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Judul : Intention and Oral Health Behavior Perspective of Islamic Traditional Boarding School Students Based on Theory of Planned Behavior

Author : **Taufan Bramantoro**, Eris Basiroh, Titiek Berniyanti, R. Darmawan Setijanto, Wahyuning Ratih Irmalia

Corresponding author: **Taufan Bramantoro**, Faculty of Dental Medicine, Universitas Airlangga

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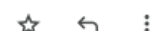


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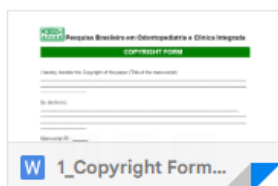
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Title Page

ORIGINAL RESEARCH

Islamic Boarding School Oral hygiene behavior

Bramantoro et al

Intention and Oral Health Behavior Perspective of Islamic Private Boarding School Students in Indonesia Based on Theory of Planned Behavior (TPB)

Authors' full names:

1. Taufan Bramantoro¹
2. Eris Basiroh²
3. Titiek Berniyanti³
4. Darmawan Setijanto⁴

Authors' affiliation:

1. Departement of Dental Public Health, Faculty of Dental Medicine, Universitas Airlangga, Surabaya, Indonesia. Email: taufan-b@fkg.unair.ac.id
2. Faculty of Dental Medicine, Universitas Airlangga, Surabaya, Indonesia. Email: erisbashiroh10@gmail.com
3. Departement of Dental Public Health, Faculty of Dental Medicine, Universitas Airlangga, Surabaya, Indonesia. Email: t-berniyanti@fkg.unair.ac.id
4. Departement of Dental Public Health, Faculty of Dental Medicine, Universitas Airlangga, Surabaya, Indonesia. Email: r-darmawan-s@fkg.unair.ac.id

Corresponding author:

Taufan Bramantoro. Department of Dental Public Health, Faculty of Dental Medicine, Universitas Airlangga. Jalan Prof. Dr. Moestopo 47 Surabaya, Indonesia.

Telp: (+62 31) 5030255, 5020256

Email: taufan-b@fkg.unair.ac.id

Usulan Judul:

1. Attitude, Knowledge, and Behavior Student of Islamic Boarding School Based on Theory of Planned Behavior

Intention and Oral Health Behavior Perspective of Islamic Private Boarding School Students in Indonesia Based on Theory of Planned Behavior (TPB)

1

2 **Abstract**

3 **Background:** The pilot study to 30 students found that the dental health status of students was
4 poor, as the recorded DMF-T score was 4.6. Santri (students in Islamic School) who live in
5 boarding schools have unique behaviors, including the behavior of maintaining oral health. In the
6 preliminary survey, it was found that the dental and oral health status of 30 santris was quite high,
7 which showed 4.6 with the details that 27 santris (90%) had cavities. The pilot study revealed that
8 among 30 students, 27 students had cavities. Islamic boarding school is a community
9 environment, in which interaction between teachers and students are influenced by culture,
10 religious norms, and certain habits, so as to build a certain pattern of a distinctive behavior.
11 Behavior that is formed in the lives of santri boarding schools can be influenced by several
12 interrelated aspects, for example the rules that are binding within the cottage institution so that
13 access to information is limited (not allowed to bring a cellphone) and also the facilities provided
14 (eg dental polyclinic facilities are available, and there is more respect for teachers of Islamic
15 boarding schools. Data were obtained by a questionnaire which consisted of 2 types of questions,
16 semi-open ended and closed-ended questions. One of which is dental and oral health behavior.
17 Theory of planned behavior (TPB) is known as a socio-psychological model that is able to predict
18 and assess human behavior.

19 **Objective:** This study aims to analyze the relationship of dental health status with the intention
20 of santri in private Islamic boarding schools through the Theory of Planned Behavior (TPB)
21 approach.

22 **Method:** A cross-sectional analytic study was conducted on 153 students of Islamic boarding
23 school who fulfilled the minimum criterion, i.e. living in the boarding school for 1 year. Data
24 were obtained by a questionnaire which consisted of 2 types of questions, semi-open ended and

25 closed-ended questions. The instrument in this study is a questionnaire that has been tested for
26 normality and reliability. Questionnaires are open and closed questions.

