

Establishment health post and training cadre Santri Husada Al 'atsar Quranic boarding school Caturharjo, Pandak, Bantul

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ABSTRACT

Behavior of residents and a healthy environment by increasing students' knowledge and skills so that they can help themselves and others. Action research was implemented in this community service. Several methods including workshops, health promotions and psychoeducation have been implemented through some activities. The activities consist of preventing communicable or non-communicable diseases, improving health through habituation of physical activity, stress management, eating nutritious and balanced food, preventing and controlling health risks in the Islamic boarding school environment such as monitoring mosquito larvae, managing waste and waste properly, maintaining the cleanliness of body, food, and environment. Community service was implemented from July 17th until September 1st, 2022. Located in the Al 'atsar Islamic boarding school at Banyu Urip- Caturharjo, Pandak Bantul, This community service activity was assisted by ten students, consisting of 2 students from undergraduate of the public health, four students from the psychology, four students from the medical faculty—exit strategy by collaboration with the Pandak 2 health center. The existence of the boarding school health post enhance the motivation of students and teachers to be more independent regarding disease prevention, health improvement, simple treatment, and post-treatment health recovery in health care facilities.



KEYWORDS

Health post
Boarding school
Santri husada
Prevention
Health risk



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1. Introduction

Al'atsar Quranic Islamic boarding school is located in the first hamlet of Banyu Urip village, Caturharjo, Pandak, Bantul, in the Special Region of Yogyakarta. Forty male students live in the Islamic boarding school health post, and 30-40 students do not stay but come from the community around the boarding school to learn Al Qu'ran every day. The facilities contained in this boarding school consist of a giant sleeping room for students, a mosque with a large yard, a basketball court, archery fields, a grassy field for physical activity, two cabanas in the garden used for memorizing the Qur'an, spacious and open kitchen, office and warehouse. According to the observations conducted on February 8, 2022, it was found that there needed to be more adherence to health protocols among students studying and memorizing the Qur'an. It was also noted that there needed to be more health information and healthcare facilities near Islamic boarding schools. It is concerned by the situation, especially during the COVID-19 pandemic, as students and the community surrounding the boarding school need to be aware of and practice health behaviors to prevent the spread of COVID-19. Furthermore, the proximity of this boarding school to the nearest health facility is extended due to the twisting and undulating road conditions in this area, necessitating passage through teak plantations. The travel time often ranges from 10 to 17 minutes. This boarding school requires health post services to administer first aid in case of accidents effectively [1]. It is crucial for the community residing in and around Islamic boarding schools to cultivate self-reliance, both on an individual and collective level, to prevent diseases and proactively enhance their overall well-

being. Observations and discussions about the expectations of boarding school management are strong reasons to establish a health post at the Al a'tsar Quranic Islamic Boarding School Caturharjo, Pandak-Bantul. A health post is a place to get used to healthy living behaviors and collectively make efforts to prevent disease, improve health, and provide simple treatment (first treatment in accidents) and post-treatment recovery that can be used by students, teachers, and the community around the boarding school. A health post is a type of school based health center in which provide health service inside the school [2].

Establishing a boarding school health post requires facilities and human resources to move activities; for example, in terms of human resource development, an organizational structure consisting of leaders, sections who will do specific jobs, job descriptions (who will do what), and activities to be performed. Therefore, community service aims to establish a boarding school health post, form health cadres or Santri husada, and train them. The task of a santri husada is to be a peer group for other fellow students to carry out activity planning, monitoring of the local area (surveillance), recording and reporting, as well as coordinating with public health centers and stakeholders, especially for promotive and preventive health services without neglecting curative and rehabilitative. School based peer education in health promotion is a promising strategy as adolescents tend to seek information from their peer [3]. A previous study shows a peer education based on adolescents is effective among male [4]. Moreover, in this community service, Santri Husada is also expected to be the peer group that can provide first aid if there are students who are sick or have minor accidents. This is also to the leader's wishes, who wants a "mini-clinic" like this Islamic boarding school health post.

