

The Establishment of Poskestren (Islamic Boarding School Health Center) at Kampung At-Tauhid Islamic Boarding School, Ogan Ilir Regency

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Submitted: October 07th 2022; Revised: June 19th 2023; Accepted: August 21st 2023

Keywords:

Health center
Islamic boarding school
Santri
Santri husada cadres

Abstract Health issues are important in the world of education, including in Islamic boarding schools. To support the health status of santri (students at the Islamic boarding school), Islamic boarding schools need to facilitate them through Pos kesehatan pesantren or Poskestren (Islamic Boarding School Health Center). This community service aimed to establish a Poskestren at an Islamic boarding school. The methods adopted in this community service included advocacy, education, socialization, promotion, and empowerment for santri. This study used action research design. There is collaborative between researcher and student in Islamic boarding school. We collected data by survey, taking action and evaluating action. Data analysed used descriptive. The result of this community service showed the establishment of a Poskestren was supported by all parties, and a special room was provided for this health service with the necessary facilities and infrastructure at Kampung At-Tauhid Islamic Boarding School. In addition, this community service also established Kader Santri Husada (Santri Husada Cadres) consisting of nine santri whom the campus and community health center had trained regarding emergencies, use of medical devices, personal hygiene, and prevention of sexually deviant behavior. It is expected that the Poskestren can provide services for all communities at the Islamic boarding school on an ongoing basis. It is also expected that the Islamic boarding school and community health center can continue the development of this Poskestren service.

1. INTRODUCTION

One of the efforts to create a healthy Islamic boarding school is to disseminate personal and environmental sanitation by maintaining the health and cleanliness of the surrounding environment to santri (students at the Islamic boarding school). Islamic boarding schools need to have adequate ventilation in each of its room, while santri need to adopt a healthy lifestyle such as doing gymnastics, jogging, consuming potable water, getting enough rest, and using

mattresses/carpets when sleeping. These efforts can be optimized by developing the Poskestren (Islamic Boarding School Health Center) program. This program aims to empower students on personal health and the surrounding environment (Wahyudin & Arifin, 2015).

Islamic boarding school is the oldest Islamic educational institution in Indonesia (Rif'ah et al., 2019). As a social system consisting of kyai (Head of the Islamic boarding school), ustadz (teachers), santri, mosque, and the classical Islamic book, it is believed that Poskestren may

ISSN 2460-9447(print), ISSN 2541-5883(online)

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facilitate fast delivery of health information regarding personal and environmental sanitation to the Islamic boarding schools. This is reasonable because Islamic boarding schools have already implemented an Islamic health system in their daily lives. Poskestren can further support the health needs of the Islamic boarding school environment without crashing into the corridors of Islamic culture.

Several diseases are strongly associated with pesantren (Islamic boarding school). A study conducted by [Notobroto et al. \(2005\)](#) reported that sanitation factors play a role in the prevalence of scabies disease. Unhygienic behavior such as sharing clothes and toiletries and overlapping beds cause the spread of scabies disease at Islamic boarding schools. A similar study conducted by [Bedah & Hermawati \(2016\)](#) also reported that scabies is common in Islamic boarding schools.

Health education is important at Islamic boarding schools. This can be done through health promotion. This health promotion is expected to be able to motivate and raise awareness of all santri on the importance of maintaining and improving their health and the health of the Islamic boarding school environment. This is part of the Poskestren program objectives. This effort will encourage and improve the health of santri by becoming the main actors in creating a healthy lifestyle and environment ([Wahyudin & Arifin, 2015](#)).

The Kampung At-Tauhid Islamic Boarding School is one of the newly developed Islamic boarding schools in the Indralaya Sub-district, Ogan Ilir Regency. This Islamic boarding school has formal educational institutions, namely Madrasah Tsanawiyah (primary school) and Madrasah Aliyah (secondary school). From the results of initial observations at Kampung At-Tauhid Islamic Boarding School, it was found that its environment was less hygienic, and its santri adopted unhealthy behavior. Until now, the Kampung At-Tauhid Islamic Boarding School did not yet have a Poskestren. The availability of health facilities is limited in the UKS (Student Health Unit). To improve the health of all santri and administrators of the Islamic boarding school, it is deemed necessary to establish a Poskestren at Kampung At-Tauhid Islamic Boarding School to provide health services for all communities inside the Islamic boarding school. The purpose of this community service is to establish a Poskestren at Kampung At-Tauhid Islamic Boarding School.