27 **Results:** All study variables according to the theory of planned behavior, such as knowledge,
28 attitude, subjective norm, perceived behavior control, and intention had significant value to
29 predict and assess behavior with $p\text{-value} < 0.05$.

30 **Conclusion:** Attitude, subjective norms, perceived behavioral control, and oral health knowledge
31 in Private Boarding School's Santris influence the intention to improve oral hygiene behavior.

32

33 **Keywords:** theory of planned behavior; students of traditional Islamic boarding school; behavior

34

35 **Introduction**

36 Islamic boarding school is an Islam-based educational institution with a boarding school
37 system, where the students and teachers live in the same neighborhood, in a dormitory, and tend
38 to be a closed community.¹ The number of Islamic boarding schools in Indonesia is about 27,230
39 with the majority located in Java Island (78.60%) with the total number of the student as many as
40 3.8 million, therefore, Islamic boarding school attracts special concern in research about the oral
41 health maintaining behavior.^{2,3} In Islamic boarding school, the interaction between teachers and
42 students are influenced by culture, religious norms, and certain habits so as build a certain pattern
43 of behavior that has the distinctive characteristic. This finding is contrary to the aforementioned
44 proverb, yet previous study also found that the healthy living behavior of children in Islamic
45 Boarding School was poor. Besides, Islamic Boarding School denotes one of the Islamic
46 educational center, which holding proverb “purity is half of iman (faith)”. Therefore, maintaining
47 personal hygiene is not only a habit, but also a part of the faith itself. Islamic boarding schools
48 are expected to be able to educate students in all aspects in accordance with the values and norms
49 of Islam, including aspects of oral health, .^{4,5}

50 Based on the result of a prior pilot study to 30 students at Al-Yasini Islamic boarding
51 school, Pasuruan, East Java, it was found that the dental health status of students measured by
52 means of DMF-T index showed high DMF-T score of 4.6. from 30 students, 27 students had
53 cavities. The result denoted that about 90% of students had poor dental status. However, other
54 study found that the general health conditions, with reference to health care access, healthy
55 behavior, and healthy environment were unsatisfactory.⁶ The current research aimed to analyze
56 the role of students’ intention in predicting dental and oral health maintaining behavior, based on
57 the Theory of Planned Behavior (TPB).

58 The human behavior can be explained by various theories, one of which is the TPB. This
59 theory is known as the socio-psychological model that is able to predict and assess human
60 behavior. Since the 2000s until now this theory has been widely used as a basis for research in
61 various fields of science, and has been carried out by applying this theory to research in different

62 country locations. this theory began to be widely used in various studies, especially researches
63 on health behavior. Based on the theory of planned behavior, there are subjective norms variable
64 to predict the influence of the closest-related people in the environment against the individual
65 certain behavior.⁷ Theory of planned behaviour was develop to attempt to predict human
66 behaviour. The TPB posits that attitude toward the behavior, subjective norm, and perceived
67 behavioral control influence behavioral intention.⁸

68

69 **Materials and Methods**

70 This cross-section analytical study was conducted in accordance to the approval of the
71 Faculty of Dental Medicine Ethical Committee, with certificate number of
72 089/HRECC.FODM/VII.2017. The required data were obtained by means of a questionnaire and
73 clinical examination. The questionnaire has been tested the validity of the content. After being
74 declared valid, the questionnaire could be used as a tool to measure attitude, subjective norms,
75 perceived control behavior, intention, oral hygiene behavior, and oral health knowledge to the
76 respondents. Prior filling the questionnaire form, signing an informed consent were compulsory
77 for the respondents who agreed to be respondents of this study. All respondents in this study have
78 signed the informed consent represented by Ustadz / Ustadzah as guardian at the Islamic Boarding
79 School, in accordance with the provisions of informed consent by the Ethics Commission.

