

Enhancing the Quality of Life for Santri: Management of Pesantren through the Strengthening of Clean and Healthy Living Culture

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Abstract:

This research aims to analyze Islamic boarding school management based on strengthening a clean and healthy living culture to improve student's quality of life. This research uses a qualitative approach with a case study design. Data collection was carried out through observations, interviews and document analysis. Data analysis includes data collection activities, reduction, presentation, and conclusion. Credibility, transferability, dependability and confirmability tests are used to check the data's validity. The results of this research conclude that Islamic boarding school management based on strengthening a culture of clean and healthy living is carried out through systemic stages and processes so that it can improve the quality of life of students and the image of the institution while breaking negative assumptions that are often associated with Islamic boarding school life as a shabby and dirty institution and able to change people's views and perceptions about Islamic boarding schools in a more positive direction. This research implies that Islamic boarding school management based on a culture of clean and healthy living not only improves students' quality of life but also the institution's image as a whole.

Keywords: *Management of Pesantren, Clean and Healthy Living Culture, Quality of Life for Santri*

Abstrak:

Penelitian ini bertujuan untuk menganalisis tentang manajemen pesantren berbasis penguatan budaya hidup bersih dan sehat dalam peningkatan kualitas hidup santri. Penelitian ini menggunakan pendekatan kualitatif dengan desain studi kasus. Pengumpulan data dilakukan melalui pengamatan, wawancara, dan analisis dokumen. Untuk analisis data meliputi kegiatan pengumpulan data, reduksi data, penyajian data dan penarikan kesimpulan. Dalam pengecekan keabsahan data digunakan uji credibility, transferability, dependability, dan confirmability. Hasil penelitian ini menyimpulkan bahwa manajemen pesantren berbasis penguatan budaya hidup bersih dan sehat dilakukan melalui tahapan dan proses yang sistemik sehingga mampu meningkatkan kualitas hidup santri serta citra lembaga, sekaligus mematahkan asumsi-asumsi negatif yang sering dikaitkan dengan kehidupan pesantren sebagai lembaga yang kumuh dan kotor dan mampu mengubah cara pandang dan persepsi masyarakat tentang pesantren ke arah yang lebih positif. Implikasi dari penelitian ini adalah bahwa manajemen pesantren yang berbasis budaya hidup bersih dan sehat tidak hanya meningkatkan kualitas hidup santri tetapi juga memperbaiki citra lembaga secara keseluruhan.

Kata Kunci: *Manajemen Pesantren, Budaya Hidup Bersih dan Sehat, Kualitas Hidup Santri*

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INTRODUCTION

In recent decades, Islamic boarding schools in Indonesia have undergone a significant transformation in education management (Rahtikawatie et al., 2021; Syafruddin et al., 2022; Ansori et al., 2023). Islamic boarding schools not only play a role as a center for religious teaching, but also as an educational institution that focuses on developing the character and skills of students (Anggadwita et al., 2021; Jubba et al., 2022; Norman & Paramansyah, 2024). One of the interesting phenomena is how the values of pesantren are applied in education management, especially in the aspects of hygiene and health.

The ability of pesantren to implement proper and correct management in building a clean and healthy living culture is very influential on the role of pesantren in education which can be the main choice and an ideal place to form a generation that is healthy, intelligent, and noble in character (Manshuruddin et al., 2021; As' ad & Hakim, 2022; Hasanah et al., 2023). Thus, pesantren will enter a new era that is no longer underestimated by the world in developing various kinds of science and global challenges and has a positive image as an institution that provides comfort and security for the people in it (Hidayah, 2021; Shulhan, 2021; Rusdi et al., 2022). Pesantren that has good management in the field of cleanliness and health of students will have implications for the quality of life of students which has a great influence on public trust in organizing education (Manshuruddin et al., 2021; Raudah et al., 2021; Raharja, 2023). The increase in public interest and trust in an institution is often caused by satisfaction with the services provided and is the main driving force for the community in determining educational institutions (Eze et al., 2020; Sułkowski et al., 2020; Yılmaz & Temizkan, 2022).

