

Health Education Management Model of Islamic Boarding School-Based: A Study at the Madinatunnajah Islamic Boarding School, South Tangerang

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Abstract: Health education in Islamic boarding schools is a planned learning process that discusses health issues, especially including disease prevention, health promotion, and disease treatment and it is good for increasing cognitive, affective and psychomotor. This research aims to analyze the planning, organization, implementation and evaluation of health education management in Madinatunnajah, South Tangerang. The approach in this research uses a qualitative design, with a Positive Deviant approach. This research aims to analyze the management of Islamic boarding school-based health education. The qualitative method to be used is inductive, meaning that the research begins with preliminary observations or observations in the field as well as data collection, and ends with drawing conclusions with the main aim of describing and revealing, analyzing the management of Islamic boarding school-based health education. The research results show that Madinatunnajah's success in winning the South Tangerang level healthy Islamic boarding school competition held by the Nahdatul Ulama Health Institute (LKNU) was the main support from the boarding school leadership, then the strategy for planning, organizing, implementing and evaluating health education management which was realized with a synergy pattern education strategy. Appropriate healthy living, communication synergy between leaders and teachers, as well as evaluation activities through health prevention and promotion through information media with structured management so that this research becomes a health education model promotive, preventive and curative.

Keywords: management, health education, Islamic boarding school-based health.

1. Introduction

Every educational institution needs a reference model to assess, evaluate, treat, seek consultation or knowledge about various health problems. This is important to overcome health problems in Islamic boarding schools, such as psychomotor health, emotional, social skills, psychosexual status, moral, spiritual and physical traits (Lewis KD, Bear BJ, 2009). In 1995, WHO introduced *the Global School Health Initiative*, which aimed to strengthen health research approaches in schools. Health problems in educational institutions can be resolved better if a school has structured medical services

(Adhanom T, 2021). The definition of education is the process of changing the attitudes and behavior of a person or group of people in order to mature a person through the efforts, processes, methods and activities of teaching and educational training (Rahman A, Munandar SA, Fitriani A, et al, 2022). The attitude of complying with health regulations in students can also be realized because in their daily lives students always familiarize themselves with a disciplined lifestyle (Ma'unah B, 2014). When studying and thinking about education, you must first be familiar with two terms which have almost the same form and are commonly used in the world of education, namely pedagogy and pedagogic (Husna K, Mundi A, Jadid UN, et al, 2023). Education and culture coexist and support each other, so that in the matter of education management in Islamic boarding schools, this is research that integrates health and Islam, especially since Islamic boarding schools are typical Indonesian educational institutions (Kondrla P, 2022).

The aim of education is to guide all of the nature that exists in children so that they can achieve the highest sense of security and happiness desired, both as humans and as members of society (Pristiwanti, Badariah, Hidayat, et al, 2022). Education with special characteristics that are not entirely common in state schools such as teaching methods, kiai, queues, Islamic boarding schools and bald books (Shofiyah NA, Ali H, Sastraatmadja N, 2019). Focusing on Islamic boarding school education, this research can become a model in health education management, thereby improving individual health throughout the academic community and the Islamic boarding school environment (Pavletic AC, Dukes T, Greene JG, et al, 2016). Then, with excellent health, it can produce a healthy and health-conscious generation in the future for future students to achieve their goals (Irwan, 2017). To achieve this goal, quality educators are needed who provide health information with the right strategy (Nurbaity, Noviyanti R, Handayani Y, 2023). With collaboration between leaders and teachers, the target of providing health information can be achieved more quickly. In santri management which includes planning, organizing, mobilizing and evaluating Islamic boarding school leaders for

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the environmental health of santri (Habibullah N, 2022).