80

81 **Sample**

82 The respondents of this study were Al-Yasini Islamic boarding school students who had
83 lived for at least 1 year, aged 14 years old. As many as 153 students were recruited by simple
84 random sampling, consisting of 74 males and 79 females. All respondents came from the same
85 race (100% Javanese). The sample socio-economic condition is the middle class (taken from the
86 data that 60.78% of the sample gets money to fulfill their daily needs of less than IDR 500,000 or
87 equivalent to 33 USD per month)

88

89 **Instruments and measures**

90 There were 2 types of questions in this questionnaire form, which were semi-open ended
91 and closed-ended questions. The semi-open ended question was intended to obtain information
92 about the respondent characteristics. Whereas, closed-ended questions (35 questions) were used
93 to determine the application of the theory of planned behavior that underlies the behavior of
94 boarding school students in maintaining oral health, namely knowledge, attitudes, subjective
95 norms, perceived behavior control, intentions, and behavior of the respondents in maintaining oral
96 and dental health. All variables were given a score. The higher the score will show the better
97 outcome.

98 **Oral Hygiene Behavior**

99 The questionnaire with 5 questions, aiming to assess the behavior of Islamic boarding
100 school students in maintaining oral hygiene, such as the frequency and duration of tooth brushing,
101 tooth brushing time, gargling after meals, and the use of a shared toothbrush. Each answers were
102 given a score in the range of 0-5, and subsequently, summarized to get behavior score. The higher
103 the score indicated the better oral hygiene behavior.

104 **Intention**

105 The questionnaire 5 questions, **aiming to evaluate the intention (INT) of Islamic boarding**
106 **school students to behave, such as the intentions to brush tooth twice a day,** the intention to brush
107 tooth every morning after breakfast and the night before sleep, the intention to gargle after having
108 meal, the intention to clean teeth using toothbrush and toothpaste, and the intention to not use
109 shared toothbrush. **Indicators for making questions on questionnaires based on basic dental and**
110 **oral health behaviors according to the NSW Health Center for Oral Health Strategy.**⁹ The
111 respondents were asked to score each item in the range of 1-6, indicating disagree to agree. The
112 range of the total score of this variable was 1-30.

113 **Attitude**

114 To assess the students' attitude, respondents were given with 5 questions about the
115 attitude (ATT) toward behavior, **such as brushing behavior, in terms of frequency, time, and**

116 duration shared toothbrush, and brushing tooth for 2-3 minutes. The respondents were required to
117 give a score to each question, in the range of 1-6. The range of the total score of this variable was
118 5-30. The higher the score showed the better attitude.

119 **Subjective norms (SN)**

120 The questionnaire with 15 questions which aimed to find out the influence of the
121 surrounding people in boarding school, such as peers, teachers, and parents towards the students'
122 behavior. Respondents were required to give score for each statements, such as "My friends advise
123 me to gargle after meals", "My parents advise me to brush my teeth with toothpaste and toothbrush
124 to clean my teeth and mouth", "*Ustadz* (male Islamic teacher) and *ustadzah* (female Islamic
125 teacher) advise me not to share toothbrush with friends". Each question had range of 1-6 scores.
126 The range of total score of this variable was 15-90. The higher the score showed the higher the
127 influence of the people around to behave.

128

129 **Perceived Behavioral control (PBC)**

130 The questionnaire with 5 questions which aimed to assess the ability of respondents to
131 conduct certain behavior, such as brushing tooth twice a day, brushing tooth after breakfast and
132 night before sleep, brushing tooth using toothbrush and toothpaste, gargling after meals, and not
133 sharing toothbrush between friends. Range score on each question was 1-6, from difficult to do
134 until easy to do. The range of total scores in this variable was 5-30. So, the higher the score
135 indicated that the respondent felt at ease to conduct the behavior. Therefore, it also indicated that
136 they were certain of being able to perform such behavior.

137

138 **Oral Health Knowledge (OHK)**

139 The questionnaire with 5 questions which aimed to observe the knowledge of the
140 respondents. The questions were adopted from previous research.¹⁰ Questions on this variable
141 included "Does caries affect the aesthetic of a person's oral cavity?", "Does sweet food affect
142 dental and oral health?", "Can soft drinks affect oral health?", "Can oral health affect general

143 health?", "Are dental and oral diseases treatment as important as other organs treatment?". The
144 total number of scores on this variable was 0-5. The higher the score showed the higher the level
145 of knowledge of the respondents.