This research is important and needs to be discussed academically because Islamic boarding schools play a strategic role in shaping the character of the young generation of Muslims in Indonesia. By understanding how pesantren manage education and hygiene, we can identify best practices that can be applied in other Islamic educational institutions. Based on Islamic education management theory, the implementation of Islamic boarding school values can improve the quality of education and health in Islamic boarding schools (Bukhari, 2021). This theory emphasizes the importance of value-based management that not only focuses on academic aspects, but also on character building and physical and mental health of students.

The main problem faced by many Islamic boarding schools is how to integrate Islamic boarding school values in daily educational management, especially in maintaining cleanliness and health. Although many Islamic boarding schools have hygiene programs, their implementation is often not optimal. At the Nurul Jadid Islamic Boarding School, there are still challenges in implementing a consistent and sustainable cleaning program. This problem needs to be further researched to understand the obstacles faced and find effective solutions.

Several previous studies have examined aspects of education management in Islamic boarding schools. A study by Alwi (2020) highlights the importance of pesantren values in shaping the character of students, but less emphasis is placed on hygiene and health aspects. Another study by Rachman (2021) examined the management of cleanliness in several Islamic boarding schools in East Java, finding that despite the existence of hygiene programs, their implementation is often inconsistent. Meanwhile, a study by Sari (2022) shows that health programs in Islamic boarding schools can improve the quality of life of students, but there are still many obstacles in their implementation.

The existing research gap shows that although there are studies on education and hygiene management in pesantren, there is still little research that focuses on how pesantren values are applied concretely in hygiene and health programs. This research seeks to fill this gap by researching the implementation of Islamic boarding school values in Nurul Jadid Islamic Boarding School in depth.

The novelty of this research lies in a comprehensive approach to examine the implementation of pesantren values in educational management in pesantren, with a special focus on hygiene and health aspects. This research will not only identify best practices, but also explore the obstacles faced and find innovative solutions. This approach will provide new insights that can be applied to other Islamic boarding schools in Indonesia.

This study aims to explore and analyze how Islamic boarding school values are applied in educational management at Nurul Jadid Islamic Boarding School, especially in the aspects of hygiene and health. This goal is very important because the values of pesantren, which include discipline, togetherness, and spirituality, are the basis for the formation of the character of students. However, the challenges in implementing these values effectively in hygiene and health programs still need to be studied more deeply.

This research needs to be carried out because hygiene and health aspects are key elements in creating a conducive and healthy learning environment for students. Given the importance of health in supporting the teaching and learning process, the effective implementation of the hygiene program can improve the quality of life and student achievement. Nurul Jadid Islamic Boarding School, as one of the major Islamic boarding schools in Indonesia, is a relevant case study to understand how the values of Islamic boarding schools can be applied optimally. This study seeks to fill in the gaps in the existing literature, where most of the previous research focused more on the academic aspects and character of students without paying enough attention to how the values of pesantren can be applied in hygiene and health management. Thus, the results of this study will not only make a theoretical contribution in the field of Islamic education management but also practical recommendations for improving the quality of the learning environment in other Islamic boarding schools.

RESEARCH METHODS

This study uses a type of case study research with a qualitative approach. The case study was chosen because it allows an in-depth exploration of the application of Islamic boarding school values in education management at the

Nurul Jadid Islamic Boarding School. A qualitative approach is used to understand social phenomena and educational management processes based on strengthening a clean and healthy living culture more comprehensively (Farquhar et al., 2020; Priya, 2021; Nature, 2021). This research was conducted at the Nurul Jadid Islamic Boarding School located in Karanganyar Village, Paiton District, Probolinggo Regency, East Java.

The data collection techniques used in this study include observation, in-depth interviews, and document analysis (Rutakumwaet al., 2020; Deterding & Waters, 2021; Opara et al., 2023). The observation was carried out to see firsthand the hygiene and health management practices in the pesantren. In-depth interviews were conducted with pesantren leaders, cleaning managers, students, and health workers to get more detailed information about hygiene and health management strategies and implementation. Document analysis is carried out on documents related to hygiene and health management policies and procedures in Islamic boarding schools, such as guidebooks, activity reports, and health records.

The data analysis techniques used in this study include four stages, namely data collection, data reduction, data presentation, and conclusion drawing (Lê & Schmid, 2022). Data collected from observations, interviews, and documents were analyzed to identify key themes relevant to the study. Data reduction is carried out to simplify and group data according to predetermined categories. The presentation of data is carried out in the form of a descriptive narrative that describes the research findings clearly and systematically. Drawing conclusions is carried out by interpreting the data that has been analyzed to answer research questions and achieve research objectives. The validity of the data was tested using Credibility, Transferability, Dependability, and Confirmability tests to ensure the validity and reliability of the research findings (Amin et al., 2020).

