

Original Article

The Influence of Group Therapy on Personal Hygiene Improvement for Grade 7 Students

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ABSTRACT

Efforts need to be made to improve personal hygiene behavior with the end result of reducing the number of infectious diseases. Human IT Middle School Mulia Boarding School is an IT Middle School with a dormitory concept where students live together to improve their religious skills and memorize the Koran. Personal hygiene problems have become commonplace among students. Health education has been done a lot, but not yet effective. One effort that can be done is with a therapy group. Therapy groups can influence other individuals to improve better behavior. This study uses a quasi-experimental design. This study used a purposive sampling technique in selecting subjects. The technique used to collect data is interview. This research will be conducted in July 2022, Islamic Boarding School at Insan Mulya Pringsewu Lampung. This research has received ethical recommendations from KEPK Muhammadiyah University of Pringsewu. Data analysis used the T test. The purpose of this study was to determine the effect of group therapy on improving the personal hygiene of 7th grade students of SMP IT Insan Mulia Islamic Boarding School. The results showed that the average increase in personal hygiene of students in the intervention group was higher than that of the control group (32.15 ± 14.65 ; 11.30 ± 9.32). The results of statistical tests showed that there was a significant effect of the therapy group on improving the personal hygiene of grade 7 students at SMP It Insan Mulia Boarding School (p value = 0.000). It is recommended to do group activity therapy for students to improve students' personal hygiene.

Keywords: *Group Activity Therapy, Personal Hygiene.*

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INTRODUCTION

Health is a healthy state, both physically, mentally, spiritually and socially which enables everyone to live a productive life. The most important factors affecting public health are the environment, behavior, health services and heredity because it is in the environment that humans interact and interrelate in their life processes, both in the physical, psychological, socio-cultural, economic environment, where these conditions

are strongly influenced by individual behavior, families, groups and communities, which are closely related to the habits, norms, customs that apply in society¹.

Personal hygiene is self-care that affects human health where personal hygiene is carried out as an activity of daily life. Personal hygiene behavior can be influenced by individual values and habits, in addition to cultural, social, family norms, educational

level, economic status and so on. Having problems with personal hygiene will have an impact on a person's health condition. When someone is sick, one of the causes is a lack of personal hygiene. This should be our concern, because cleanliness is an important factor in maintaining individual health status².

The main problem of personal hygiene that often occurs in Islamic boarding schools is scabies. This is due to poor personal hygiene and the incidence of scabies³. Personal hygiene includes the habit of washing hands, using the same towel, the frequency of bathing, the frequency of changing clothes, the frequency of changing bed linen, and the habit of direct contact with scabies sufferers, other habits as well as using bar soap together. Habits like the above often occur in Islamic boarding schools⁴.

Another problem arising from poor personal hygiene is Pediculosis capitis in Islamic boarding schools or dormitories. Pediculosis capitis can be transmitted in two ways, namely by direct contact and indirectly. Direct contact occurs when there is contact with sufferers, for example giving directly by friends who are suffering and sleeping together next to sufferers. While indirect contact through objects that have been used by sufferers such as clothes, towels, pillows, mattresses and others².

Health education on personal hygiene therapy for diseases sometimes fails or treatment cannot reach optimally so that cases of infection still exist. If there are no preventive measures to improve personal hygiene, it will increase the incidence of infection caused by scabies and can eventually lead to endemic scabies. From the description above, it shows that health promotion about personal hygiene has a positive impact on increasing knowledge which indirectly changes behavior or actions in good self-care, so that the incidence of scabies can be reduced³.

According to research by Triasmari & Kusuma (2019), it shows that the factors that affect personal hygiene in children 9-12 years are influenced by knowledge, attitudes and access to promotional media. Knowledge, and access to social media are related to personal hygiene attitudes in children aged 9-12 years. Children aged 9-12 years who are exposed to social media have a higher proportion of doing personal hygiene compared to children who are not exposed.

The limitations of these health promotion media can have an impact on the

level of student knowledge, so there is a need to increase knowledge. Increasing knowledge can be done in various ways, including by way of education and outreach through both print and non-print media. Social health education media is very effective as a media for educating and outreach to the public about the importance of health in general.

Perceptual stimulation Group Activity Therapy (GAT) is one of the modality therapies performed by nurses on a group of patients who have the same nursing problem by training the patient to prepare for the stimulus provided or the stimulus experienced. Provision of effective perceptual stimulation GAT is supported by the environment in which the therapy is given, and the client's willingness to participate in activities, the client is expected to be able to overcome low self-esteem. Clients can also perceive what is described properly and appropriately⁶.

