

# Clean and Healthy School/Madrasah Program Planning: Study at Islamic Elementary School (Madrasah Ibtidaiyah) in Bandar Lampung

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**Submission date:** 08-May-2023 11:51PM (UTC+0700)

**Submission ID:** 2087724743

**File name:** 4.\_Bukti\_Fisik\_No\_3.pdf (468.89K)

**Word count:** 6035

**Character count:** 33490

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**Clean and Healthy School/Madrasah Program Planning:  
Study at Islamic Elementary School (Madrasah Ibtidaiyah) in Bandar Lampung**

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**Abstract**

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Madrasah Ibtidaiyah (Islamic Elementary School) as an educational institution was required to be clean, beautiful, comfortable, safe, and healthy. The facts showed that there were still many Madrasah Ibtidaiyah with low health de<sup>2</sup>rees. The success of the creating such conditions depended on the quality of the program planning. The research objective was to analyze the implementation of clean and healthy school/madrasah program planning.

The study used qualitative research with phenomenological approach. The informants were 15 people, the principals, the managers of School Health Business (UKS), and th<sup>4</sup>educators of physical, sports and health. Data collection using in-depth interview and document review. Data analysis using Miles and Huberman approach with the stage of row data, reduction, display, and conclusion.

The results showed: (1) All informants had not conducted a situation analysis to find the problem of clean and healthy school (madrasah) programs; (2) All informants had not conducted the problem selection process using the priority analysis method of a particular problem; (3) M<sup>2</sup>st informants had not prepared a clean and healthy program planning properly. It can be concluded that several madrasah had not properly planned the clean and healthy madrasah program. It was recommended that the principal arranged planning by involving all elements of madrasah and cooperate with third parties, especially health universities.

**Keywords:** Situation analysis, problem priorities, clean and healthy madrasah program planning.

**Introduction**

A healthy organization has plans to realize its goals. Planning a process/ step of activities/ decisions systematically what things will be done to achieve certain goals that have been agreed<sup>[1][2]</sup>. Based on the explanation above, planning is a conscious choice of decision regarding the systematic process/steps <sup>11</sup> activities to achieve predetermined goals effectively, efficiently, and productively in order to meet the needs/expectations of the community.

The purpose of planning is to determine when the implementation and completion of the work, who is involved both qualifications and quantity, the process of activities will be organized, the cost, and the quality of the work, reduce unproductive activities and save energy and time. While the benefits of planning provide a comprehensive picture of the work to be done, synchronize and combine several interrelated sub-activities, can identify the obstacles of difficulties that may arise, and can lead to the achievement of predetermined goals<sup>[3]</sup> <sup>3</sup>

Health development aims to increase awareness, willingness, and ability to live healthy for everyone in order to realize the highest level of public health, as an investment for <sup>5</sup> development of socially and economically productive human resources<sup>[4]</sup>. School health is organized to improve the student abilities to live healthy in a healthy living environment so that students can learn, grow, and develop harmoniously and as high as possible become quality human resources<sup>[5]</sup>.

Health development in elementary school/ Madrasah Ibtidaiyah students contained in the 2013 Curriculum provide directions for the implementation of integrated health

education. Students of grade I-VI must have the competence in personal hygiene to reproductive health, the dangers of narcotics, and various infectious and non-infectious diseases<sup>[6]</sup>. Learning materials are integrated in physical and health education as well as various appropriate subjects. Health education aims to change healthier behaviors, and to make students responsible for their own health, it is expected to realize a high degree of public health in Indonesia. The implementation of health education in the school/ madrasah is regulated in a joint regulation of four ministries (Ministry of Education and Culture, Ministry of Health, Ministry of Religious Affairs, and Ministry of Home Affairs), about the Founding and Development of School/ Madrasah Health Business (UKS/M)<sup>[7]</sup>. The follow-up is contained in the development Guidelines of Clean and Healthy Elementary School (SD Bersih Sehat)<sup>[8]</sup>. The Ministry of Health technically published the Technical Guidelines for the Implementation of Healthy School/ Madrasah in elementary school/ madrasah ibtidaiyah (SD/MI) level<sup>[9]</sup>.