2. METHOD

This community service program was carried out at Kampung At-Tauhid Islamic Boarding School, one of the newly developed Islamic boarding schools in the Indralaya Sub-district, Ogan Ilir Regency. This study used action research design. There is collaborative between researcher and student in Islamic boarding school. The Poskestren was established in July 2022. The informants of this study consisted of the Talang Pangeran Health Center, the Health Office, the Indonesian Ulama Council (MUI) of Pemulutan Barat Sub-district, Ogan Ilir Regency, psychologists, and

Kampung At-Tauhid Islamic Boarding School. The methods adopted in this community service were comprised of advocacy, education, socialization, promotion, and empowerment for Kader Santri Husada (Santri Husada Cadres). The Santri Husada Cadres at Kampung At-Tauhid Islamic Boarding School measured the evaluation of this Poskestren program. We collected data by survey, taking action and evaluating action. We conducted interviews with the head of Kampung At-Tauhid Islamic Boarding School and head of Talang Pangeran Health Center, asking for their opinions of and expectations from this activity. Data analysed used descriptive.

3. RESULT AND DISCUSSION

The Poskestren at Kampung At-Tauhid Islamic Boarding School was established through several stages:



Figure 1. Survey of health situation analysis at kampong at Tauhid Islamic Boarding School

1. Raising commitment from the Islamic Boarding School and Health Center

This stage was the initial coordination with related parties involved in the establishment of the Poskestren. In addition to the Islamic boarding school, the community health center as a health institution was also responsible for fostering UKS, including that at the Islamic boarding school. We visited each institution for direct discussions and asked for support and commitment to the establishment and development of Poskestren. Both the Islamic boarding school and the community health center were incredibly supportive and actively involved in initiating the establishment of the Poskestren at Kampung At-Tauhid Islamic Boarding School.

2. Survey

A survey was conducted to find out common health problems at Kampung At-Tauhid Islamic Boarding School. We do focus group discussion with students. We ask some question to them, namely what kind disease have found among student in Islamic boarding school. We found that common health problems at Kampung At-Tauhid Islamic Boarding School were itching, fever, shortness of breath, and ulcers. [Figure 1](#) shows the documentation of the survey and focus group discussion activities.

3. The establishment of Santri Husada Cadres

Santri Husada Cadres acts as a health driver and peer educator in promoting healthy behavior, preventive measures, and health education. Another role of the cadres is to help santris who are sick and give them essential medication. If the cadres cannot solve the problem, they will refer to a public health center near Poskestren. The Santri Husada Cadres consist of nine santris (five males and four females) from Madrasah Tsanawiyah and Madrasah Aliyah of the Kampung At-Tauhid Islamic Boarding School. They were appointed by the administrators of the Kampung At-Tauhid Islamic Boarding School after discussing with the class teachers. The selected students were assigned as Santri Husada Cadres, and they were given vests. [Figure 2](#) shows a picture of Santri Husada Cadres. They have a role in giving health services to santris, including giving primary medicine to santris who are sick.

4. Training for Santri Husada Cadres

Our initial survey reported that personal and environmental sanitation was not optimal for students at the Islamic boarding school). Therefore, it is important to give education to solve this problem. After Santri Husada Cadres were selected, they were then trained and given primary health education such as personal hygiene, use of essential medical equipment, introduction to basic medicines, how to manage emergencies, and prevention of sexually deviant behavior. These topics were urgent for the cadres as role models in Islamic boarding schools. The speakers came from various backgrounds, such as college students, psychologists, and health center doctors. [Figure 3](#) shows a picture from the training activity for Santri Husada Cadres.