In research Widyawati, (2022), it shows that most of them are happy with the GAT technique provided and hope that activities like this are carried out continuously so that they are motivated to move forward⁷. The effectiveness of GAT can be seen from the many changes in the number of adolescents who originally had negative self-esteem abilities to positive self-esteem. The GAT given to adolescents aims to facilitate the ability of adolescents to socialize with a number of friends who are around them with problems of social relations, as well as to gradually improve social relations within the group. Also supported by personality and developmental stages.

In Chalifatiyanti's research (2017), it shows that group therapy can significantly reduce bullying behavior⁸. The openness of one of the respondents will influence the mindset of other group therapy members so that other group members will do the same thing, namely revealing the reasons/causes of the respondent bullying his schoolmates. Participation of group members eliminates feelings of isolation within each member and the uniqueness of the cause of bullying behavior occurs. The togetherness and openness of each member of the group can be lost. anxiety and encourage each member of the group to discuss inner feelings/emotions wholeheartedly.

Many studies support behavior change through group therapy. Therapeutic group therapy of school-age children affects the

ability of psychomotor development of school-age children. Therapeutic group therapy can help school-age children meet their needs (developmental tasks) positively. So it can be concluded that therapeutic group therapy has an effect on psychomotor abilities and industrial development of school-age children⁹.

In the pre-survey, research showed that there were 45% of grade 7 students who had personal hygiene problems due to the adaptation process from moving house to dormitory compared to grade 8 and 9 students who had already adapted to dormitory activities. Group therapy research alone has never been used in personal hygiene. Group therapy has never been introduced to humans Mulya Boarding School Pringsewu. This Study Aimed to effect of group therapy on improving the personal hygiene of grade 7 students at SMP It Insan Mulia Boarding School.

METHOD

This study uses a quantitative method with the type of quasy experiment in the form of pre -post test designs. Subjects were divided into 2 groups, namely the control group and the treatment group¹⁰. This research will be conducted in July 2022, Islamic Boarding School at Insan Mulya Pringsewu Lampung. The type of activity group therapy given is perceptual stimulation. perceived stimulation is one of the modalities of therapy performed by a nurse on a group of clients with the same involvement problem in this case the problem of personal hygiene Treatment Group activity therapy for students is used as a provision for students to improve personal hygiene. Therapy This group's activities continue to implement the covid 19 protocol during this pandemic. Before and after the study, the subjects were given a questionnaire to find out their personal hygiene skills. The educational method used in the control group used leaflets to improve personal hygiene for students. Education is given three times during the study.

Researchers used the calculation of the average sample of two. The subjects of this study consisted of 40 normal students in the intervention group and 40 normal students in the control group. The research instrument uses a personal hygiene questionnaire from previous research⁴ which has been tested for validity and reliability. Data collection was carried out using

primary and secondary data. Secondary data was obtained by looking at groups of grade 7 students at school. The primary data is directly through the intervention of group activity therapy which begins with a pre-test, then an evaluation (*post - test*) is carried out to find out the results of research on personal hygiene. .

The data collection process was carried out by researchers directly using questionnaires in each group. In the first week, they were given a pretest and in the second week, research subjects were asked to fill out a *post-test questionnaire*. Researchers strive to uphold a scientific attitude and research ethics. This Study get ethical clearance from Muhammadiyah University Pringsewu with number 010/ KEPK/ FKes /2022.

RESULTS

Table 1. Personal Hygiene in Grade 7 Middle School Students at Insan Mulya Boarding School Pringsewu before research in both groups.

Group	Mean±SD	Median	Range	p-value
Control	54.85±12.90	58.0	23-77	0.408
Intervention	52.93±11.54	54.0	31-69	

Table 1 shows that the average personal hygiene of students prior to the study in the control group was higher than that of the intervention group (54.85 ± 12.90; 52.93 ± 11.54). However, the statistical test results showed no significant differences in personal hygiene before the study in the intervention group and the control group (p value = 0.408).

Table 2. Personal Hygiene in Grade 7 Middle School Students at Insan Mulya Boarding School Pringsewu before research in both groups

Group	Mean±SD	Median	Range	p-value
Control	66.15±10.26	69.0	38-92	0.000
Intervention	85.10±10.15	85.0	54-100	

Table 2 shows that the average personal hygiene of students after the study in the intervention group was higher than that of the control group (85.10 ± 10.15; 66.15 ± 10.26). The statistical test results showed that there was a significant difference in personal hygiene after the study in the intervention group and the control group (p value = 0.000).

