approach. According to Creswell (2002), the focus of research on case studies is to describe in details one or several cases of an event, including individuals, groups, and life portraits (Sugiyono, 2018).

Interviews, observation, and documentation were carried out using data collection techniques. According to Peersman (2002), the data collection technique must be based on what is happening in the field and can be used as a source of data in research (Zarkasyi, 2021). Interviews were conducted with three informants, namely: (1) Mrs. Mabruroh, Lc. as a consultant in the field of health for the Al-Mawaddah area, (2) Lola Amalia Putri as the coordinator of the Health Division for the Al-Mawaddah area, and (3) Farisa Aniq as a student in the Al-Mawaddah area, who was selected by purposive sampling method (Sugiyono, 2018). Observation and documentation activities were carried out by observing the health service activities at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah Region.

Data analysis in this study uses the concept of Milles and Huberman, which consists of three activities, namely: (1) presentation of data from interviews, observations, and documentation as a whole, (2) data reduction, namely sorting and selecting data according to the research focus, then describe it in the form of narrative text, (3) draw conclusions as research findings and data verification (Baharun et al., 2021). The triangulation technique tested the data's validity by comparing the interviews' results with the documents obtained during the research.

## **RESULTS AND DISCUSSION**

Based on the interview results, we found that the management of health services in the Al-Mawaddah area is managed by the Al-Mawaddah Health Division centered on the Az-Zainiyah Clinic. In practice, several programs are managed by the Az-Zainiyah Clinic, and several are managed by the Al-Mawaddah area. This can be seen in the interview with Mrs. Mabruroh, Lc. as a consultant in the field of health for the Al-Mawaddah area, "The Al-Mawaddah area has the authority to carry out its own health service program, outside of the program owned by the Az-Zainiyah Clinic as the health service center in this pesantren. The program from the Az-Zainiyah Clinic is in the form of extension activities, while regional health services are managed by the Health Division with directions from the Health Consultant."

Counseling activities by the Az-Zainiyah Clinic are held once a month with a different theme in the hall of the central Islamic boarding school. All areas within the Nurul Jadid Islamic Boarding School must attend this activity. The resource person for this activity usually comes from the Az-Zainiyah Clinic. However, if the health worker from the Az-Zainiyah Clinic cannot attend, the Az-Zainiyah Clinic will call an outside resource person.

From this explanation, it is known that the Az-Zainiyah Clinic is very concerned about the healthy lifestyle of the students, as evidenced by the holding of routine health counseling activities every month. According to the Ministry of Health, health education is the addition of one's knowledge and abilities to change or influence human behavior in the health sector. Counseling is an effective method to increase one's knowledge. With the increasing knowledge

of students about health, it is hoped that the healthy lifestyle of students will also be of higher quality (Rafsanjani, 2014).

Health service programs managed under the authority of the Al-Mawaddah area can be seen in the following picture:



*Figure 1. The Health Service Program at the Nurul Jadid*

Based on this Picture, the health service program at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah area includes: (1) publishing health articles, (2) controlling students' health, (3) healthy students program, (4) KOSMARI healthy menu, ( 5) distribution and consumption of Kangen Water. These programs are well-scheduled and carried out regularly under the supervision of the Health Division in the Al-Mawaddah area.

### **Publishing Health Articles**

One form of health service efforts to improve the quality of life is the effective communication of information and education. This can be done through health promotion by utilizing various media, including articles (Andriyanto & Hidayati, 2018). Health articles in the Al-Mawaddah area are published routinely once a month. This article is displayed in the Islamic boarding school wall magazine (making) so that all students can read it freely at any time.

Lola Amalia Putri, the Health Division coordinator for the Al-Mawaddah area, said, "These health articles can be in the form of articles compiled by the Health Division or pamphlets containing important information related to health. The pamphlets that we usually display in magazines are taken from trusted sources on the internet, for example from the official website of the ministry of health." The theme for each month's magazine is different, such as tips on preventing leucorrhoea, nutrition tips for healthy glowing skin, how to maintain healthy teeth and much more related to health and women.