5. The establishment of Poskestren organizational structure

The Poskestren organizational structure was designed to appoint its supervisors and implementers. The supervisors came from the Talang Pangeran Community Health Center, and the implementers (Head of the Islamic boarding school, two UKS teachers, and nine Santri Husada Cadres) came from the Kampung At-Tauhid Islamic Boarding School. The organizational structure was socialized during the discussion of Poskestren initiation and pinned in the Poskestren room.

6. The provision of a Poskestren room, health posts, supporting facilities, and medicine

In addition to conducting training, the establishment of this Poskestren requires supporting facilities and infrastructure. Therefore, we collaborated with various parties to provide a special room that was equipped with basic medical equipment, mattresses, First Aid kits (P3K), basic medicine, and oxygen cylinders. We also decorated the Poskestren room with health posters as a medium for health promotion.

7. Inauguration

The final stage of this program was the inauguration of the Poskestren. It was attended by various institutions such as the Head of Sub-districts, the Head of the MUI of Ogan Ilir Regency, representatives of the community health center, the campus, and the Kampung At-Tauhid Islamic Boarding School. This event was enlivened by a hygiene competition and a health-based picture guessing competition. The representatives of the pesantren and the MUI of Ogan Ilir Regency closed the event by cutting the inauguration ribbon. [Figure 4](#) shows a picture of the inauguration event.

8. Health services for santris in need

After the Poskestren was established, vitamins were given to all santris. In addition, the Santri Husada Cadres also examined several santris who came with ulcers and gave them the necessary medicine. The cadres are role models in Islamic boarding schools to promote and educate their friends and other santris about healthy lifestyles. They can share information about health topics with other santris. If a santri gets sick, the cadres have to help to check the physical condition and basic medication.



[Figure 2](#) . Training for santri Husada cadres

After this activity was carried out, we evaluated the acceptance and expectations of the newly established Poskestren. The results of the discussion reported that the Puskesmas and Poskestren were incredibly supportive regarding the availability of Poskestren. They hope that in the future, it can be developed into a health clinic. As for the response of the students to the existence of this Poskestren, they were very enthusiastic. At the beginning of the service, there were students who were sick and visited the Poskestren. He received health services and medicine.

The purpose of this community service was to establish a Poskestren at Kampung At-Tauhid Islamic Boarding School. After going through various stages, the Kampung At-Tauhid Islamic Boarding School finally had a special room equipped with supporting health facilities and infrastructure through Poskestren. This showed that this community service could establish a Poskestren with the support of various parties. The result of this community service is in line with ([Anita, 2020](#); [Kusumasari, 2022](#)).

This study has demonstrated that establishing a Poskestren needs support from all stakeholders.

Poskestren has been developed and operational in some areas in Indonesia. A study reported that the implementation of service management at the Daarul Rahman 3 Poskestren was going quite well. However, several efforts in input, process, and output indicators had not been optimally implemented, namely human resources, facilities, health information media, implementation, supervision, evaluation, and implementation of Poskestren management (Fisabilillah et al., 2020).

Another study also reported that in the input aspect, the number of cadres is sufficient, and the medical equipment is complete, but the special Poskestren room is still under construction. Availability of funds is sufficient, and most of them come from outsiders. There is basic personal hygiene data and health information media. In addition, a kiai (a charismatic religious teacher) supports the implementing policies that support Poskestren activities. On process aspects, Self-Introduction Survey (SMD) activities and Islamic Boarding School Community Conference (MMPD) are already done. Poskestren activities consist of promotive, preventive, curative, and rehabilitative efforts. Then there is synergy with the Sekaran Health Center, which actively fosters the Poskestren (Hulaila et al., 2021).

