

Abstrak
UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI S1-ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Skripsi, Juni 2026
Firly Fransiska Nur Adillah

Hubungan Dukungan Teman Sebaya Dengan Perilaku *Personal Hygiene* Santri Putri Berdasarkan *Health Promotion Model* Di Pondok Pesantren Putri Darus Sholah

xi + 146 halaman + 21 tabel + 4 gambar + 20 lampiran

Abstrak

Latar Belakang: *Personal hygiene* merupakan perilaku kesehatan yang penting untuk menjaga kesehatan santri putri di lingkungan pondok pesantren. Salah satu faktor yang memengaruhi perilaku tersebut adalah dukungan teman sebaya sebagai bagian dari *interpersonal influences* dalam *Health Promotion Model*, yang berperan dalam mendorong terbentuknya perilaku hidup bersih dan sehat. **Tujuan:** Menganalisis hubungan antara dukungan teman sebaya dengan perilaku *personal hygiene* santri putri di Pondok Pesantren Putri Darus Sholah. **Metode:** Penelitian kuantitatif dengan pendekatan *cross sectional*. Sampel penelitian berjumlah 130 responden yang dipilih menggunakan *proportionate stratified random sampling*. Data dikumpulkan menggunakan kuesioner yang telah dimodifikasi, diuji validitas dan reliabilitas, kemudian dianalisis menggunakan uji *Spearman Rho* dengan tingkat signifikansi $\alpha = 0,05$. **Hasil:** Mayoritas santri memperoleh dukungan teman sebaya tinggi (74,6%) dan memiliki perilaku *personal hygiene* baik (96,9%). Hasil uji *Spearman Rho* menunjukkan nilai $p\text{-value} = 0,020 (<0,05)$ dan $r = 0,203$, yang menunjukkan terdapat hubungan signifikan dengan arah hubungan positif dan kekuatan hubungan lemah antara dukungan teman sebaya dengan perilaku *personal hygiene*. **Kesimpulan:** Dukungan teman sebaya berhubungan dengan perilaku *personal hygiene* santri putri. Semakin baik dukungan yang diterima, maka perilaku *personal hygiene* cenderung semakin baik, meskipun perilaku tersebut juga dimungkinkan dipengaruhi oleh faktor lain.

Kata Kunci: Dukungan Teman Sebaya; *Personal Hygiene*; Remaja; Santri Putri.
Daftar Pustaka: 45 (2015-2025)

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
SI-NURSING UNDERGRADUATE PROGRAM
FACULTY OF HEALTH SCIENCES

Undergraduate Thesis, June 2026

Firly Fransiska Nur Adillah

The Relationship Between Peer Support and Personal Hygiene Behaviour Among Female Boarding School Students Based on the Health Promotion Model at the Darus Sholah Girls' Islamic Boarding School

xi + 146 pages + 21 tables + 4 figures + 20 appendices

Abstract

Introduction: Personal hygiene was an essential health behavior for maintaining the health of female students living in Islamic boarding schools. Peer support, as part of the interpersonal influences component in the Health Promotion Model, was considered one of the factors influencing personal hygiene behavior. **Objective:** This study aimed to analyze the relationship between peer support and personal hygiene behavior among female students at Darus Sholah Islamic Boarding School. **Methods:** A quantitative study with a cross-sectional design was conducted among 130 respondents selected using proportionate stratified random sampling. Data were collected using modified and validated questionnaires and were analyzed using the Spearman Rho test with a significance level of $\alpha = 0.05$. **Results:** Most respondents had high peer support (74.6%) and good personal hygiene behavior (96.9%). The Spearman Rho test showed a significant positive relationship between peer support and personal hygiene behavior ($p = 0.020$; $r = 0.203$), indicating a weak correlation. **Conclusion:** Peer support was significantly associated with personal hygiene behavior among female students. Better peer support tended to be associated with better personal hygiene behavior, although other factors might also influence this behavior.

Keywords: Peer Support; Personal Hygiene; Adolescents; Female Students.

References: 45 (2015–2025)