Table 3. The Influence of Group Therapy on Personal Hygiene Improvement for Grade 7 Students of SMP It Insan Mulia Boarding School

Group	Mean±SD	Median	Range	p-value
Control	11.30±9.32	8.0	0.0 – 31.0	0.000
Intervention	32.15±14.65	31.0	0.0 - 61	

Table 3 shows that the average increase in personal hygiene of students in the intervention group was higher than that of the control group (32.15 ± 14.65 ; 11.30 ± 9.32). The results of statistical tests showed that there was a significant effect of group therapy on improving the personal hygiene of grade 7 students at SMP It Insan Mulia Boarding School (p value = 0.000).

DISCUSSION

1. Personal Hygiene in Grade 7 Middle School Students at Insan Mulya Boarding School Pringsewu before research in both groups.

In this study it was found that the average personal hygiene of students before the study in the control group was higher than the intervention group (54.85 ± 12.90 ; 52.93 ± 11.54) and there was no difference in the two groups (*p value* = 0.408) .

Personal hygiene is important because good personal hygiene will minimize the *entry* of microorganisms that are everywhere and ultimately prevent a person from getting sick. Personal hygiene is self-care, where a person takes care of certain functions such as bathing, toileting , general body hygiene and decoration. Personal hygiene or personal hygiene is necessary for one's comfort, safety and health. Personal hygiene is the first step to realizing personal health. Having a clean body minimizes one's risk of contracting a disease, especially diseases associated with poor personal hygiene. Improved personal hygiene will make it easier for the body to get various diseases, such as skin diseases, infectious diseases, oral diseases, and gastrointestinal diseases or can even eliminate the function of certain body parts, such as the skin ¹¹ .

The main problem of personal hygiene in students who live in dormitories is generally skin hygiene. The skin is the outermost layer of the body and is in charge of protecting the underlying body tissues and other organs

against injury, and the entry of various kinds of microorganisms into the body. For this reason, care for the health and cleanliness of the skin is needed. Maintaining skin cleanliness and skin care aims to keep the skin well cared for and maintained so that it can minimize any threats and disturbances that will enter through the skin. It is important for nurses as health workers to inform clients in health services about the importance of maintaining cleanliness and skin care. Any condition that affects the skin (for example: humidity, damage to the epidermal layer, prolonged pressure on the skin, etc.) is sufficient to disrupt the function of the skin as a protective organ ¹² .

Just like the skin, hands and feet and nails must be cared for and this is inseparable from the cleanliness of the surrounding environment and the habits of daily life. Besides being beautiful to the eyes, clean hands, feet and nails also prevent us from various diseases. Dirty fingernails and hands can be dangerous for contamination and cause certain diseases.

According to the research of Khotimah et al., (2021) , it shows that the problem of personal hygiene is the main problem for the impact of scabies on students¹³. This can be caused by students making skin contact with other students. Bathing tools are also often used alternately as a means of exchanging infections among students. The next problem is the behavior of changing clothes, but most students don't do it. Poor personal hygiene will cause scabies. Of course, it can cause learning disorders and sleep patterns of students.

Supported by the research of Qomariyah et al (2022), it shows that before health education was carried out, the students' personal hygiene was not good. The aspect that looks less good is the cleanliness of the towels¹⁴. The students do not have good personal hygiene on the cleanliness of the bed. The students are used to sleeping together in one bed. This is what makes scabies contagious at this Islamic boarding school. In contrast to the research by Tosepu et al (2019) , it shows that the personal hygiene of students at *the Islamic Boarding School of the Metropolitan Ummushabri* Kendari in Kendari is in the good category¹⁵. They clean regularly, do not change clothes and always use dry and clean towels.

Factors that influence personal hygiene include internal factors and external factors. Internal factors include knowledge, attitudes and information. External factors that influence

the behavior of young women regarding personal hygiene during menstruation include support and facilities. The dominant factor that most influences the behavior of young women regarding personal hygiene during menstruation is the availability of facilities.

According to the assumptions of researchers, by understanding the factors that influence personal hygiene behavior. So health education is needed by involving facilities and the role of schools so that personal hygiene can increase. One way is to use group therapy.

2. Personal Hygiene in Grade 7 Middle School Students at Insan Mulya Boarding School Pringsewu before research in both groups.

In this study after research in the intervention group was significantly higher than the control group (85.10 ± 10.15 ; 66.15 ± 10.26 ; p-value 0.000). These results indicated that at the end of the study the intervention group had better behavior than the control group. The intervention group received group activity therapy. In this study, 40 intervention respondents were divided into 8 small groups and then combined into a large group. The intervention group received one session of 45-60 minutes meeting per week.