One of the efforts is to share knowledge about healthy lifestyles with santri and cadres through promotion and education. We found that they received some knowledge and experience in clean and healthy Living Behavior (PHBS). A study supports it reported that The Pesantren Health Post program promoted a significant effect on (CHLB) among students at Ad Diinul Qayyim Islamic Boarding School, West Lombok Regency, NTB (Supriatna et al., 2020). The establishment of Poskestren is one of the efforts to empower santri to improve clean and healthy lifestyles (Rif'ah et al., 2019). We found that ulcer was a common disease found in Islamic boarding schools. It is important to educate the santri to increase healthy lifestyles. This aligns with a previous study stating that the Poskestren is expected to increase knowledge about Clean and Healthy Living Behavior (PHBS) for individuals and the boarding school environment (Azizah et al., 2020). Health promotion strategy can be a reference in the implementation of the Poskestren in Pesantren (Esa et al., 2021).

Santri should have the ability to handle day-to-day emergencies. In this activity, we support the cadres and the santri to have experience in handling day-to-day emergencies. This material was presented by a doctor. The cadres were very enthusiastic about this session. It helps them to know more about emergency handling. It is in line with a study that reported an increase in the participants' knowledge before and after participating in an emergency handling session, which means that the activity had a positive impact on the Islamic boarding school (Siregar & Sukiandra, 2020).

This community service program involved various related parties, from campus, the community health center,

MUI of Ogan Ilir Regency, Sub-district Government, and the Health Office to the Kampung At-Tauhid Islamic Boarding School. The establishment of Poskestren involved various stakeholders (Ningsih, 2021). This Poskestren is expected to be a forum for health education and services for santri in need. It emphasizes preventive and health promotion in the Islamic boarding school environment. From this activity, the cadres' knowledge of healthy lifestyle increase, and they can practice in the Islamic boarding school.

Santri Husada Cadres have opted to be a role model in health who would help promote healthy and clean life habits. Training and education for Santri Husada Cadres need to be improved continuously. Guidance and evaluation of Poskestren activities are under the guidance of the Talang Pangeran Primary Healthcare Center. It is expected that this program can run continuously in the future. Coordination and communication between the Islamic boarding school and the community health center are especially important for the implementation of a sustainable Poskestren to always provide health services for santri and those around the Islamic boarding school environment.

Poskestren needs support to sustain its functions and operation. A study has indicated that there are still obstacles to the boarding school health post program in the city of Bandung in terms of the indicators of input, process, and output (Alfatihah, 2019). We have established a Poskestren at an Islamic boarding school. We hope Talang Pangeran Health Center, as Poskestren's supervisor, can monitor the Poskestren and evaluate this program. Another study also mentioned that for Poskestren's activities to work well, it needs guidance specifically in motivating its cadres to learn about and solve health problems with other santri and the community. The need for support of resources, such as table towels, beds, and medicine boxes in the secretariat Poskestren (Syam et al., 2018).

Our study limitation was that it merely focused on describing the establishment of a Poskestren at an Islamic boarding school. We can only explain the beginning of the activity. We have not been able to catch the activities after the establishment of Poskestren. Further studies can look at the evaluation and monitoring of the sustainability of Poskestren. In addition, we need more studies for developing programs and activities in the Poskestren.

4. CONCLUSION

We found that common health problems at Kampung At-Tauhid Islamic Boarding School were itching, fever, shortness of breath, and ulcers. Head of the Islamic boarding school supported the establishment of a Poskestren by providing The Poskestren organizational structure. The public health centre, teacher, student and head of Islamic boarding school were incredibly supportive regarding the availability of Poskestren. As for the response of the students to the existence of this Poskestren, they were very enthusiastic.

The output of this community service was the

establishment of a Poskestren, Santri Husada Cadres, and a Poskestren room equipped with the necessary facilities and infrastructure to support health services at Kampung At-Tauhid Islamic Boarding School. Therefore, Poskestren is expected to be able to provide services for all communities at the Islamic boarding school on an ongoing basis. The Islamic boarding school and the community health center are hoped to continue the development of these Poskestren services. It is important that public health centre near from Islamic boarding school monitor and evaluate health services in Poskestren.

ACKNOWLEDGMENT

We would like to thank the Institute for Research and Community Service (LPPM) of Universitas Sriwijaya for supporting and funding this community service activity.

CONFLICT OF INTERESTS

We declare that there is no conflict of interest in this community service program.

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