Then regarding nutritional aspects as stated in *the Hindawi Journal of Nutrition and Metabolism*, data on nutritional intake was found to be related to health problems in educational institutions, for example *anemia* (Puspita WL, Khayan K, Hariyadi D, et al, 2020). Apart from that, there are mental problems, the highest of which is the condition of feeling lonely and alone (*Loneliness Tendency*) (Tang B, Wang Y, Gao Y, et al, 2020). According to the *Journal of Neuropsychiatric Disease and Treatment*, many students in Taiwan experience *fatigue* and emotional exhaustion, namely 60.9% (Tien-Yu Chen, Yu-Ching Chou, Tzeng, et al, 2015). Furthermore, disease cases in other Islamic boarding schools were studied observationally. The diseases that often occur in Islamic boarding schools are respiratory cases including tuberculosis, quoted from *the Asian Health Literacy Association* (AHLA) (Indreswari SA, Nurjanah, Handayani S, et al, 2019). Therefore, it is necessary to carry out continuous health education involving teachers and Islamic boarding school teaching staff (Sonke J, Sams K, Morgan-Daniel J, et al, 2021). The next important thing is to pay attention to the quality of drinking water in Islamic boarding schools for the sake of health. The purity and *hygiene* of drinking water is very important in Islamic boarding schools (Kumar S, Preetha GS, 2012).

In 2021, data was obtained that the most cases were anemia, namely 26.7% at the Baitul Qurro' Islamic Boarding School in Jakarta (Ariguntar T, Hapsari Y, Labib M, et al, 2021). Researchers want to research at the Madinatunnajah Islamic Boarding School, South Tangerang, because this Islamic boarding school has won the healthy boarding school competition at the South Tangerang level (Hanifuddin M, 2021). Healthy Islamic boarding schools also provide non-smoking areas, health promotion centers and health posts in Islamic boarding schools (Alawi A, 2016). In general, the main goal of educational management is to shape student's personalities so that they are in line with national education goals (Asadzandi M, 2020). The goals of education in a health institution can be achieved effectively and efficiently with excellent health management (Setiawan U, Karyanto B, Mukhtadi, et al, 2022). The aim of the state education development policy is to guarantee fair and high-quality education that meets the needs of society and this can be realized by implementing appropriate health strategies (Muhyidin Y, 2017). To achieve this goal, the field of health management needs to create a health education model to produce maximum educational management results in general (Tumanggor A, Tambunan JR, 2021).

Management problems in the field of education must pay attention to human factors, facilities and infrastructure factors (*building and equipment*), and finances (funding) so that related to health education management, these three aspects must not be forgotten (Everard KB, Morris G, Wilson I, 2004). In a critical review of organizational change management, organizational change is present in the life of an organization at the operational and strategic levels, so that organizational change cannot be separated from organizational strategy (Purwanto M, Hermanto YB, 2023). SWOT analysis and

stakeholder analysis with insights from organizational behavior research such as knowledge sharing and leadership (Jacobs, Witteeloostuijn AV, Zeyse ZC, 2013). An important thing that needs to be considered in education management is program evaluation (Sukatini, Danny MAF, Huda RM, et al, 2023). When applied to an Islamic education program serves as a guide that teachers use to guide students towards the highest goals of Islamic education through the accumulation of various knowledge, skills, and attitudes. Internal management also describes an ideal management that includes all existing elements, *nature* and *all creation* (Rohman A, 2018). In understanding educational management problems, especially regarding student health, students daily activity routines are also observed (Fitri J, Indrayuda, Kadir TH, 2013). According to Gilbert's theory, school health education helps students develop knowledge (Gilbert GG, Sawyer RG, McNeill EB, 2020). Each of these management functions works together to achieve the goals of the educational organization according to their respective vision and mission (Van Diggele C, Burgess A, Roberts C & Mellis C, 2020).

Managers in educational institutions need to be much more reactive in how they respond to everyday problems (Bresnen M, Hodgson D, Bailey S, et al, 2017). Many studies reveal that students performance in schools, colleges and universities is disrupted due to health problems, which can interfere with their academic performance (Mohamad NE, Sidik SM, Akhtari-Zavare M. 2021). In the context of health management *evaluation*, regulation, evaluation and evaluation must continue to be carried out (Wendimagegn NF, Bezuidenhout MC, 2019). Because education is a very important thing in a person's life, the principles of educational management must be taken into account to achieve this goal (Ahmadi A, Widdah ME, 2023). The scope of educational management is quite broad and aims to integrate society and education (Roy K, 2022). Then health management is always related to daily lifestyle patterns, for example the health behavior of students at school (Cramm JM, Nieboer AP, 2015). The educational management function is a basic element that must always be presenting if a school is to realize its vision and mission (Melaku A, Addis T, 2023). One important aspect of health problems in schools is educational management, because this is *the blueprint* for strategies to create healthy school conditions (Atzwanger B, 2023).