The results of the deliberation with the leader of the Islamic boarding school then agreed that. Establishing a boarding school health post will solve health problems in Islamic boarding schools and their environments. It is simple because, unlike a clinic, establish a local health post permit to the local health office, and the existing room can be modified into a health care room and some essential equipment needed such as a first aid box, patient beds, scales, and meters. Based on the leader of the boarding school's information, they have a room that can be converted into the Islamic boarding school health post.

Establishing a boarding school health post aims to create healthy behavior of residents and a healthy environment by increasing students' knowledge and skills to help themselves and others. Activities consist of preventing communicable and non-communicable diseases, improving health through the habituation of physical activity, stress management, eating nutritious and balanced food, and preventing and controlling health risks in the Islamic boarding schools environment such as monitoring mosquito larvae, managing waste and waste properly, and maintaining cleanliness body, food, and environment.

In addition, students (Santri Husada) are expected to be a peer group for other students and have first aid skills through periodic coaching from health workers at the public health center and academics in community service activities in collaboration with the boarding school. Finally, the Islamic boarding schools become cadres, the students to be role models for their environment wherever they are. Islamic boarding schools are also getting better environmental quality so that the economic potential of healthy people and students becomes the epicenter of the progress of the community around the boarding school. The purpose of this community service was to establish a boarding school health post and increase the students' capacity (santri husada) to manage it. The training provided can support the abilities and skills of Santri Husada in managing Islamic boarding school health posts, first aid training, health psychology, and health counseling for students to motivate them to practice a healthy lifestyle.

2. Method

Action research through workshops, health promotions and psychoeducation have been implemented during the community development program [4]–[9]. This community service initiative received support from a total of 10 students, including of two students from the public health faculty, two students from the psychology department, two students from the psychology profession, and four students from the general medical faculty. This community service activity integrates students' field learning experiences, part of the Indonesian Ministry of Education's Independent Learning program [5]. Implementation of community service activities was from June to November 2022. The team divides the activities into three stages: preparation, implementation, and evaluation. In the preparation stage, the team carries out outreach and coordination with related sectors, procurement of facilities and infrastructure, and arranging the organization/manager. At the implementation stage, the team inaugurated the health post and provided skills training to cadres. At the implementation stage, the team inaugurated the health post and

provided skills training to cadres. At the evaluation stage, the team conducted work assessments at each sub-activity's end.

The inauguration of the health post at the Islamic boarding school was conducted by Mr. Kasidi, the head of the hamlet. The event was witnessed by Mr. Anton Yudhana, ST, MT, Ph.D., the head of the research and community service institution at Ahmad Dahlan University, Mrs. Desi Setyowati, SKM, and Mrs. Sri Wuryani, officers from the Pandak 2 Health Center. Additionally, Ustadz Verudi W, the head of the Islamic boarding school, also conducted the inauguration of 10 Santri Husada. The event was attended by a team of lecturers and students from the faculties of medicine, public health, and psychology, as well as students and ustadz from the Al a'tsar Quranic Islamic boarding school in Caturharjo, Pandak-Bantul. Additional targets of this initiative include students who are not chosen to become Santri Husada, as well as ustadz/teachers who assume roles as supervisors and managers of the health post in Islamic boarding schools.

3. Results and Discussion

3.1. Provision of Room and Arrangement of Islamic Boarding School Health Post Facilities

Poskestren is a community-based health effort that provides integrative health services: preventive, promotive, simple curative, and rehabilitative [10]. During the exploration of cooperation, the Islamic boarding school leader said that the Al A'tsar Islamic boarding school needed a clinic. However, after a brief study, the team and the boarding school leadership finally agreed to form a poskestren. At the internal preparation stage, the team carried out outreach involving all boarding school residents, which was attended by 40 students, with the result that most students expressed the need to establish a Poskestren. Based on needs assessment and agreement, the leadership is willing to provide a particular room for the health post, and the team will fill it according to the basic needs of running the health post. Next, the team coordinated with the community health center and regional leaders and then selecting health cadres and training in measuring vital signs. After that, team were preparing facilities and infrastructure. Selecting health cadres and training in measuring vital signs, then preparing facilities and infrastructure. This stage is in line with community service at the Darul Mukhlisin Islamic boarding school in Malang City and Wihdatul ulum in Gowa Regency [11], [12].

