

Health Counseling on The Importance of Personal Hygiene to Prevent Scabies In The Special Child Development Institution (LPKA) Class II in Jakarta

Rosmawaty Lubis^{1*}, Andi Julia Refiana², Nirmawati³

Nursing Study Program, Faculty of Health Sciences, Universitas Nasional, Jakarta

**Corresponding Author: rosma.lubis@gmail.com*

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Abstract

Scabies is a skin disease caused by infection with an ectoparasite, namely the mite *Sarcoptes scabiei var hominis*, a disease related to the environment and human behavior. One of the health problems in LPKA Class II Jakarta is scabies, which is suffered by most of the students. From LPKA data it is known that there are 52 children out of 80 people (65%) in LPKA residents who suffer from scabies. Lack of personal hygiene among students such as bathing twice a day using soap, cleanliness of clothes, and towels, cleanliness of beds, and cleanliness of rooms are factors causing the high incidence of scabies in this institution. This counseling activity aims to provide information and education to the students of the special Child Development Institution (LPKA) Class II in Jakarta about health, especially scabies skin disease caused by the small mite *Sarcoptes scabiei*. Apart from that, also asked the students to get used to living a clean and healthy life in order to avoid various kinds of diseases including skin disease scabies. The activity carried out was to provide health education, especially about scabies, which affects many children living in LPKA. On this occasion, motivation is also given to adopt clean and healthy living behavior to avoid various diseases including scabies.

Keywords: Personal Hygiene, Scabies, LPKA Class II Jakarta.

Introduction

Skin diseases are still one of the public health problems in Indonesia. Scabies is a skin disease caused by an ectoparasite infection, namely the small mite *Sarcoptes*

scabiei var hominis, and is a disease related to the environment and human behavior ¹. Scabies are influenced by poor hygiene. Bedding such as mattresses, sheets, pillows, and humid room conditions can trigger the development of *Sarcoptes scabiei* ². The Clean and Healthy Living Behavior (PHBS) implementation program is a basic behavior to form a healthy lifestyle to avoid various diseases including skin diseases ³. Scabies are most common in tropical countries such as Indonesia. According to WHO, there are 300 million cases of scabies each year ⁴. In Indonesia, out of 261.6 million people, the prevalence of scabies in Indonesia is 4.60% -12.95% and ranks third out of 12 most common skin diseases ⁵. Scabies are transmitted through direct contact by the sufferer to those around him. Scabies also spreads in environments with humid, unsanitary conditions, and excess capacity such as orphanages, dormitories, and prisons.

Correctional Institutions (Lapas) are one of the places where scabies are most widely spread, this phenomenon can be explained by the fact that scabies are closely related to children who live in one room. This is because they have the habit of exchanging or borrowing clothes, sarongs, towels, and pillows. This is a factor that causes scabies to be very easily transmitted from one child to another. In these residences, scabies transmission will be transmitted very quickly also because of the conditions that force them to live close together, especially for those who live in prisons with over-capacity conditions ⁶.

In addition to clean living behavior, especially personal hygiene, sanitation factors such as housing density must also be considered. Resident density is one of the requirements for the health of detention centers, with high housing density, especially in bedrooms such as detention rooms, it will facilitate the transmission of scabies through direct contact from one person to another ⁷. Therefore, it is expected that all prison inmates will always maintain their health by making efforts to prevent the transmission of scabies with clean and healthy living behavior in everyday life.

Personal hygiene or personal hygiene also needs to be applied to oneself to improve health. The results of the study clearly show that personal hygiene is one of the factors that can influence the occurrence of scabies. These results indicate that behavioral factors are strong factors that influence the incidence of the spread and transmission of scabies ⁸.

Scabies management includes improving personal and environmental hygiene,

by not using personal equipment together and changing bedding if it has been used by a scabies sufferer, avoiding direct contact with scabies sufferers, therapy cannot be done individually but must be simultaneous and comprehensive to all groups of people around the scabies sufferer, therapy is given with one of the topical drugs (scabicide), counseling and education require a shared understanding so that efforts to eradicate scabies can involve all parties ⁹.