2. Significance of the Study

The research focus of this study is to create a health education management model to improve the level of health in an educational institution, which in this case is an Islamic boarding school educational institution. The target is all students in Islamic boarding schools, namely in terms of providing health education to Islamic boarding school students and also providing treatment. Health workers at the Madinatunnajah Islamic boarding school and the medical team whose role is to provide education, education, and health advice to students both directly and indirectly (for example health posters) are key roles in this health education management model. As well as making maximum efforts to mobilize preventive and promotive aspects, to create healthy students and try to prevent students from

getting sick. The limitation of the problem in this research is that the problem in this research is that it does not aim to examine all existing problems, namely material in this field.

The problem formulation in this research includes planning, organization, implementation, and evaluation models in the health education management model in Madinatunnajah, South Tangerang. Then this research aims to analyze the planning, organization, implementation, and evaluation in the health education management model in Madinatunnajah, South Tangerang. Benefits of research It is hoped that this will be useful for both theoretical and practical development. The theoretical benefit is that researchers hope that the benefits of the model from the results of this research can help develop a new theory analyzing the management of Islamic boarding school-based health education. The practical benefit for Islamic boarding school leaders is that the results of this research can be used as a model for the implementation and practice of appropriate health education management as well as creating conditions for Islamic boarding school students who are physically and mentally healthy at the Madinatunnajah Islamic Boarding School, South Tangerang.

For researchers and academics, this research is expected to be useful or can be used as a model for analyzing health education management and its development at the Madinatunnajah Islamic Boarding School, South Tangerang. For Islamic Education Management, the Graduate School of Muhammadiyah University, Jakarta, provides an information model to increase knowledge and understanding, especially for students of Islamic education management study programs regarding Islamic Boarding School-Based Health Education Management. The synergy of work between boarding school leaders and teachers can realize the delivery of appropriate education to students. A communicative approach in health education is also realized because the overall teaching and learning activities in Madinatunnajah are carried out in a conducive manner and two-way communication is always maintained.

In the Islamic aspect, health education management science, Islamic boarding schools and Islamic educational institutions are integrated. Allah SWT explains that there is no God but Him and He created everything. Allah SWT then explains that He is the one who provides food for all His creatures. For this, Allah SWT mentioned as a gift to them that allows them to eat whatever is on the face of the earth, things what is halal and good for them and does not harm their souls and bodies, as a gift from Allah SWT. Allah forbids them to follow Satan's steps, namely those that Satan designed for them during the time of ignorance (Quranhadits.com, 2023). Poskestren as a form of community-based health efforts in Islamic boarding schools has the principle for Islamic boarding school residents (Hulaila A, Budi MS, Kusumawati A, et al, 2021).

3. Methodology

Method of this research uses a qualitative design and a *positive deviance approach*, so that it can become a model in health education management. This research aims to analyze health education management in Islamic boarding schools.

Madinatunnajah Islamic Boarding School Jl. Jombang-BSD No. 97. Jombang Village, Ciputati District, South Tangerang City, Banten Province. A qualitative approach is research that aims to describe and analyze phenomena, events, social activities, attitudes, beliefs, perceptions, and thoughts of society individually and in groups. Research methods in this research using a *Positive Deviance research approach*. The definition of *Positive deviance* (PD) is an approach to behavior and social change that is based on the observation that the solution to society's problems already exists within society itself.

The location of this research is the Madinatunnajah Islamic Boarding School Jl. Jombang-BSD no. 97. Jombang Village, Ciputat District, South Tangerang City, Banten Province. Meanwhile, the data source for this research is the subject who provided information to complete the required information, namely health workers at the Madinatunnajah Islamic Boarding School Health Post on J l. Jombang-BSD No. 97. Jombang Village, Ciputat District, South Tangerang City, Banten Province. The research will start in June 2023 The subjects of this research are health workers who provide information to complete the required information, namely health workers at the Madinatunnajah Islamic Boarding School Health Post on Jl.Jombang-BSD no. 97. Jombang Village, Ciputat District, South Tangerang City, Banten Province, namely 11 informants. Qualitative research does not use the concept of population, but calls it a "social situation" which consists of three elements, namely: place, actors, and activities that interact with each other synergistically. Researchers carry out in-depth observations of the object of study or a particular case in a social situation, and the results of the research are transferred to other social situations that are similar to the social situation of the case studied. Likewise, in research examples, qualitative research samples are not referred to as informants, but as sources or participants, informants, friends, and teachers.