Organizational and operational activities require adequate input so that the organization's goals and ideals can be realized [13]. At the time of the plan to establish a health post at Al A'tsar Islamic boarding school, this school still needed the facilities and infrastructure to operate post-health school activities. According to the guidelines for establishing health posts in the Ministry of Health, the services provided by Poskestren are essential health services, which include promotive, preventive, curative (simple treatment), and rehabilitative (health restoration). Curative and certain preventive services, such as immunizations, initial treatment for accidents/illnesses, and rehabilitative services, are carried out in particular rooms. This space can use one of the Islamic boarding school rooms or a special place built independently by Islamic boarding school residents and the surrounding community. The venue must have an inspection area, consultation place (nutrition, sanitation), medicine storage area, and waiting room [14].

According to the PRECEDE PROCEED disease prevention theory, the facilities enable factors or material resources that influence a person's healthy behavior [15]. The fulfillment of facilities by the needs will affect the implementation of organizational activities. This community service activity aims to prepare and purchase equipment facilities and arrange space and needs according to the standards of a boarding school health post.

Fig. 1 shows the community service team handing over two beds to patients. The boarding school administrators prepared a health post room by using one of the empty rooms near the office to place patient beds and health promotion posters on the walls of the health post room. The tools and medicines prepared by the service team are similar to those provided by the Durrotu Aswaja Islamic boarding school health post [16]. One of the promotive services at poskestren is providing health education use counseling, training, posters/banners, and lecture methods, such as mental health psychoeducation counseling [17], knowledge about personal hygiene [8], [18], [19]. The Student Counseling Room was set up to help students resolve any personal problems that may be impeding their studies. Its main functions are as follows: to listen to students experiencing personal problems and help them resolve those problems quickly, to carry out any investigations, testing or analysis necessary to help students with problems, other

activities necessary to help students. So they need a private space to consult about their problems. When counseling, they need a chair and table to be comfortable. The counseling chair allows the client and facilitator to sit facing each other.



Fig. 1. Provision and arrangement of facilities and equipment

The acquired facilities are subsequently organized based on the rooms. The Islamic boarding school manager and community services team students collaborated to develop room arrangements [14]. Fig. 2 The team donated a set of chairs and a consultation table.



Fig. 2. Provision and arrangement of consultation tables and chairs

At the boarding school health post, the existing facilities are medical devices for measuring blood pressure or blood pressure meters, microtome or height measuring devices, weight scales, blood sugar, uric acid, and cholesterol check devices or, commonly called auto check 3 in 1, stethoscopes, abdominal circumference measuring device, thermometer, box, first aid kit, bag to put medicine if there are activities outside, and a first aid kit complete with essential medicines such as fever-reducing drugs, pain relievers, toothaches and stomachaches. Microtome and height and weight scales are important to screening the malnutrition problem among the students [20]. Providing infrastructure or health facilities and training cadres are the main activities of community service in line with the service carried out in Yogyakarta [21]. Providing health infrastructure or facilities and cadre training are the main activities of this community service, in line with the service carried out in Yogyakarta which also carries out training for postkestren cadres to guarantee their wishes which also carries out training for postkestren cadres to ensure its sustainability.

3.2. Capacity Building of Human Resources in the Management of Islamic Boarding School Health Post

Human resources have a strategic role in ensuring the organization can run well. Potential risks or challenges that may be faced when establishing an Islamic boarding school health post are unsustainability caused by mismanagement [22]. Human resources carry out planning, implementation, and evaluation activities to achieve organizational goals. Qualified human resources can think and carry out activities

effectively and efficiently because organizational resources are usually available in limited quantities. Limited health education may impact to lack of student knowledge and skill to organizing can obstacle implementation and and operation of the poskestren [7]. The purpose of this community service was to gain understanding of the operational aspects of the health post at an Islamic boarding school, which serves as a community-based health initiative. Additionally, it aimed to provide a strategic perspective on the development and empowerment of students as administrators of the health post. It is similar to [23] that. Once the construction of the health post at the Islamic boarding school is finished, there is a requirement for personnel who will oversee and manage the operations and activities at the health post. The cadres of Islamic boarding school health posts (Santri Husada) have the responsibility of being the forefront of the health posts at Islamic boarding schools. They serve as community motivators, initiators of activities, and role models. The minimum number of cadres is 3% of the total number of pupils, or more if necessary [6].

