

Counseling on Scabies Skin Disease at Al-Ikhwan Islamic Boarding School, Mekar Jaya Village, Muaro Jambi Regency

Annisa Rezi Ritami, Rahadina Rizkika, Nurul Atika, Sela Tresia, Galih Dimas Saputra, Jelly Permatasari

Pharmacy Study Program, STIKes Harapan Ibu Jambi, Indonesia

rezitami26@gmail.com, rahadinarizkika24@gmail.com, atika4125@gmail.com,

sela.tresia03@gmail.com, galihdimassaputra6@gmail.com,

jelly.permatasari@gmail.com

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Abstract

The prevalence of scabies in Indonesia is 4.6% - 12.95% and is the third of the 12 most common skin diseases that occur in the community, especially in densely populated residential areas such as TPA (Children's Education Park), prisons, barracks, flats and Islamic boarding school. The number of people with scabies skin disease in Islamic boarding schools needs good treatment and prevention in order to reduce sufferers of this skin disease in Islamic boarding schools. Based on a survey at the Al-Ikhwan Islamic boarding school located in Mekar Jaya Village, Muaro Jambi, it is known that scabies is one of the most common diseases suffered by the students at this Islamic boarding school. The method used is to convey the material directly assisted by PowerPoint, Laptop, brochure, and games as well as question and answer. The results achieved in this activity are increasing the knowledge of the students regarding the prevention, and treatment, regarding skin diseases, especially scabies, and increasing the awareness of the students to better maintain their cleanliness and the surrounding environment. After being socialized about skin diseases they can distinguish the skin diseases they are experiencing. They also began to know how to buy drugs at pharmacies by consulting first with pharmacists in pharmacies.

Keywords: *Scabies; Counseling; Skin Disease; Student;*

Introduction

Skin disease is one of the many diseases that are still a problem in the world and including Indonesia. Skin diseases can be caused by fungi, viruses, germs, animal parasites and others. One of the skin diseases caused by parasites is scabies (Samino et al., 2021). Scabies is an infectious disease caused by the mite *Sarcoptic scabies* which is easily transmitted from animals to humans (Samino et al., 2021; Yunita et al., 2018). WHO estimates that every year more than 300 million people worldwide are affected by scabies (Samosir *et al.*, 2020). Scabies is a skin disease with a high incidence and prevalence worldwide, especially in tropical and subtropical climates. The prevalence of scabies in Indonesia is 4.6% - 12.95% and is the third of the 12 most common skin diseases that occur in the community (Parman *et al.*, 2017).

Scabies can infest anyone, but some groups who are vulnerable and are more at risk for infection are children/young people, sexually active young adults, residents of nursing homes, long-term health facilities, boarding schools, and other crowded places of residence. with low hygiene, low immune system, low family income, poor hygiene such as sharing clothes and towels and infrequent bathing frequency (Marga, 2020; Mutiara & Syailindra, 2016).

This makes the possibility of direct contact between scabies sufferers and healthy students, thus triggering an increase in the number of scabies sufferers. In Indonesia, as the country with the largest Muslim population in the world, there are 14,798 Islamic boarding schools with a fairly high prevalence of scabies (Ibadurrahmi, 2016). They consider the habit of maintaining personal hygiene is sufficient and will not cause health problems, especially skin diseases, from several skin diseases such as scabies most often result from unhealthy behaviors such as hanging clothes in the room, exchanging clothes and personal objects, such as combs and towels, also influenced by lack of knowledge about personal hygiene (Putri *et al.*, 2016).

Scabies disease can be transmitted directly (skin contact with skin) for example shaking hands, sleeping together, and through sexual intercourse. Indirect transmission (through objects), for example clothes, towels, bed linen, pillows, and blankets that are used together (E. R. Dewi & Caesar, 2019). The prevalence of scabies in densely populated Islamic boarding schools with poor hygiene reached 78.7%. Meanwhile, Islamic boarding schools have a good level of hygiene, the prevalence is only around 3.8% (Setiawan et al., 2021).