146 **Statistical analysis**

147 The acquired data were tabulated and presented in mean and standard deviation in tables.

148 Multi-variant analysis was done using linear regression.

149

150 **Results**

151 Characteristics of respondents in this study consisted of gender, age, duration of stay in
152 the boarding school, number of parent visits in 1 month, the amount of allowance per month, and
153 madrasah school level in Islamic boarding schools. The table 1 describes the distribution of
154 respondents based on these five characteristics.

155 The result describes 2 findings: the descriptive explanation of factors influencing
156 behavior based on the TPB, and the correlation of intention toward behavior. Besides, the acquired
157 data also determine the correlation between each variable in influencing behavior. In Table 2,
158 based on the questionnaire, the highest score of variable that affect behavior recorded from both
159 male and female respondents was Subjective Norm (57.288 ± 12.828), followed by Attitude
160 (25.627 ± 4.144). Meanwhile, the lowest score that affect behavior was Oral Health Knowledge
161 (3.179 ± 1.402). Observing the result based on the gender, the result also showing the same manner.
162 The obtained data from male respondents showed that variable with the highest score was
163 Subjective norm (55.662 ± 12.861), followed by Attitude (24.405 ± 4.354), while the lowest score
164 was Oral Health Knowledge (3.270 ± 1.520). As for female, variable with the highest score
165 recorded was SN (58.923 ± 12.732), followed by ATT (26.795 ± 3.619). and the lowest score was
166 from Oral Health Knowledge (4.154 ± 1.140).

167 Based on Figure 1, it was found that Attitude variable had significant relationship with
168 intention with $p < 0.003$ and correlation coefficient (r) of 0.503. It means that Attitude had high
169 significant correlation with intention. Then, subjective norm had significant relationship with
170 intention with $p < 0.035$ and correlation coefficient (r) 0.367, which means subjective norm had
171 less significant correlation with intention.

172 Perceived behavioral control had a significant relationship with intention, with p-value
173 < 0.0001 and correlation coefficient (r) of 0.659. It means PBC had high significant correlation
174 with intention. In addition, Oral Health Knowledge had a significant relationship with intention,
175 with $p < 0.0001$ and correlation coefficient (r) of 0.300 which means OHK had less significant
176 correlation with intention. Whereas, the intention had significant relationship with OHB with p-

177 value <0.0001 and correlation coefficient (r) of 0.373. It means that **intention** variable had less
178 significant correlation with OHB. However, the overall variable had strong significance value,
179 evidenced by the statistical test of p-value <0.05 obtained. Table 3 explains the influence of
180 variables toward intention. Among variables, the ones with the strongest influence recorded were
181 **perceived behavioral control** and **Oral Health Knowledge** with the value of $P < 0.0001$.

182 **Discussion**

183 This study found that the behavior of student in Islamic Boarding School could be
184 predicted by assessing intention through theoretical approach, using TPB. We analyzed the
185 students' behavior in maintaining dental and oral health. The result of the study showed that
186 intention was significantly correlated to attitude, subjective norm, perceived behavioral control,
187 and oral health knowledge with p-value of <0.05.

188 In general, there are variables that may influence the intention, i.e. attitude, subjective
189 norm, perceived behavioral control, and oral health knowledge, assessed with the *goodness of fit*
190 *statistics (R2) in which resulted in score of 0.567*. It means that the aforementioned variables
191 affect the intention as much as 56.7%. These results are in accordance with previous studies which
192 stated that (27%-52%) attitude, subjective norm, perceived behavioral control, and oral health
193 knowledge influence the intention to improve oral hygiene behavior.¹¹⁻¹⁴ The perceived
194 behavioral control and oral health knowledge had the strongest influence on intention compared
195 to the other variables. This is in line with previous research which found that attitude, perceived
196 behavioral control, and oral health knowledge can predict the intention to behave.¹⁴