Related to the above, the sampling technique used as a source for this research is purposive sampling. The purposive sampling technique is a method used to collect samples from data sources based on certain criteria, usually having the following characteristics: (1) not targeting a large number of samples, but representing cases according to the specificity of the research problem; (2) Not determined rigidly from the start, but the number and characteristics of the sample can change, according to the understanding of real-life goals formed in the research, and (3) does not aim for representation. (meaning of random numbers/events) but rather according to contextual suitability. Therefore, in qualitative research, there are no absolute requirements regarding the number of samples used as a data source in determining the sample size. In qualitative research, one case (n=1) that is deliberately selected can be studied in depth. Based on the description above and according to the problem formulation, the data source for this research was determined as follows: field research was carried out at the Madinatunnajah Islamic Boarding School Health Post on Jombang-BSD street No. 97. Jombang Village, Ciputat District, South Tangerang City, Banten Province. Meanwhile, the data sources for this research are health profession students who provide information on the completeness of the required data,

Table 1
Research informants

No.	Name	Age	Length of working	Position	Educational Background	Gender	Information
1.	ET	28 years	4 years	Secretary to the Head of the Islamic Boarding School	English & Arabic teacher (<i>imla'</i>)	L	Key Informant
2.	WMH	29 years	1 year	Head of School Health Business (UKS)	Teacher of Physics & Chemistry class 10 MA, science class 8 Mts	P	Supporting Informant
3.	AW	36 years	4 years	Yellow Book Teacher	Studying in Egypt majoring in religion	L	Supporting Informant

Table 2
Focus group discussion informant

No.	Name	Age	Length of working	Position	Gender	Information	
1.	Mir	17 years	3 years	3rd grade student	MA Madinatunnajah Islamic Boarding School	P	Supporting Informant
2.	Nur	19 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		P	Supporting Informant
3.	Mel	17 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		P	Supporting Informant
4.	WJ	18 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		P	Supporting Informant
5.	Rid	17 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		L	Supporting Informant
6.	Lut	18 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		L	Supporting Informant
7.	Ghi	17 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		L	Supporting Informant
8.	Ridh	17 years	3 years	Class 3 students of MA Madinatunnajah Islamic Boarding School		L	Supporting Informant

namely secretaries of foundations and Islamic boarding schools, administrators of foundations and Islamic boarding schools as well as teachers, and students using *purposive sampling techniques for selecting informants*.

The technique for collection data uses three data collection techniques, namely interviews, observation, and documentary studies. Documentary research is a data collection technique that collects and analyzes documents, both written documents and images. The observations carried out in this research were systematic and planned investigations and observations aimed at obtaining information, which was checked for accuracy and reliability. In this research, in-depth interviews and focus group discussions (FGD) were conducted, which are data collection techniques commonly used in qualitative research.

The data analysis and data processing techniques used are collecting data obtained through different data collection techniques (in-depth *interviews*, observation, and documentation studies) into separate field notes for each method. The field notes that have been collected are then collected into a data collection system, each of which is given a code. The analysis was carried out using the methods of speech or conversation analysis, content analysis, and interaction analysis. In addition, the analysis continues to be carried out in a systematic cyclical manner, based on a "systematic discovery" approach, i.e. analysis of discoveries, to the generation of theoretical constructions-hypotheses, which are built continuously during the research process (*theoretical generation during the Research process*). and comes from field data (*grounded theory generation*).

There are six stages of qualitative data analysis. What this research carried out in research at the Madinatunnajah Islamic boarding school included having a problem, collecting relevant materials, determining strategies, and developing *instruments*, collecting data, interpreting information, and presenting research results. To achieve all research objectives, in this research, researchers determine exactly what data or information is needed because this can help researchers create questions that have the right answers. It is useful to design questions to obtain information about main opinions, attitudes and motives, beliefs and perceptions, behavior, facts and

characteristics, and knowledge.