The implementation of this policy has not been fully implemented properly, it is proven that the health degree of school/madrasah is still low. Basic sanitation index (Indeks Sanitasi Dasar (ISD)) which includes the facility of clean water, healthy latrines, and washing hands with soap are still low. The national average value of ISD in SD/MI only reached 53.75%, the highest was Special Region of Yogyakarta (80.7%) and the lowest was Papua (24.96%)<sup>[10]</sup>. Ownership of SD/MI group facilities explained that they who do not have clean/unfit water are still high 31.85%; do not have healthy latrines 12.19%; and do not have a facility of washing hands with soap 34.90%<sup>[11]</sup>. Sanitation ownership in SD/MI in Lampung Province are still low, they who do not have clean/unfit water 23.49%; do not have healthy latrines/ do not have latrines 8.25%; and do not have a facility of washing hands with soap/unfit 29.15%<sup>[12]</sup>. Based on the description above, it can be concluded that there are still many schools/madrasah, especially Madrasah Ibtidaiyah (MI) in Bandar Lampung which do not have the facilities and infrastructure and various things to support the clean and healthy madrasah programs, it is suspected that madrasah have not prepared a good plan.

The results showed that the low health degree of SD/MI was indicated that they did not have a good planning of healthy elementary school/ madrasah (SD/MI) program, such as: (1) Healthy school management has not been carried out properly, the principal has not been able to meet the needs of funds to build UKS facilities<sup>[13]</sup>; (2) Evaluation of the completeness of healthy madrasah facilities with a low level (UKS facilities 50.54% adequate category (C)), CTPS 37.07% inadequate category (D)), and healthy latrines 61.50% adequate category (C)<sup>[14]</sup>; (3) Evaluation of healthy madrasah education at Madrasah Ibtidaiyah (MI) in Bandar Lampung, overall it has only reached 62.97% with an adequate rating (C))<sup>[15]</sup>.

The success of clean and healthy madrasah depends on the implementation of healthy madrasah management which played by the principal and the staff. One of the functions of management is planning, how is it implemented in madrasah ibtidaiyah as a basic educational institution is required to be clean, beautiful, comfortable, safe, and healthy. The focus of the study is the Clean and Healthy Madrasah (MBS) Program Planning with sub-focus on the situation analysis, problem priorities, and clean and healthy madrasah program planning. The objective of the study are to: (1) analyze the process of analyzing the situation in finding the problem, (2) analyze how the informant chooses the problem as their priority, and (3) analyze the MBS program planning.

## Methodology

The study used qualitative research with phenomenological approach. The informants were 15 people (6 principals, 5 school health business managers, 4 physical sports and health educators). Data collection using in-depth interview and document review. Data analysis

using Miles and Huberman approach with the stage of row data, reduction, display, and conclusion. The process was flexible, means that it can go back and forth, as it was interrelated and it was possible to regain space for the addition of data.<sup>[16]</sup>

## Results and Discussion

General description of the research location and informants:

The five research locations were in Bandar Lampung City, three were in the central area of the city and two were in the suburb. Three were the State status and two belong to the community. The most educators were in MI-IA (54 (35.06%)) and the least were in MIN-03 (16 (10.38%)). Their education level averaged Bachelor degree/S1 (93.50%), the rest were Postgraduate/S2 (9(5.84)), and Diploma/D-III 1 (0.3%). Females were more than males (81.16%:18.83%).<sup>[17]</sup>

The informant were 15 people (6 principals, 5 school health business managers, 4 physical sports and health educators). Females were more (53.44%) than males (46.66%). Their ages varied as low as 21 and as high as 52 years old. The working period varies, the least was one year and the highest was 15 years. Their level of education varied from high school to master's degree.<sup>[18]</sup>

The process of preparing the program included the analysis of situations which produced the information related to the planning, the existence of problem priority determination activities, and the preparation of program planning based on the chosen problems