Group Activity Therapy (GAT) is a therapy that uses activity as a stimulus and is related to experience or life to be discussed in groups. Perception stimulation group activities are carried out to increase self-esteem which is characterized by self-recognition, self-respect, not hostility to oneself, positive and rational thinking. In addition, group activity therapy has benefits, namely: getting information on the expectations of group members, increasing the expectations of group members, providing awareness about the existence of similar thoughts, feelings, and problems⁷.

According to research by Widyawati & Dewi (2022), group activity therapy provides positive experiences aimed at knowing the importance of self-esteem identifying positive things about oneself, practicing positive self-esteem, the importance of positive things from others, identifying the importance of positive things about others and can train positive things in others⁷. In contrast to the research by Sutejo & Sulistiyawati (2017), it showed that there was no significant difference in the aggressive attitudes of students at SMAN 1 Ngaglik Sleman in the Province of DIY who were given

therapeutic group therapy for adolescents¹⁷.

In line with Zakiudin's research (2016), it shows that personal hygiene behavior in students can increase if it is supported by adequate facilities and infrastructure¹⁸. This support is also in the form of increasing the knowledge of the students which can improve the behavior of the students in personal hygiene. It shows that personal hygiene can prevent the occurrence of scabies in students and pediculosis capitis. This shows that health education for students improves their personal hygiene.

According to the researchers' assumptions, group activity therapy can increase personal hygiene behavior. This is because group activities can make respondents open to each other to improve personal hygiene.

3. The Influence of Group Therapy on Personal Hygiene Improvement for Grade 7 Students of SMP IT Insan Mulya Boarding School.

In this study, the increase in personal hygiene of students in the intervention group was significantly higher than that of the control group (32.15 ± 14.65 ; 11.30 ± 9.32). This means that Group Therapy has a significant effect on improving the personal hygiene of 7th grade students of SMP IT Insan Mulya Boarding School (p value = 0.000).

In this study the intervention group received a higher increase in personal hygiene. Giving group therapy can support each other in each group in improving personal hygiene behavior. Fellow friends can motivate each other and make corrections to each other when behavior is inappropriate.

Researchers conduct health education to research subjects. Health education can be done with various methods such as educational education using group activity therapy. Group activity therapy is able to channel emotions, is an opportunity that is needed by someone to maintain their mental health. In the group there will be time for each member to channel his emotions to be heard and understood by other group members. Perceptual stimulation group activity therapy improves social relations skills for everyday life, there are opportunities for group members to communicate with each other which allows for increased social relations in their daily life⁷.

In line with research by Bintang Agustina Pratiwi et al (2021), it shows that

there is an effect of health education on the personal hygiene behavior of students at the Pancasila Islamic Boarding School¹⁹. Knowledge of Student Pondok Boarding school Nurul Guidance Kebumen has changed after education. On Chalifatiyanti's research (2017) , shows that group therapy can significantly reduce bullying behavior. Participation of group members eliminates feelings of isolation within each member and the uniqueness of the cause of bullying behavior occurs⁸. The togetherness and openness of each member of the group can be lost. anxiety and encourage each member of the group to discuss inner feelings/emotions wholeheartedly.

According to the research of Yusuf et al (2017) , it shows that children with mental retardation will be able to work together through group activity therapy²⁰. The method used is playing together in groups starting with the preparation stage, the working stage and ending with the termination stage. RM's children take part in this activity on an ongoing basis so that this activity can be easily remembered and repeated at each subsequent meeting. Children who are more capable are directed to help children who are less able so that a collaboration is created between them to complete a game. In this game it also begins to appear adaptive social behavior of each child.

In this study, the control group also experienced an increase in personal hygiene behavior. The control group received an intervention in the form of a leaflet about improving personal hygiene. This leaflet was given to the control group every week. In the first week the leaflet discussed the importance of personal hygiene. In the second week the leaflet discussed ways to improve personal hygiene. In the third week, leaflets were given about maintaining good personal hygiene.

In the research of Resnayati et al (2022) , it shows that giving students healthy books can increase students' knowledge, attitudes and personal hygiene behavior in preventing scabies²¹. Giving this book is one of the media for health education so that students can improve their personal awareness. This is also a means for students to monitor personal hygiene.

According to the researchers' assumptions, giving group therapy can significantly improve personal hygiene behavior in the intervention group. The increase in personal hygiene was higher when compared to the control group. This group activity therapy

provides support to each respondent so that they can motivate and remind each other to improve the personal hygiene of the respondents.

CONCLUSION

This study showed that the group that received group activity therapy had a higher increase in personal hygiene behavior when compared to the control group. It is recommended to make group activity therapy a compulsory nursing curriculum in improving personal hygiene. It is recommended to conduct health education in the form of group activity therapy in improving the personal hygiene of students at Islamic boarding schools.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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