The number of people with scabies skin disease in Islamic boarding schools needs good treatment and prevention in order to reduce sufferers of this skin disease in Islamic boarding schools. Based on a survey in the form of an interview with one of the clerics at the Al-Ikhwan Islamic Boarding School located in Mekar Jaya Village, Muaro Jambi, it is known that scabies skin disease is one of the most common diseases suffered by the students at this Islamic boarding school.

Lack of knowledge about personal hygiene and maintaining a clean environment is one of the causes of many students suffering from scabies. In connection with this, we

want to do community service in the form of counseling related to skin diseases and the importance of maintaining personal hygiene.

Method

Community service activities were carried out at the Al-Ikhwan Islamic Boarding School, Mekar Jaya Village, Muaro Jambi Regency. This activity was carried out to increase the knowledge of students about the dangers of scabies and how to prevent them. The location of this activity was chosen based on the number of Islamic boarding schools in the Mekar Jaya Village area. The target of community service activities is 40 students in grades 1 to 3 as many as 40 people. The method used is to convey the material directly assisted by PowerPoint, Laptop, brochure, and games as well as question and answer.

Implementation stage

- 1) The planning stage is conducting an initial survey in the form of an interview with one of the clerics at the Al-Ikhwan Islamic Boarding School.
- 2) The preparation stage is preparing materials, brochures, laptops, and attendance to find out the number of students who are present and giving a pre-test to determine the knowledge of students.
- 3) The implementation stage is conveying material about scabies disease which includes a) definition of scabies, b) causes of scabies, c) symptoms of scabies and d) treatment and prevention of scabies. 4) The evaluation stage includes a question and answers discussion, playing games to increase the enthusiasm of the students, and providing a post-test to assess the knowledge of students after counseling.

Result and Discussion

Community service counselling was carried out at the Al-Ikhwan Islamic Boarding School in Mekar Jaya Village. The form of this activity is in the form of presentation of material about scabies disease and its prevention efforts. At the beginning of the activity, the service team randomly asked the students about scabies. From the observations of the devotees, it is known that there are still many students who do not know about scabies skin disease. The average student at the Al-Ikhwan Islamic Boarding School has experienced skin diseases, one of which is a scabies skin disease.



Figure 1. Photo with the *ustadz*/teacher of the Al-Ikhwan Islamic Boarding School after the interview

There were about 40 students who attended this counseling from several classes at the Al-Ikhwan Islamic Boarding School. Data collection regarding the level of knowledge of students was carried out through questions and answers about scabies and its prevention efforts before and after the counseling was given.



Figure 2. (a) Submission of material, (b) a photo with the students

This counseling aims to increase knowledge among students about the dangers of scabies so that they can implement a healthy lifestyle. Students who have experienced scabies have shared towels and clothes with other students. This is one of the factors that cause scabies. Factors that play a major role in the incidence of scabies is personal hygiene. Personal hygiene determines a person's health status consciously. Ways to maintain health include maintaining skin cleanliness, washing hands and nails, frequency of changing clothes, using towels that are not with other people, and frequency of changing bed linen (S. S. S. Dewi & Siregar, 2019; Husna et al., 2021).

Furthermore, after the presentation of the material, a question-and-answer session was conducted in the form of a quiz, to find out how deep the students' understanding of the material presented was. Based on the results obtained from the counseling, giving a question-and-answer quiz the students can answer questions about the material given.



The results achieved in this activity are increasing the knowledge of the students regarding the prevention, and treatment, regarding skin diseases, especially scabies, and increasing the awareness of the students to better maintain their cleanliness and also the surrounding environment.

Conclusion

After counseling about skin disease knowledge was carried out at the Al-Ikhwan Islamic Boarding School, followed by a discussion session, many of the students experienced itching without knowing the type of disease they experienced and thought that only ordinary skin diseases could be cured by taking a clean bath.

After being socialized about skin diseases they can distinguish the skin diseases they are experiencing. They also began to know how to buy drugs at pharmacies by consulting first with pharmacists in pharmacies.

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