197 We found that attitude had significant relationship with intention, which is in line with
198 previous study which stated that there is a person's attitude toward behavior can affect one's
199 intention to behave. The boarding school environment is an environment that has certain rules,
200 certain facilities, so that students of Islamic boarding school or boarding school feel to be able to
201 perform oral hygiene behavior with maximum facilities, while the constraints to perform oral
202 hygiene behavior is minimal. So, the higher the perceived behavioral control of a boarding school
203 student, the higher the intention to do oral hygiene behavior.¹⁵

204 The subjective norm variable had significant relationship with intention with p-value
205 <0.05. In the boarding school environment, teachers become role models that will be imitated by
206 the students. If the influence of the surrounding environment is strong, then subjective norm will
207 be higher. This is in line with previous research conducted by Ajzen.¹⁶

208 *The intention of santri to clean their teeth and mouth gets an average value for assesment.*

209 This is in line with the results of the average oral hygiene behavior which is also quite good. This
210 is also in line with previous research, which found that attitude, perceived behavioral control, and
211 oral health knowledge can predict intention to behave.¹⁵

212 Boarding school environment educate students in all aspects in accordance with Islamic
213 religious values and norms, including aspects of oral health. In the boarding school environment,
214 the role of the teacher is very large as a student role model for Islamic boarding schools. The
215 norms that apply to the boarding school environment are adherence and a high level of trust from
216 students to the boarding school teachers.¹⁷ Overall components of the theory of planned behavior
217 can predict the Islamic boarding school students' intentions to conduct oral health behavior. This
218 result is consistent with the results of previous studies by Rhodes and Courneya.^{1,18}

219

220 **Conclusion**

221 Attitude, subjective norms, perceived behavioral control, and oral health knowledge in Private
222 Boarding School's Santris influence the intention to improve oral hygiene behavior. Moreover,
223 in a closed environment that is limited by rules, norms, and human interactions

224

225 **Acknowledgement**

226

227

228 **Authors' contributions**

229 T.B., E.B., Ti.B, D.S. contributed to the design and implementation of the study, to the
230 analysis of the results and to the writing of the manuscript. The manuscript has been
231 read and approved by all the authors, and that each author believes that the manuscript
232 represents honest work.

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- 287

288 Table list

289 Table 1. Distribution of Respondents Characteristic

Respondent Characteristic	Frequency	Percentage
Gender		
1. Male	79	51,70%
2. Female	74	48,30%
Age		
<14 years	31	20,26%
>14 years	122	79,73%
Number of Parents Visit		
<3 times	97	63,39%
>3 times	56	36,60%
Level of Education in Boarding School		
Middle School	82	53,59%
High School	71	46,40%
Duration of Stay in Boarding School		
< 2 years	102	66,66%
> 2 years	51	33,33%
Pocket Money per Month (Rupiah)		
<500.000	93	60,78%
>500.000	60	39,21%

290

291 Table 2. Mean and standard deviation of variables that affect behavior according to theory of
 292 planned behavior

Variables (range score)	Total		Female		Male	
	Mean	SD	Mean	SD	Mean	SD
Attitude (5-30)	25.6	4.1	26.7	3.6	24.4	4.3
Subjective norm (15-90)	57.2	12.8	58.9	12.7	55.6	12.8
Perceived Behavior control (5-30)	23.9	4.5	24.9	3.8	23.0	5.0
Oral health knowledge (0-5)	3.7	1.4	4.1	1.1	3.2	1.5
Intention (5-30)	24.1	5.1	25.8	3.7	22.4	5.7

293

294

295

296 Table 3. Parameters model of intention

Source	Value	Standard error	t	Pr > t
Intercept	-0.846	1.996	-0.424	0.672
Attitude	0.239	0.079	3.019	0.003
Subjective Norm	0.048	0.023	2.128	0.035
Perceived behavioral control	0.530	0.071	7.431	< 0.0001
Oral Health Knowledge	0.913	0.207	4.416	< 0.0001

297

298

299 Figure 1. Regression test result. *P <0,05, ***P<0,0001

