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Efforts to improve Clean and Healthy Living Behavior (PHBS) at the IMBS Miftahul Ulum Pekajangan Pekalongan Islamic Boarding School

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ABSTRACT

A healthy lifestyle is the effort of everyone who wants to always be healthy, namely by paying attention to a healthy lifestyle so that the body always avoids various diseases. This research aims to increase the understanding and knowledge of adolescent students about Clean and Healthy Living Behavior (PHBS) at the IMBS Miftahul Ulum Pekajangan Islamic Boarding School through a series of intervention programs, involving 50 adolescent students including first aid socialization, reproductive health, mental health, and environmental health. It can be concluded that this activity succeeded in increasing the awareness and skills of students, with positive feedback and a real action plan to implement PHBS in the pesantren environment.

Keyword: Healthy Lifestyle, PHBS, Teenage Students, Miftahul Ulum Pekajangan Islamic Boarding School



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1. Introduction

A healthy lifestyle is the effort of everyone who wants to always be healthy, namely by paying attention to a healthy lifestyle so that the body always avoids various diseases. A healthy body is one of the keys to success for everyone and a healthy body will support every human activity. A healthy body is a body that is free from disease, therefore everyone needs to maintain their health in order to live a healthy life. People only need to implement a healthy lifestyle from an early age, without any age restrictions (Kasrudin I, 2021). Efforts to stay healthy will not succeed without a change in mindset and behavior. Therefore, everyone needs to be disciplined in following all steps for a healthy lifestyle. A healthy lifestyle certainly starts from oneself (Suyatmin, S. & Sukardi, 2022). If we apply a healthy lifestyle, then the environment around us will automatically become healthy. A healthy lifestyle is an effort to maintain physical and mental health so that it remains good, in (Dominggus Sijauta, 2023). By paying attention to diet and daily activities. As living beings, we are not always healthy, sometimes we get sick and sometimes we recover. Therefore, by living a healthy lifestyle, our lives will always be good and healthy. We must pay attention to his spiritual health and mental health. Because if a person is not mentally healthy, his mental health will be disturbed. Therefore, these two fundamentals are the

most important foundation for building a healthy lifestyle. The IMBS Miftahul Ulum Islamic Boarding School is located in Pekajangan, a village located in Kedungwuni District, Pekalongan Regency. With an average temperature ranging from 28° to 32° Celsius and being at an altitude of about 11 meters above sea level, this pesantren operates in an environment that is very supportive of educational activities. IMBS Miftahul Ulum Pekajangan Pekalongan Boarding School with the number of active students is around 500 students and every year there are around 180 new students who register.

Based on the results of the data we obtained at the IMBS Miftahul Ulum Pekajangan Pekajangan Pekalongan Boarding School in January 2025, we obtained data from 103 respondents that the behavior of IMBS Pekalongan Regency students is quite good, where the students have implemented PHBS (Clean and Healthy Living Behavior). However, there are also some students who have not implemented PHBS (Clean and Healthy Living Behavior) such as the existence of a hanger that is a mosquito rest area/mosquito resting place. This can cause dengue fever. Dengue fever or dengue fever is a disease transmitted by the bite of a mosquito called *Aedes Aegypti*.

2. Methods

The method of implementation of community service activities at the IMBS Miftahul Ulum Pekajangan Islamic Boarding School is by means of advocacy that received support from the Pekalongan Regency Health Office, the Chairman of the IMBS Miftahul Ulum Pekajangan Islamic Boarding School Foundation, and the Principal of the Muhammadiyah Pekajangan Islamic Boarding School. The topic taken was Healthy Lifestyle Strategy in the Islamic Boarding School Environment, for adolescent students at Islamic Boarding School. This activity was carried out from 01 - 15 February 2025, participants in this study were 50 young students at MA Muhammadiyah Pekajang. The media used for this research are powerpoint and video. The purpose of this activity is to increase the understanding and knowledge of MA Mummadiyah Pekajangan students about the Clean and Healthy Lifestyle (PHBS).

3. Results and Discussion

The results of the survey located at the IMBS Miftahul Ulum Islamic Boarding School are located in Pekajangan, a village located in Kedungwuni District, Pekalongan Regency which has been going on for 15 days in February after the deployment of PBL students, starting from February 1 - February 15, 2025. Based on the results of questionnaire data collection at the IMBS Miftahul Ulum Islamic Boarding School, with a target of 50 people. The intervention programs that have been implemented at the IMBS Miftahul Ulum Pekajangan Boarding School consist of 5 programs, including:

3.1. Socialization of First Aid and Disaster Preparedness (KELANA)

We carried out the first intervention program at the IMBS Miftahul Ulum Pekajangan Boarding School on Tuesday, February 4, 2025. The socialization of first aid and disaster preparedness (Kelana) aims to increase the awareness and knowledge of students about the importance of first aid and preparedness in dealing with emergency situations that may occur due to natural disasters. This activity discussed the definition and purpose of first aid, the importance of first aid in emergency situations, Disaster Preparedness, First Aid Simulation, The Role of the Community in Disaster Preparedness, and ended with a question and answer session, where students were given the opportunity to ask questions and share experiences related to emergency situations. This wandering event (first aid and standby socialization activities) ran smoothly without obstacles with good feedback from the students. The output of this activity increased students' knowledge about First Aid and Disaster Preparedness, the awareness of students of the importance of disaster preparedness.