RESULTS AND DISCUSSIONS

Actualization of Islamic Boarding School Values in the Context of Hygiene and Health

The Nurul Jadid Islamic Boarding School applies the values of the Santri Trilogy which includes paying attention to the obligations of obligation, self-reflection by abandoning great sins, and being virtuous to Allah SWT and creatures. These values, along with the Five Consciousnesses of Santri which consists of religious awareness, knowledge, society, nation and state, and organization, are the main foundation in the formation of student character. The implementation of these values not only focuses on textual aspects, but is also developed through various ways to facilitate their application in daily life, including in the context of hygiene and health.

The actualization of these values in the context of cleanliness and health is carried out through various programs and activities aimed at forming a culture of clean and healthy living in the pesantren environment.

In an interview, a student said, "We are taught that maintaining cleanliness is part of worship, and every small action such as throwing garbage in its place is a form of servitude to Allah (I_S_2024)."

Religious awareness, for example, is actualized by emphasizing that protecting the environment is the duty of every Muslim ruled by Islam. This is reinforced by the appreciation that cleanliness is an integral part of the teachings of *taharah* in Islam. Another student echoed the statement, "We often attend seminars and dialogues with environmental experts that help us understand the importance of maintaining cleanliness and health (I_S_2024)."

The value of virtue to Allah and creatures is interpreted as an obligation to protect the environment through education and practical activities, such as seminars and dialogues with environmental experts. This provides students with in-depth knowledge about cleanliness and health, which in turn forms a student who cares about the environment.

The actualization of these values is then used as the basis for the preparation of the pesantren strategic plan, which includes long-term and medium-term programs. This planning involves a wide range of stakeholders, including alumni, experts, researchers, and community leaders. The vision, mission, and goals of the pesantren are clearly directed to form students who have clean and healthy living behaviors. This planning includes the development of curriculum, facilities and infrastructure, as well as institutional programs that pay attention to hygiene and health aspects. In an interview, an Islamic boarding school administrator said,

"Every annual program that we prepare always considers hygiene and health aspects, so that there is synchronization between all parts of the pesantren, ranging from daily activities to big events. This ensures that the entire pesantren community is actively involved in maintaining and improving hygiene and health standards. We design activities that involve all parties, including students, administrators, and staff, to work together to create a clean and healthy environment (I_PP_2024)."

Through the data from the interview above, it shows that the integration of religious values in the daily life of students, especially in maintaining cleanliness and health, is in line with the findings of previous research. According to a study by Parvez and Agrawal (2020), the implementation of religious values in daily practice can increase environmental awareness and pro-hygiene behavior among students. This study found that religious values-based education provides a strong moral foundation for students to engage in actions that support a clean and healthy environment. In addition, a study by Ibrahim et al. (2021) stated that strengthening religious values through educational programs, such as seminars and dialogues with experts, can increase students' understanding of the importance of maintaining cleanliness and health, which in turn shapes environmentally conscious behaviors.

This finding is consistent with the actualization of virtuous values to Allah and creatures at the Nurul Jadid Islamic Boarding School, where students are involved in in-depth and practical educational activities. Furthermore, research by Rahman and Sukmawati (2022) underlines that strategic planning that involves various stakeholders and pays attention to hygiene and health aspects can create a holistic educational environment and support the overall development of students' character. Thus, the interpretation of the results of the interviews at the

Nurul Jadid Islamic Boarding School is not only relevant to the local context, but is also supported by the findings of previous research that show the importance of integrating religious values in education to form clean and healthy living behaviors.