## Analysis of situation

Good planning needs information (data) related to the program plan to be implemented. Information can be obtained through situation analysis. As the basis for drawing up a health promotion plan, an assessment of health problems is carried out previously.<sup>[19]</sup> The results showed that all informants stated that they had conducted oral/observational situation analysis to find problems in the implementation of the MBS program. Such problems include the provision of PHBS facilities (lack of toilet/WC, hand washing, healthy canteens, and the fulfillment of clean water facilities), and health services. The following are partly stated informants:

*"The first thing that became my target as the principal was the bathroom or toilet/ WC. ... Then procurement of washtafel for students, and UKS. Then the construction of artesian well (2019). So far we have used dug wells, but sometimes the water run out sometimes in a dry season" (K.03)*

Others explained the provision of MBS infrastructure (teacher's room, outdated building paint, and madrasah yard which most of the paving has been damaged), as some informants stated that:

*"There are three important problems in the health sector, about the canteen, our yard which always flooded when it rains, repairing toilet/WC's door which damaged ..."*

<sup>16</sup> (K.06.1).

The results of the study were not in accordance with the method of the planning process. Situation analysis is the process of collecting data before designing and planning a program, with the aim of collecting the information needed<sup>[20]</sup>. Information is obtained in the form of success and failure. Success information will be maintained and improved, but failure



information is the findings of organizational problems. The problems must be analyzed so as to obtain the problem that is really a problem of the organization. Analysis of the situation is carried out in depth and comprehensive. In line with Leslie before intervening on the target nutritional problems, it is necessary to analyze health behaviors that do not support her<sup>[21]</sup>. Situation analysis is the process of collecting data before designing and planning a program. The aim<sup>[3]</sup> of collecting the information needed<sup>[22]</sup>.

The results of the study are not in line with Tanjung, preparing a school facilities planning, especially the analysis of available facilities, then determine their needs by paying attention to the available budget<sup>[23]</sup>. Nurhalina research results, before preparing phbs planning, the principal conducted a situation analysis that will find various problems. Problems found in low human resources skills in conducting health promotion (PHBS)<sup>[24]</sup>. Thus Renaningtiyas, before determining the priorities of the program, a situation analysis must first be carried out<sup>[25]</sup>.

The informants have not carried out a good analysis of the situation, they have only made a glance observation. The results of the analysis conducted by the informants were not good, because in-depth assessments were not carried out. It was because they had not received guidance from the Central or Regional Development Team, as stated by the informant *"there are not yet, sir"* (UKS. IA). New suggestions is given by the holder of UKS program from local public health center (puskesmas).

*"They also give suggestions for the UKS to be enabled"* (UKS.IA).

The Ministry of Religious Affairs, The Education Office only gives advice when there is a monthly meeting.

*"If the coordination meeting is once a month, now in that coordination meeting they still convey cleanliness and all kinds of things, so don't just have the logo, what does it mean not only to what extent, but it must be done as well"* (K.HI)

This proved that the UKS/M team has not performed its roles and functions. One of the duties of the City District Team is to carry out the guidance and development of UKS/M. Meanwhile, one of the duties of the Sub-District Development Team is to build and implement UKS/M<sup>[26]</sup>.

### Priority of problems

One of the management activities before drawing up planning determines the priority of problems. Deliberations to formulate development planning, through open forums, jointly identify and determine community development priorities<sup>[27]</sup>. In order to choose one or more problems to be resolved it is necessary to conduct an assessment in advance in order to determine the important problems to be resolved. The respati to determine the chosen problem must consider several indicators, such as the magnitude of the problem, the severity of the problem, the vulnerability of the problem, the ease of resolving the problem<sup>[28]</sup>.