4. Result and Discussion

Discussion in this research reviewing some other research such as according to research in the journal *Warta Pengabdian*, University of Jember, published online 30 September 2019 by Erwin Nur Rif'ah, S. Sos, Discusses the health of Islamic boarding schools to improve clean and healthy living behavior. It can be concluded that students knowledge and awareness about clean and healthy living patterns is still low. it is necessary to expand knowledge and empower residents at the Ar-Roudhoh Islamic boarding school. Then the expansion of knowledge includes classical learning in the form of frontal teaching and guided group exercises. As well as educational activities regarding clean and healthy living, it is necessary to carry out educational activities.

In Indonesian Health Promotion Journal Vol.16, No. 2, August 2021. By Rini Safitri, Erwin Nur Rif'ah and Dewi Rokhmah, only 52.2% of Poskestren cadres have good performance in efforts to improve PHBS in Islamic boarding schools in Jember Regency. Factors related to the behavior of post-school staff in PHBS include knowledge, attitudes, encouragement from health workers, and encouragement from Islamic boarding school supervisors. The knowledge included in this study is the variable that is most closely related to the behavior of postkestren officers in improving PHBS in Islamic boarding schools (OR: 16,500 CI 95% (3376-80-638)). Islamic Higher Education Trustees should participate by inviting Poskestren cadres to actively collaborate with tutors, Ustadz/Ustadzah, health workers and other Poskestren cadres to improve the PHBS of Santri through the Poskestren program. To support this, it is best for health service providers to conduct virtual consultations during the COVID-19 pandemic so that they can expand students' knowledge about PHBS, especially health post cadres. We hope that this can maintain continuity of communication between poskestren cadres.

Research discussion on Islamic Middle School Cendikia Cianjur boarding school Afifah Tanzhimuna Vol 1. No. 2 December 2021, Management Afifah Hidayati. The results of the research above show that UKS management at Islamic

Middle School Cendikia Cianjur Boarding School has been running well due to various supporting factors, apart from adequate facilities and infrastructure with There is seriousness on the part of school institutions to create healthy schools in order to create quality students, physically and spiritually healthy, so that they carry out the UKS Trias points one by one carefully. Evaluation in educational organizations plays a very important role in efforts to understand, evaluate and measure program progress. Evaluation is the final stage of management after planning, organizing and implementing. Evaluation of the UKS program at Madrasah Ibtidaiyah Cendikia Cianjur was carried out by the school principal as head of the UKS organizational structure, in collaboration with the local health center, doctors, school health companies and health services who were expected to be able to help. work according to the Appendix flow. Principals at schools with the support of UKS supervisors always carry out assessments on predetermined dates, starting from annual meetings once a year, activity reports once every six months, and unscheduled meetings depending on the situation and conditions.

And then cording to discussion in the journal BMJ Open 2022;12:e052058. Ramdzan SN, Khoo EM, Liew SM, et al. School staff have limited awareness about asthma and what to do in an emergency. There are no asthma management guidelines in public schools, and teachers are unclear about their role in school children's health. This uncertainty has led to delays in treating asthma symptoms/attacks, and suggestions that asthma education programs and school plans would improve asthma care. Perceived challenges in implementing school health programs include busy school schedules and poor parent participation. A customized asthma program. Identifying and addressing issues and challenges specific to schools and the wider community can facilitate the implementation of school asthma programs that are aligned with the WHO School Health Initiative. Clarity on national policies on the roles and responsibilities of school staff can support implementation and guide appropriate and rapid responses to asthma emergencies in schools. Researchers suggest that a school needs to work more intensively with other parties (private sector, council, parents, APBD) and parties related to other healthy school programs to obtain financial support to support the implementation of the program. The school and UKS have succeeded in transforming the Cendikia Cianjur Islamic Boarding School into a healthy school and it is the responsibility of the school that it will be very difficult to maintain it. We hope that schools implement the cost minimization policy from the funding agency (Central Directorate for Physical Quality Development).