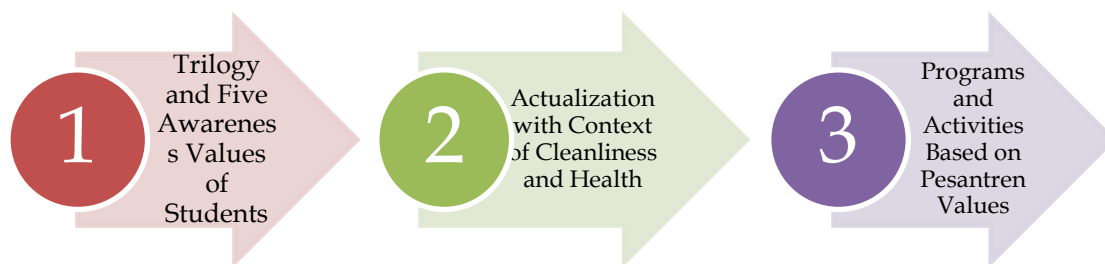


Figure 1. The Process of Actualization of Islamic Boarding School Values

Education and Optimization of Clean and Healthy Living Programs

The clean and healthy living education program at the Nurul Jadid Islamic Boarding School aims to make students understand the mechanisms, activities, goals, and rules related to hygiene and health. Based on the theory of Externalization by Peter L. Berger and Thomas Luckmann, humans build social reality through interaction and socialization (Kuswandi & Yasid, 2022; Najikh, 2023). In the pesantren, the socialization of the hygiene and health program is carried out by Kiai and the student coaches who play the role of pesantren residents.

In an interview conducted where, a student said, "Our Kiai always reminds the importance of maintaining cleanliness and health in every daily activity, emphasizing that cleanliness is an integral part of faith and health is a valuable asset that must be maintained (I_S_2024)."

Nurul Jadid Islamic Boarding School implements various programs such as daily pickets, clean Fridays, Go Green, healthy gymnastics, the provision of kosmara and kosmari, and hygiene jargon.

The management of the pesantren also stated, "We carry out a clean Friday program and routine healthy gymnastics to maintain the cleanliness and health of the pesantren environment, ensuring that every corner of the pesantren is always clean and the students remain fit and healthy (I_PP_2024)."

This is also strengthened by the statement delivered by the students who stated, "Through this program, we learn to maintain personal and environmental hygiene consistently, develop discipline and responsibility in taking care of personal hygiene and the area around us every day. In addition, we are also encouraged to be more aware of the importance of cleanliness as part of worship, so that our motivation to maintain cleanliness does not only come from obligations but also from the spiritual values taught in the pesantren.

The results of the interview above show that the Nurul Jadid Islamic Boarding School has succeeded in internalizing the values of cleanliness and health through various programs that are implemented regularly. Programs such

as daily pickets, clean Fridays, Go Greens, and healthy gymnastics not only serve as physical activities but also as effective means of education. Through this program, students learn to maintain personal hygiene and the environment consistently, which ultimately forms a healthy lifestyle. This effort reflects the theory of externalization and internalization of values from Berger and Luckmann, where the values of hygiene and health are integral to the identity of students and the culture of Islamic boarding schools. The program also supports the findings of previous research that emphasizes the importance of forming healthy living habits through social interaction and continuous education, in line with the principles of environmental care character education outlined in various international studies.

In the context of religion, the Qur'an reminds to protect the environment as stated in Surah Ar-Rum verse 41 and QS. Al-A'raf verse 56, which encourages humans not to cause damage on earth. In conclusion, education and clean and healthy living programs at Nurul Jadid Islamic Boarding School have formed a strong culture of cleanliness and health through the process of externalization, objectification, and internalization of these values. This program is carried out with a persuasive and humanist approach to dialogue, training, counseling, and demonstrations, in accordance with religious values and character education. The programs and objectives for the formation of a clean and healthy living culture.

Table 1. Programs and Objectives for the Formation of a Clean and Healthy Living Culture

No	Programs and Activities	Time	Purpose
1	Picket, Leket and Mass	Daily	Get used to a clean and healthy lifestyle
2	Clean Friday	Downloads	Training awareness of clean and healthy living
3	Go Green	Monthly	Creating a beautiful and cool environment
4	Healthy Gymnastics for Students	Downloads	Forming a healthy body
5	Kosmara and Kosmari Giving	Daily	Creates a strong immune system
6	Hygiene Jargon	Insidentil	Providing spirit and motivation to always live a clean and healthy life
7	Improvement of Islamic Boarding School Facilities and Infrastructure	Insidentil	Supporting the formation of a clean and healthy living culture
8	Periodic Maintenance of Islamic Boarding School Facilities	Insidentil	Providing personal needs in building a clean and healthy living culture