Publishing articles regularly is hoped to improve students' healthy lifestyles and increase their health awareness. This is by the statement (Siregar & Batubara, 2022), which states that services provided in a comprehensive and quality manner using certain media are very influential in increasing one's awareness of managing a healthy lifestyle.

### **Santri Health Control**

Health control of students in the Al-Mawaddah area is carried out every day. In this activity, members of the Health Division controlled the students who were sick that day. In the evening, the Health Division Coordinator reports the results of the control to the health consultant. Suppose a sick student must be examined and treated by a doctor. In that case, the member of the Health Division on duty will take the student to the Az-Zainiyah Clinic at night because the doctor's schedule at the Az-Zainiyah Clinic is only available at night.

According to the interview statement, Mrs. Mabruroh, Lc. said, "The health control of the students is carried out every day by the administrator on duty that day. In the evening, the health worker reported the students who were sick via WhatsApp, and then I gave directions for



further action. The report's contents are the names of students who are sick, the type of illness, how long they have been sick, and what actions have been taken.

Lola Amalia Putri also stated that health control officers were scheduled daily. After carrying out the control, the officer will report to the coordinator, and then the coordinator will report to the health consultant. The schedule of health workers can be seen in Picture 2.

Jadwal piket UKS		
Senin - Selasa	Rabu - Kamis	Sabtu - Ahad
Antis	Aura	Shela
Luna	Ima	Fanes
Ima	Nanda	Nuri
Ayu	Diana	Medin
Putri	Malika	Fara
Laila	Ais	Ummi'
Penjab : Ustidz Hkmanah	Penjab : Ustidz lola	Penjab : Ustidz Widad

*Figure 2. Schedule of Santri Health Officers*

### Healthy Santri Program

Efforts are usually made to maintain health, one of which is exercise. Various types of sports can be an option, including football, volleyball, badminton, swimming, gymnastics, and so on (Lasalewo et al., 2022). Farisa Aniq stated that students usually gather in the Islamic boarding school yard on Friday morning to start the Healthy Santri program. Farisa Aniq continued, "The Healthy Santri Program consists of two activities, namely student gymnastics and providing health supplements."

Gymnastics is a form of physical exercise consisting of certain movements to maintain a healthy body. This exercise aims to increase the efficiency of oxygen intake in the body's tissues. The incoming oxygen levels are determined by the size of the lung capacity when inhaling the air (Tamim & Nopiana, 2020). Exercise in the morning can improve physical health (Dlis et al., 2021), increase learning motivation, train and optimize physical motor skills, and get children active (Ningsih et al., 2022).



*Figure 3. Santri gymnastic activities every Friday morning*

After the gymnastic activities, the healthy student program is continued with the distribution of health supplements evenly for all students. These health supplements can be in the form of herbs, vitamins, and other supplements. Jamu is prepared using a variety of typical Indonesian spices that are easy to find anywhere. The Indonesian people use Jamu to maintain a healthy

body and prevent diseases (Waqiah, 2021). Apart from herbs, other health supplements, such as vitamins B, C, D, E, and zinc, can also increase the body's immunity and act as antioxidants (Widiyanto et al., 2022).



*Figure 4. Distribution of Health Supplements*

### **KOSMARI Healthy Menu**

Applying a healthy lifestyle is very important to improving the welfare of human life. A healthy lifestyle can include food, drink, and nutrition needed in daily life (Sufa et al., 2017). Food, drink, and nutrition consumed by students at the Nurul Jadid Islamic Boarding School are regulated in the KOSMARI program. KOSMARI is an abbreviation for Kos Makan Santri, which is the implementation of mandatory boarding for all students at the Nurul Jadid Islamic Boarding School.

According to Lola Amalia Putri, "The Health Division, Health Consultants, Islamic boarding school caretakers, and cooking staff (chefs) held discussions to determine the KOSMARI menu by considering balanced substances and nutrition for the students. Every day, KOSMARI is provided with simple and nutritious menus, namely tofu and tempeh with various processing methods, as well as vegetables." This is based on Mrs. Mabruroh's statement: "KOSMARI's menu is a simple and nutritious menu every day. Besides that, every Monday and Thursday, there are additional menus such as fish, chicken, and others."