Figure 1. Socialization of First Aid and Disaster Preparedness (KELANA)

3.2. Socialization Reproductive Health Activities (KESEREP)

This intervention program was carried out on Tuesday, February 4, 2025. KESEREP (Reproductive Health Activities) is a program that aims to increase the understanding and awareness of students, especially adolescents, about reproductive health. This activity will be held in the form of an interactive seminar involving students and students, with an emphasis on reproductive health education relevant to their age. The material sessions explain important topics in reproductive health, including menstrual health and body changes during puberty, sexually transmitted diseases (STDs) and how to prevent them. Inviting students to share experiences and ask questions about reproductive health issues. With this KESEREP activity, it is hoped that students can understand and maintain their reproductive health, and feel more comfortable discussing these issues in a safe and supportive environment. The output results of this activity are increasing students' knowledge and insight about reproductive health, changing awareness and changing students' attitudes.



Figure 2. Socialization Reproductive Health Activities (KESEREP)

3.3. Tree Poster Activity (KEPPO)

This intervention program was carried out on Friday, February 7, 2025. The KEPPO (Tree Poster Activity) activity that focuses on mental health is an initiative that aims to increase students' awareness of the importance of mental health through visual media, especially posters. This activity combines elements of education, creativity, and student participation in disseminating useful information about mental health. This activity is in the form of making posters that contain information about positive affirmation sentences and hadiths or verses as guidelines for students' lives. The purpose of KEPPO activities is to provide Education about Mental Health. KEPPO (Tree Poster Activity) activity is intended for students and students of classes X and XI. This activity combines elements of education, creativity, and student participation in disseminating useful information about mental health. This activity is in the form of making posters that contain information about positive affirmation sentences and hadiths or verses as guidelines for students' lives. The output results of this activity are useful for the students to increase students' insight into mental health, train students' creativity, understand why mental health is important to maintain, provide examples of affirmations that can be applied daily, introduce relevant hadiths or verses of the Qur'an as a guideline for life and a source of motivation for life.



Figure 3. Tree Poster Activity (KEPPO)

3.4. Environmental Health (KELING)

This intervention program will be carried out on Friday, February 14, 2025. Public health under the name of KELING (Environmental Health) Activity. This activity involves all students in a series of educational and practical activities that focus on environmental health, including counseling and clean-up actions. The initiative of the students to help each other, work well together, implement a good waste management system, including the separation of organic and non-organic waste, as well as recycling programs. The output of this activity was that the students were actively involved in the clean-up action in the pesantren area, with each group cleaning a certain area, around 90% of the students gave positive feedback, stating that this activity was useful and interesting. Activities are documented through photos and videos that can be used to promote similar activities in the future.



Figure 4. Environmental Health (KELING)

3.5. Clean and Healthy Living Behavior (PHBS) Content

This intervention program was carried out on Friday, February 14, 2025. This activity involved IPM student representatives in education, discussion, and hands-on practice sessions about PHBS. Introducing the theme of PHBS and explaining the purpose of the activity, conveying information about the basic principles of PHBS, such as proper hand washing, the importance of sanitation and environmental cleanliness, holding correct handwashing practices using soap and running water. The output of this activity PHBS content education activities succeeded in increasing student knowledge, awareness, and skills of HDI representatives of students about the importance of clean and healthy living behaviors. With positive feedback and a concrete action plan, it is hoped that all students can implement PHBS and become agents of change in the pesantren environment.



Figure 5. Clean and Healthy Living Behavior (PHBS) Content

4. Conclusion

In the Community Service activity carried out at the IMBS Miftahul Ulum Pekajagn Islamic Boarding School with the theme "Healthy Lifestyle Strategy in the Islamic Boarding School Environment", results were obtained in accordance with the target, among other programs. The socialization activities held at the IMBS Islamic Boarding School include various important elements in the lives of students, ranging from disaster preparedness, reproductive health, to environmental cleanliness. All of these activities describe an integrated

effort in building the character of students who are healthy, responsive, and responsible for themselves and their environment.

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