The results showed that all informants had chosen/determined one/several important problems that will be done orally. The priority problems to be fixed such as PHBS facilities (toilet/WC, hand washing), environmental sanitation (repairing the drainage of rainwater and toilet/WC), and environmental health (painting of buildings, and repairing the yard and garden). As the informant stated:

*"..... The first thing that became my target as the principal was the bathroom or toilet/WC (K.03). ... It's a fundamental need, everyone needs it, while maintaining health (K.03) "... I allocate the funds to the painting of buildings, courtyards and parks. Physically first (K.09).*

The results of the study were not in line with Tanjung or Fertman, before drawing up the planning needs to scale priorities based on the needs of facilities and infrastructure<sup>[29],[30]</sup>.

Several ways which can be used to determine the priority of problems, such as PAHO method, Hanlon, Matrix Criteria Technique Method, and global and national commitment<sup>[31]</sup>. These methods generally consider the most severe impact that may occur. The aspects of severity become a benchmark in determining the selected problems. The weighting of this model is determined by a team formed, which widely and deeply understood<sup>[32]</sup>. The implementation in MI, the principal formed a team to assess various problems using one of the models above. The problems which get the highest score and or the next become a priority to be resolved. The steps taken by the principal in determining the priority of problems need to be improved, it can use one of these methods, so that the chosen problem really become the main problem and appropriate to be implemented.

### MBS Program Planning

Planning a process/ step of activities/ decisions systematically what things will be done to achieve certain goals, policies, directions to be taken, procedures and methods to be followed in the effort to achieve agreed goals<sup>[33],[34],[35]</sup>. The type of planning in terms of timeframe is classified into three: long, medium, and short<sup>[36]</sup>. Short-term planning, often called operational (annual), is a blueprint of the work unit<sup>[37]</sup>.

The results of the study showed that most informants (madrasah) had not made any MBS program activity planning, only a small percentage had made it. An informant who had made his planning very simple and the other was good enough. A simple document, only one page and one procurement program of PHBS TA facilities. 2018-2019, in the form of two hand washing facilities (will be in front of the class). The budget required was Rp. 1,000,000.0 (one million rupiah). As a result of the latest observations, the plan had been realized, the hand washing was made from drinking water gallons measuring 5 liters, placed on an iron frame, and placed on the front of the classroom. The gallon of water was filled manually, dumping it directly into the ditch. The planning document did not specify who was responsible for its procurement and its responsibilities<sup>[38]</sup>. One plan was good enough, the document was more complete, with the title Work Plan (Rencana Kerja) (2018-2019). The work plan started with a history, vision and mission, an academic work plan. Then continued with the "Madrasah Work Plan", starting from the background, the purpose of preparing the RKM (madrasah work plan), the RKM targets, the benefits of the RKM preparation. Then in the final section, in the section on developing facilities and infrastructure, there were the following activities: (a) procuring/making hand washing stations in each front/ class yard (1 unit) as many as 6 units; (b) creating the students' health record books for grades 1-3 as many as 6 pieces; (c) purchasing trash cans placed in every corner of the classroom, 6 pieces; (d) repairing student toilets and teacher toilets, as many as 3 pieces. As the person in charge of all these activities, Halizi Sayuti (HS). The procurement time is between July-December 2019, with a total budget of Rp. 2,800,000; (Two millions eight hundreds thousands rupiahs)<sup>[39]</sup>.

Good planning must pay attention to various principles in order to achieve the specified goals. Planning principles: (1) Comprehensive principles, i.e. perspective, thorough thinking in analyzing the situation, conditions and resources, then choosing the method or method to be used, determining the means, and time; (2) Integrative principles (alignment), i.e. a thought or insight which pays attention to the influence of external factors that may affect education; (3) Continuity principle, i.e. continuity of plans made with the level of situation and conditions that have been implemented; (4) Practical principle means that the dress must be simple, not complicated; (5) Flexible practical means that planning must be easily adapted to changes or developments in situations and conditions that occur at that time;

(6) Success principle means that planning must be useful, effective, and efficient, i.e. a plan which refers appropriately to the achievement of a predetermined goal, and can utilize the resources owned at a minimum<sup>[40]</sup>.

