

ABSTRACT

THE INFLUENCE OF BOOKLET FOR PERSONAL HYGIENE ON STUDENTS IN NURUL IKHLAS ISLAMIC, ISLAMIC BOARDING SCHOOL, SIDOARJO

Quasy Experiment

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Introduction : The health problems of personal hygiene that occur on students especially in boarding schools due to lack of knowledge about the negative impact of personal hygiene. Booklet is one of the media to provide information to the student about personal hygiene. This research aims to know the influence of health education with a booklet about personal hygiene to change the knowledge and attitude of the students. **Methods:** this research study used quasy experiments with pre-post test with control group design that had been studied through 7th and 8th grades in Nurul Ikhlas boarding school. The sample selection with a simple random sampling, 36 respondents and those were divided into 18 respondents of control and intervention group. The data collection obtained from the questionnaire and analyzed using level of significance $\leq 0,05$ by *Wilcoxon Sign Rank Test* and *Mann Whitney U Test*. **Result:** Results analysis of knowledge variable by Wilcoxon test for intervention group ($p=0,001$) indicate that there is difference of good knowledge level., the control group ($p=0,157$), Mann Whitney posttest ($p=0,000$). Analysis of attitude variable by Wilcoxon test for intervention group ($p=0,013$), the control group ($p=0,564$), Mann Whitney posttest ($p=0,003$). **Discussion:** It can be concluded that there was influence of health education with booklet about personal hygiene can increase knowledge and attitude. So, booklet is recommended media to be used as a health education for students in boarding school.

Keywords: *health education, booklet, personal hygiene, knowledge, attitude*