Also, in the eJKI journal Vol. 6, no. 3, December 2018 Sri Wahdini, Pratiwi Sudarmono, Aji W. Wardhana, Fanny P. Irmawati, Rose A. Haswinzky, Yasmine A. Dwinastiti, Saleha Sungkar, the prevalence of intestinal parasites in students is 57% and the highest infection is *B. hominis*, a parasite the rest of the intestine is relatively small. The prevalence of pediculosis in female students is very high, namely 88.4%, the prevalence of scabies is relatively low. All children are treated according to diagnosis, followed by health education about parasitic diseases and healthy, clean living. A total of 501

students from PAUD to Aliyah level took part in the Parasite Study. Of the 501 litter boxes distributed, 278 (56%) students returned pots containing the litter. Based on the results of fecal examination, 158 students were positive for intestinal parasites, so the prevalence of intestinal parasitic infections was 57%. Intestinal parasitic infections are isolated infections.

Discussion also growing In the IJNP Journal (Indonesian Journal of Nursing Practices) Vol 6 No 1 JUNE 2022 by Siti Aminah Tri Susila Estri, Muhammad Khotibudin, this research was conducted at an Islamic boarding school using qualitative methods. This information was obtained from 40 participants consisting of school leaders or managers, teachers, education staff, students, and parents of students at Islamic boarding schools. Information is collected using a Google form, then coded and grouped by group. This research has been declared ethically appropriate by the research ethics committee. The research results show that scabies is a skin disease that can interfere with daily activities. Transmission can be through direct contact, sharing toiletries or clothing. School leadership policies that are based on good knowledge followed by good behavior from all school members have an important role in the incidence of scabies in Islamic boarding schools.

End of discussion from this research, this paper has novelty research to combine education management, health education, and islamic boarding school and then become model. Based on research findings from observations in Madinatunnajah, the researchers found that with policy support from the Islamic boarding school, organizing both technical and direct practice in the field was supported by the leadership. Madinatunnajah's success in winning the healthy Islamic boarding school competition can also be seen from the low number of medical emergency cases. This is because the evaluations of the teachers are good. Medical injuries can be caused by the behavior of friends at school, whether by accident when joking or on purpose. Leaders must be aware of the potential for harm like this. Theory about health education management must be always developing.

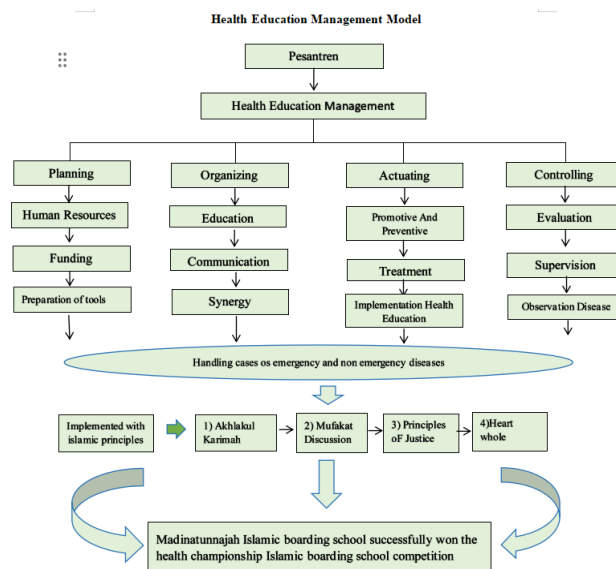


Fig. 1. Health education management model

5. Conclusion

In implementing health education management in Madinatunnajah, it is carried out with a good strategic approach so that if there is health advice from educators, it is obeyed by the students, both individually and collectively. In the context of health education management planning, this is done by coordinating well with each other so that healthy conditions are achieved, then in terms of implementing health education management, both curative, preventive, promotive and rehabilitative, good results are also realized due to solid cooperation between all educators and analysis. regarding treatment or solutions in overcoming health problems, especially health education management. The next thing that needs to be considered is that health facilities in Islamic boarding schools must continue to be developed so that they can serve sick students as well and optimally as possible and provide health education regarding existing disease cases. With A good health management, also influencing cognitive, affective and psychomotor of student become smart and diligent.

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