ABSTRACT

Personal hygiene practice is a behavior that should be preserved and enhanced by the students in an Islamic boarding school. In the implementation, that behavior is influenced by predisposing factors, enabling factors, and reinforcing factors. This research was held in Al-Aqobah of Islamic Boarding School Jombang.

This research was analytical study with cross sectional design. This research purposed to know the influence of some independent variables toward dependent variable. Independent variables studied included predisposing factors such as knowledge and attitudes, enabling factors such as infrastructure and private cottages, as well as reinforcing factors such as hygiene regulations and knowledge of ustadzah about personal hygiene. While the dependent variable studied the action of personal hygiene students. The sample in this research was female students of Al-Aqobah Islamic boarding school Jombang and Ustadzah who teaches the students. Sample numbers were 48 students and 9 ustadzah taken from the population using simple random sampling. Data was obtained from primary and secondary data.

Variable test held using multiple linear regression analysis method. Studied variables will influence to personal hygiene practice of students if fulfill the requirement $p < 0.05$. The results of this research are the variables that most influence on the students personal hygiene practice, predisposing factors such as attitude, reinforcing factors such as hygiene regulations, and enabling factors such as facilities and infrastructure cottage has $p$ value $= 0.001$.

Therefore, improvement of facilities and infrastructure needed lodge as well as the strengthening of the hygiene regulations in order to comply with the regulation more students. In addition it should be given an understanding that can be inserted when reading Qur’an in order to improve the attitude of students about personal hygiene.

Keyword: personal hygiene practice, predisposing factor, enabling factor, reinforcing factor