

**ABSTRAK**

**PENGARUH PENDIDIKAN KESEHATAN MENGGUNAKAN MEDIA  
BOOKLET TERHADAP PERILAKU *PERSONAL HYGIENE* KULIT WAJAH  
PADA SANTRI PUTRI PENDERITA *ACNE VULGARIS* DI PONDOK  
PESANTREN RAUDLATUL MUTA'ALLIMIN SURABAYA**

*Quasy Experimental*

**Oleh : Aisyah Niswatus Sakdiyah**

**Pendahuluan:** *Personal hygiene* kulit wajah adalah salah satu faktor yang dapat mempengaruhi *Acne vulgaris*. Salah satu objek penting dalam masalah *Acne vulgaris* adalah santri pondok pesantren karena harus tinggal dalam ruang lingkup yang sama. Penelitian ini bertujuan untuk menganalisis pengaruh pendidikan kesehatan menggunakan media *booklet* terhadap perilaku *personal hygiene* kulit wajah pada santri putri penderita *Acne vulgaris* di Pondok Pesantren Raudlatul Muta'allimin Surabaya. **Metode:** Penelitian ini menggunakan *quasy-experimental design* dengan jenis *Pretest-Posttest Control Group Design* pada siswa SMP kelas 7 dan 8. Teknik pengambilan sampel menggunakan *purposive sampling* dengan 40 kelompok perlakuan dan 40 kelompok kontrol. Variabel dalam penelitian ini adalah pengetahuan, sikap dan tindakan. Pengumpulan data diperoleh dari kuesioner dan *checklist* kemudian dianalisis menggunakan uji *Wilcoxon Sign Rank Test* dan *Mann Whitney U Test* dengan tingkat signifikansi  $\leq 0,05$ . **Hasil:** Hasil analisis uji *Wilcoxon* untuk kelompok perlakuan variabel pengetahuan ( $p = 0,000$ ), variabel sikap ( $p = 0,000$ ), variabel tindakan ( $p = 0,000$ ). Hasil analisis uji *Mann Whitney posttest* variabel pengetahuan ( $p = 0,000$ ), variabel sikap ( $0,000$ ), variabel tindakan ( $0,001$ ). **Diskusi:** Dapat disimpulkan pendidikan kesehatan menggunakan *booklet* mengubah perilaku *personal hygiene* kulit wajah pada santri putri penderita *Acne vulgaris* menjadi positif. Jadi, *booklet* berpengaruh efektif ketika digunakan untuk memberikan pendidikan kesehatan bagi santri di pondok pesantren.

**Kata kunci:** pendidikan kesehatan, *booklet*, *personal hygiene*, perilaku, *Acne vulgaris*

**ABSTRACT**

***THE INFLUENCE OF HEALTH EDUCATION USING BOOKLET IN AFFECTING STUDENT'S PERSONAL HYGIENE BEHAVIOR FOR SKIN FACE WITH ACNE VULGARIS IN RAUDLATUL MUTA'ALIMIN, ISLAMIC BOARDING SCHOOL, SURABAYA***

*Quasy Experiment*

**By: Aisyah Niswatus Sakdiyah**

**Introduction:** Personal hygiene for skin face is one of factors that affect Acne vulgaris. Female student in boarding school is the most important object because they had to stay in the same place with their friends. This research was aimed to analyze the influence of health education using booklet in affecting student's personal hygiene behavior for skin face with Acne vulgaris in Raudlatul Muta'alimin, Islamic Boarding School, Ssurabaya. **Methods:** This research was quasy experiment Pretest-Posttest Control Group Design that had been studied though 7<sup>th</sup> and 8<sup>th</sup> grades. The sample technique was using purposive sampling with 40 control groups and 40 intervention groups. The variables were knowledge, attitude and practice. Data were collected using questionnaire and checklist, then analyzed using Wilcoxon Sign Rank Test and Mann Whitney U Test with  $\alpha \leq 0,05$ . **Result:** Result analysis of Wilcoxon Test for knowledge in intervention group ( $p=0,000$ ), attitude ( $p=0,000$ ), and practice ( $p=0,000$ ). Mann Whitney Test result for knowledge variable in posttest group ( $p=0,000$ ), attitude variable ( $p=0,000$ ), and practice variable ( $p=0,000$ ). **Discussion:** It could be concluded that health education using booklet could change student's personal hygiene behavior for skin face with acne vulgaris positively. So, booklet influences effectively of students behavior in islamic boarding school.

**Keywords:** health education, booklet, personal hygiene, behavior, Acne vulgaris