Table 1 shows that Nurul Jadid Islamic Boarding School has designed and implemented a series of systematic programs and activities to form a clean and healthy living culture among students. Daily programs such as pickets and lekets aim to get used to a clean and healthy lifestyle, while weekly activities such as Clean Friday and healthy gymnastics train awareness and form a healthy body. Monthly programs such as Go Green focus on creating a beautiful and cool environment. The daily provision of kosmara and kosmari aims to create a strong immune system. In addition, the hygiene jargon that is conveyed incidentally provides motivation for clean living, and the improvement of infrastructure facilities and the maintenance of Islamic boarding school facilities periodically support personal needs in building a clean and healthy living culture. These programs complement each other in forming consistent clean and healthy living habits and awareness among students.

Nurul Jadid Islamic Boarding School implements various programs such as daily pickets, clean Fridays, Go Green, healthy gymnastics, the provision of kosmara and kosmari, as well as hygiene jargon, which aims to increase awareness and clean and healthy living practices among students. This program reflects the process of externalization, objectification, and internalization of hygiene and health values, creating an Islamic boarding school environment that supports a healthy lifestyle. This interpretation is in line with previous research that shows that education and clean living practices in education can shape positive health behaviors among students. Alkawsu et al. (2020) found that a sustainable school health program increases awareness and clean-living practices, while Novotný et al. (2021) emphasized the importance of socializing hygiene and health values through formal and informal education. Both studies support the findings at the Nurul Jadid Islamic Boarding School, where a persuasive and humanist approach to hygiene and health programs has succeeded in forming a strong culture of cleanliness, in accordance with the values of character and religious education.

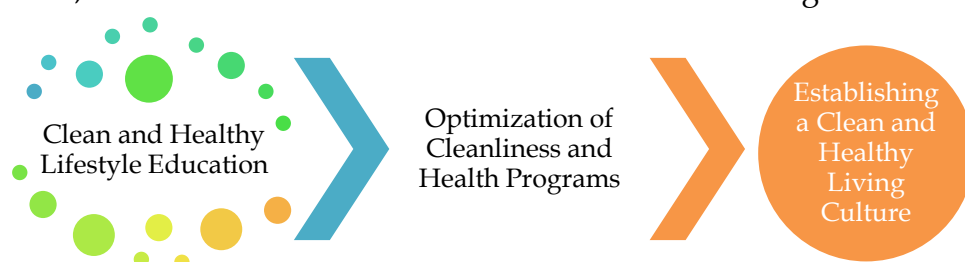


Figure 2. The Process of Forming A Clean and Healthy Living Culture

Holistic Evaluation and Supervision

Evaluation and supervision must be carried out holistically to achieve the desired target. Evaluation in building a clean and healthy living culture is manifested by an evaluation meeting to find out and assess the realization of the program that is carried out as well as accommodate every problem faced and find solutions. Supervision is needed to ensure that each program and activity runs well and in accordance with the plan. This evaluation meeting is carried out internally in each region and at certain times, a coordination meeting is held involving all parts of each region to ensure that every problem can be elaborated and handled properly. Supervision is carried out on an ongoing and scheduled basis by the leaders and administrators who are responsible for ensuring that the program runs as planned. In the interview activities conducted with several speakers, an explanation of the evaluation and supervision was obtained holistically.

"Our Kiai always reminds the importance of cleanliness and health in every daily activity (I_S_2024)."

"The clean Friday program and healthy gymnastics that we routinely carry out at the pesantren aims to ensure that the pesantren environment remains clean and healthy, by involving all students in regular hygiene and sports activities (I_PP_2024)."

The results of the interview showed that the hygiene and health programs at the Nurul Jadid Islamic Boarding School were not only applied theoretically but

also practiced consistently in the daily lives of students. One student emphasized that Kiai regularly reminds the importance of cleanliness and health, which reflects the pesantren's efforts in instilling these values as an integral part of education. The clean Friday and healthy gymnastics program, which involves all students, aims to maintain the cleanliness and health of the pesantren environment in a sustainable manner. In addition, various programs such as daily pickets, Go Greens, and healthy gymnastics not only teach students about the importance of maintaining personal and environmental hygiene but also guide them to apply these habits consistently. This shows that clean and healthy living habits have become part of the daily routine of students, strengthening the culture of cleanliness and health in the pesantren as a whole.