The results of research on factors that influence the incidence of Scabies in the education of the students of the Special Child Development Institution (LPKA) Class II in Jakarta ¹⁰ and research on the relationship between personal hygiene of male prisoners and the incidence of dermatitis in the Class II A Pekanbaru Correctional Institution (Lapas) showed that there was a significant relationship between personal hygiene and the incidence of dermatitis ¹¹. The results of other studies stated that the lower a person's education level, the lower their level of knowledge about personal hygiene. As a result, they become less concerned about the importance of personal hygiene and its role in the spread of disease ¹². The results of further research also showed a significant relationship between personal hygiene and the incidence of scabies in the LPKA Class II Jakarta ¹³. Research on the importance of skin health problems was summarized by ¹⁴ which stated that there was a significant relationship between personal hygiene and the incidence of scabies in students at the X Semarang Islamic Boarding School. We should change our underwear at least twice a day to maintain cleanliness, otherwise fungi, bacteria, and even parasites can stick to the genitals. Exchanging underwear with other people also increases the risk of transmitting infectious diseases ¹⁵.

Method

Partner/Target Group Situation Analysis

The target group for this outreach activity is children in the education the students of the Special Child Development Institution (LPKA) Class II in Jakarta, which is an institution where children serve their sentences. According to Law of the Republic of Indonesia Number 11 of 2011 concerning the Juvenile Criminal Justice System, Guidance at LPKA is carried out for children aged 12-18 years. The education of the students of the Special Child Development Institution (LPKA) Class II in Jakarta has a

capacity of 72 students (India) and is currently inhabited by 80 people. In this institution, scabies skin disease was found to be in first place with the highest number of cases that occurred from year to year. The number of cases of scabies skin disease in the LPKA Class II Jakarta is quite high, namely 52 children out of 80 residents (65%).

Partner Problems

One of the health problems in the LPKA Class II Jakarta is scabies which is suffered by most of the students. From LPKA data, it is known that there are 52 children (65%) out of 80 LPKA residents who suffer from scabies. Lack of personal hygiene in students such as bathing twice a day using soap, cleanliness of clothes, and towels, cleanliness of beds, and cleanliness of rooms are factors causing the high incidence of scabies in this institution.

Activity Objectives

This counseling activity aims to:

1. Provide information and education to students who are residents of the Special Child Development Institution (LPKA) Class II Jakarta about health, especially scabies skin disease caused by small mites or lice *Sarcoptes scabiei*.
2. Invite students to get used to living clean and healthy to avoid various diseases including scabies and skin diseases.

Results

Time and Place of Activity

Health counseling activities will be held on Tuesday, November 22, 2022, at the Special Child Development Institution (LPKA) Class II located in Ciganjur Village, RT 05 RW 06, Jagakarsa District, South Jakarta.

Target Group/Partners

The target group is students/ anak didik (andik) residents of the LPKA Class II Jakarta aged between 12-18 years.

Number of Participants

The number of participants is 80 people consisting of foster children accompanied by LPKA Class II Jakarta officers including clinic doctors, dentists, and nurses.

Implementation of Activities

Health counseling activities begin with taking care of permits to the Head of the Special Child Development Institution (LPKA) Class II Jakarta. Counseling activities are carried out in one of the LPKA rooms which can accommodate approximately 80 people. Counseling materials are delivered using posters, laptops, and LCDs so that children can see and listen well. Counseling is delivered in a friendly and happy atmosphere. Students were enthusiastic in listening and asking about health, especially scabies skin disease. Health workers even asked for activities like this to be done more often.



Picture 1. Dr. Rosmawaty Lubis, MKes is providing counseling on the skin disease Scabies at LPKA Class II Jakarta.



Picture 2. With students from the Special Children's Development Institution (LPKA) Class II Jakarta



Picture 3. With students at LPKA Class II Jakarta

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