*Table 1. KOSMARI Menu*

DAY	MORNING	AFTERNOON
MONDAY	Soy Sauce Tofu	Crispy Chicken
	Fried Tempe	Boiled Vegetables
	Stir Fry Pumpkin	Chili Sauce
TUESDAY	Red Spiced Tempe	Fried Tahu
	Fried Tahu	Fried Tempe
	Soup	Stir Fry Spinach
WEDNESDAY	Coconut Tempe	Tofu Cakes
	Fried Tahu	Fried Tempe
	Stir Fry Eggplant	Boiled Vegetables
THURSDAY	Fried Tahu Coconut Tempe	Egg
	Stir Fry Cork	Fried Tahu
		Stir Fry Long Beans
FRIDAY	Soy Sauce Tempe	Fried Tahu
	Fried Tahu	Fried Tempe
	Stir Fry Spinach	Soup

	Red Spiced Tofu	Coconut Tofu
SATURDAY	Fried Tempe	Fried Tempe
	Stir Fry	Stir Fry Pumpkin

In food, there are nutrients that the body needs to metabolize (Yuliani & Mail, 2019). These nutrients must be consumed in a balanced way so that no deficiency or excess of nutrients can cause disease. Balanced nutrition is a daily food composition that contains nutrients in the right types and amounts to prevent nutritional problems (Kodyat, 2014). The fulfillment of a balanced nutritional intake is very influential on the body, especially in helping the process of growth and development, and it can prevent disease (Isnani, 2022).

### **Distribution and Consumption of Kangen Water**

According to Pocock (1981) and Howard & Hopps (1986), water is the most important component of life. The adult human body is composed of 50% water. With age, the human body's water percentage decreases (Ignatov et al., 2016). Consuming quality water can offset this fluid deficiency so that humans do not become dehydrated. Therefore, the Al-Mawaddah area produces Kangen Water and then distributes it to all students.



*Figure 5. Annida Kangen Water Machine*

Kangen Water is ionized alkaline drinking water (Syahidin & Ramadhan, 2022). The distribution of Kangen Water to every room in the Al-Mawaddah area is carried out daily by students who are on picket or receive tahkim that day so that each student will have enough water. Consuming alkaline water can nourish the intestines and stomach, prevent cancer, and act as an antioxidant to neutralize free radicals in the body (Emilia & Mutiara, 2019).

Students in the Al-Mawaddah area can enjoy all of these services. 430,000.00 per month, with details: Rp. 300,000.00 for KOSMARI, Rp. 100,000.00 for electricity, water, and Kangen Water as drinking water for students, and Rp. 30,000.00 for medical expenses (vitamins and supplements). This health service program is hoped to improve the number of students at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah area.

This research is expected to provide contributions and benefits, both theoretically and practically. Theoretically, this research can serve as (1) a benchmark to assess the extent to which Nurul Jadid Boarding School in the Al-Mawaddah area has improved the health of its students through its services; (2) evaluation materials for the health coordinator, particularly at Nurul Jadid Boarding School in the Al-Mawaddah area; and (3) considerations on the importance of improving health services for students. Meanwhile, this research can offer knowledge and insights for educational practitioners regarding the significance of providing health services for students.

## CONCLUSION

Based on the study results, it can be concluded that the quality of health services at the Nurul Jadid Islamic Boarding School in the Al-Mawaddah region is guaranteed. This can be seen from the many health service programs the Al-Mawaddah area provides, especially the Health Division. These programs include (1) the publication of health articles, (2) health control of students, (3) a healthy students program, (4) the KOSMARI healthy menu, and (5) the distribution and consumption of Kangen Water.

A Health Division's board member manages the health service program in the Al-Mawaddah area, and its coordinator is Lola Putri Amalia. The Health Division is under the care of the Health Consultant for the Al-Mawaddah area. All of these programs aim to improve the healthy life of students as health insurance for students, which impact the comfort of students in learning. Furthermore, further research can be conducted to measure the quality of health services achievable through several strategies implemented thus far. If the quality of health services is deemed insufficient, efforts should be made to enhance the health services for students. This improvement in health services is expected to contribute positively and enhance the overall health and lifestyle of the students.

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