The efforts of the Nurul Jadid Islamic Boarding School in building a clean and healthy living culture are not a stand-alone process, but a process of organizing all components in the Islamic boarding school. This organization involves the Board of Caregivers, Heads of Islamic Boarding Schools, BKLH administrators, Regional and Regional Administrators in order to succeed in the development of a clean and healthy living culture both theoretically, conceptually, and practically. Self-evaluation is important because it can increase creativity and productivity (pious charity) individuals as well as organizations and institutions that run programs. Evaluation is needed to improve maximum results as planned. The successes found must be maintained or improved, while weaknesses and failures must be corrected immediately. This is implemented in the Nurul Jadid Islamic Boarding School with continuous evaluation to identify problems that may hinder or prevent the achievement of the set goals (Best et al., 2023).

Supervision is carried out to check, match, and control all programs so that they run according to plan and produce the desired results (Özcan, 2020). Controlling is not only to find and correct mistakes, but also to prevent mistakes. The supervisory function is closely related to directing or commanding in controlling the activities of educational institutions in accordance with the stipulated provisions and policies. Directing improves the efficiency and performance activities of educational institutions by developing better working situations through direct coaching and guidance to correct mistakes, shortcomings, and mistakes and help solve problems to prevent more serious mistakes (Alkaabi & Almaamari, 2020).

The actualization of Islamic boarding school values in the context of cleanliness and health at the Nurul Jadid Islamic Boarding School shows a strong integration between religious teachings and daily life practices. The values of the Santri Trilogy and the Five Consciousness of Santri are the basis for the formation of the character of the students, including in efforts to maintain cleanliness and health. Previous research by Parvez and Agrawal (2020) confirmed that the implementation of religious values in daily practice can increase environmental awareness and pro-hygiene behavior among students. This is reinforced by the study of Ibrahim et al. (2021) which stated that strengthening religious values through educational programs can increase students' understanding of the importance of maintaining cleanliness and health, which in turn shapes environmentally conscious behaviors.

In addition, research by Rahman and Sukmawati (2022) shows that strategic planning that involves various stakeholders and pays attention to hygiene and health aspects can create a holistic educational environment and support the overall development of students' character. This finding is in line with the actualization of the value of virtue to Allah and creatures at the Nurul Jadid Islamic Boarding School, where students are involved in in-depth and practical educational activities, such as seminars and dialogues with environmental experts. These results show that the integration of religious values in the daily life of students, especially in maintaining cleanliness and health, is relevant to the local context and is supported by the findings of previous research. This implementation is not only relevant for the local context but is also supported by previous research findings that show the importance of integrating religious values in education to shape clean and healthy living behaviors.

This research makes a significant contribution to the field of Islamic education management by showing how the actualization of pesantren values, especially the Santri Trilogy and the Five Consciousness of Santri, can strengthen the culture of cleanliness and health in the pesantren environment. Through an approach that integrates religious values into daily practice, this research offers a holistic and comprehensive educational management model. These findings emphasize the importance of strategic planning and the involvement of various stakeholders in creating an educational environment that supports the overall development of students' character. This research also provides practical insights for pesantren managers and other Islamic educational institutions in developing educational programs that not only focus on academic aspects but also on the formation of clean and healthy living character and behavior, which is an integral part of Islamic education.

CONCLUSION

This study shows that the application of local wisdom values in the school curriculum can strengthen cultural identity and improve the quality of education. In addition, the development of school programs based on local culture and increasing the capacity of teachers are effective steps to realize quality education. The lesson that can be drawn from this study is that education rooted in local values not only enriches the teaching and learning process but also strengthens social and cultural ties in the school community.

The contribution of this paper scientifically lies in the renewal of the perspective on the role of leadership in education. This research introduces a new approach in developing a culture of quality in schools through the integration of local values and the strengthening of the role of teachers. The methods used, such as in-depth interviews and thematic analysis, provide deeper insights into the dynamics of leadership and school culture. However, this study has limitations in terms of case coverage which only focuses on one school in one location. In addition, the gender and age variations of respondents are also limited. To get a more comprehensive picture, further research is needed that accommodates various variables such as gender, age, and a wider range of survey methods. This further research is expected to be the basis for a more appropriate and targeted education policy.

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