Islamic boarding school health post is similar to health promotion schools. The intended audience comprises pupils ranging from kindergarten to high school. Activities that can be undertaken include counseling, conducting sanitation inspections, conducting face-to-face visits with community leaders, attending regular meetings or religious organizations, measuring weight and heighth, checking visual acuity, early detection of mental health issues and drug abuse, providing health services as authorized, such as administering vitamins, iron (Fe) nutritional tablets, and ORS, assisting sick students, recording information in the health post notebook, and updating target data for the Islamic boarding school health post.

Capacity building for the management of Islamic boarding school health posts includes introduction to Islamic boarding school health posts, explanation of activities in Islamic boarding school health posts, establishment, inauguration and training of santri husada /cadres/peer group, self-assessment surveys, recording and reporting of activities. The activities were conducted through the means of lectures, discussions, and training sessions that focus on the process of planning Islamic boarding school health posts and their financial management, making reports on Islamic boarding schools' health posts, and coordinating with public health centers or other parties in the boarding school activities. The impact of this activity is increasing students' interest in becoming Santri Husada or participating and taking roles and involvement in health post activities as well as training to do simple medicine and first aid [24].

3.3. Health education for students

Non-participating students in Santri Husada receive education on health protocols, personal hygiene, maintaining a clean and healthy lifestyle, and the importance of the Islamic boarding school health post in preventing infectious and non-communicable diseases. Enhanced comprehension of the risk factors associated with infectious diseases prevalent in Islamic boarding schools arises from students' unhealthy behaviors, including issues with personal hygiene, inadequate environmental cleanliness to mitigate disease vectors, reduced physical activity, insufficient stress management, and imbalanced nutrition, among others. Student training show as Fig. 3.



Fig. 3. Student training

Health promotion is a process that enables people to increase control to promote and improve health and well-being, either individually or as a group, through the ability to identify and realize aspirations, meet needs, and change or cope with the environment. Community Empowerment through Poskestren

must be fostered and developed continuously to improve health and reduce morbidity [25]. Islamic boarding school health post is a health promotion of school order. The target of Islamic boarding school health posts is residents of kindergarten to high school in Islamic boarding schools. Several activities that can be undertaken include counseling, conducting sanitation inspections, engaging in direct interactions with community leaders, attending routine meetings or religious gatherings, conducting weight and tuberculosis assessments, assessing visual acuity, identifying mental health issues and substance abuse problems at an early stage, delivering healthcare services within the scope of authority, such as administering vitamins, providing iron nutrition tablets, oral rehydration solution (ORS), assisting unwell students, and maintaining records in the health post notebook of an Islamic boarding school [26], updating the Islamic boarding school health post target data [21].

Fig. 4 shows exit strategy for the sustainability of the poskestren program, the submission and signing of a collaboration with the Pandak 2 health center needs to be carried out so that the responsibility for coaching and referral services for pesantren health post patients who cannot be handled by husada students can be handed over to the public health center. Similar to Muhajirin Islamic School, the benefits of the Poskestren program become significant if the community health center and local authorities give further guidance, is needed [27].



Fig. 4. Exit strategy; handover of the health post to the programmer from Pandak 2nd community health center

4. Conclusion

The establishment of the Poskestren has been successful, as marked by its inauguration by regional leaders and attended by stakeholders. The handover of facilities and equipment, inauguration and training of husada santri, institutional training for Islamic boarding schools, first aid, mental health, and socialization of Healthy Living Practices aim to encourage students, teachers, and the community around Islamic boarding school health posts to be more independent in terms of disease prevention, health improvement and treatment, environment, community after treatment at health service facilities.

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