THE EFFECT OF POSKESTREN CADRE EMPOWERMENT ON CLEAN AND HEALTHY LIVING BEHAVIOR AMONG FEMALE STUDENT AT NURUL ULUM ISLAMIC BOARDING SCHOOL, MALANG CITY

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ABSTRACT

Clean and Healthy Living Behavior (PHBS) is an important effort in disease prevention. Islamic boarding school students are a vulnerable group to infectious diseases because most daily activities are carried out collectively, which increases the risk of disease transmission. The study aimed to determine the effect of empowering Poskestren cadres on students' clean and healthy living behavior at Nurul Ulum Putri Islamic Boarding School, Malang City. This study employed a pre-experimental design using a One-Group Pretest–Posttest approach. Samples were selected using random sampling, involving 84 students, determined based. The intervention was conducted through empowerment activities for Poskestren cadres, while measurements were carried out before and after the intervention using questionnaires assessing knowledge, attitudes, and practices. The results showed improvements in students' knowledge, attitudes, and practices following the empowerment intervention. The knowledge and attitude variables showed a p-value of 0.001 (<0.05), indicating statistically significant differences before and after the intervention. In conclusion, the empowerment of Poskestren cadres has a significant effect on improving clean and healthy living behavior among students at Nurul Ulum Putri Islamic Boarding School, Malang City.

Keyword: Cadre Empowerment, Clean and Healthy Living Behavior (PHBS), Islamic Boarding School Students