### Reason of informants

The informant had not made an MBS program planning with the following reasons:

a. Madrasah has the slogan of great madrasah, madrasah of faith and discipline. As stated:

*"... because it is included: great madrasah, faith madrasah, discipline. ... those in us for example faith madrasah, then it can be said that the hygiene is part of faith, like that... (K.06.1)*

The reason of the informant is reasonable, madrasah has slogans related to maintaining cleanliness by implementing PHBS, such as prohibited littering, always maintaining classroom cleanliness, WC/toilet, must always wash hands, eat and drink healthy, prohibited smoking, and others, all of which are activities that support the MBS program.

b Health education has been included in some subjects (there are activities to maintain cleanliness and health, and other healthy behaviors). Health education materials have been included in various subjects, such as: Religion (fiqh) regarding cleanliness and personal hygiene; Physical sports and health activity includes physical activity, fitness; Natural Sciences, Biology regarding healthy food/drink, nutrients, environmental health, non-infectious diseases. As the informant stated:

*"For example religion, fiqh, there is cleanliness; and also natural sciences (health, women's health, healthy food), social sciences can also, so it is enough in learning. So far, it has been in the respective subjects (Wk.IA).*

The reason of the informant can be justified, in the 2013 curriculum contained health education which must be integrated in various subjects. Such as personal hygiene, environmental health, healthy food and beverages, the dangers of cigarettes and narcotics, reproductive health, and introducing infectious and non-infectious diseases<sup>[41]</sup>.

Education planning and or goods and services, compiled by the informants are not in line with Soetopo. Education planning is an activity plan which is prepared systematically and gradually: First, the school determines the educational goals to be achieved, detailed, and operational; Second, it must be illustrated the situation and condition of the school (situation analyst) consists of resources that can be utilized, constraints and obstacles that may arise, efforts that can be implemented to overcome it; Third, find and determine alternative strategies that can be used to achieve the goal; Fourth, determine the chosen alternatives of the various alternatives that exist; Fifth, the preparation of a plan which includes: the objectives to be achieved, the methods or strategies used, the facilities and infrastructure required, the time of implementation, who is carrying out, and the tools for evaluating the results of its activities.<sup>[42]</sup>

The principal as the supreme leader, has the task to prepare planning in the field of education, educators and staffing, student affairs, finance, equipment/facilities and infrastructure<sup>[43]</sup>. In it there must be a healthy madrasah program. Planning is very important in an organization, especially Islamic educational institutions. The Qur'an is the most comprehensive book of Allah and has solutions to every problem, source of knowledge, one of which is management<sup>[44]</sup>. Surah al-Anfāl (8) verse (60) emphasizes, it means: "And prepare with all ability to face them with the strength you possess and from the armies of



horses that can shake the enemies of Allah..."<sup>[45]</sup>. The meaning of preparing is to be prepared in the face of the enemy. The principal has an important role to play in planning<sup>[46]</sup>. In line with this, the principal must arrange the MBS program planning.

### Planning Barriers

The obstacles of informants who have not drawn up planning are: (a) they have not received guidance from the Central or Regional Development Team; (b) they have never participated in such program training; (c) the existence of multiple positions for the manager of UKS/MBS; and (d) do not have the funds to support the program.

The obstacles presented by the informant are logical, that the development team (central-regional) plays an important role in the development of healthy madrasah. The Central or Regional Development Team conducts the guidance and development of UKS/M in accordance with the scope of its territory. The guidance and development is very wide scope. The sub-district UKS/M Development Team has the following tasks<sup>[12]</sup> drawing up a work plan for the guidance and development of UKS/M which includes health education, health services and the development of a healthy school environment; (b) build and implement UKS/M; (c) socialize the policy for guidance and development of UKS/M; (d) implementing the guidance and development of UKS/M through coaching and counseling<sup>[47]</sup>. It has not been implemented by the team, as stated by the informant:

*"... Because we haven't received any guidance..." (Wk.IA). "Nothing yet, all related to education and management and writing" (K.06.02).*

Therefore, the team should carry out its roles and functions properly so that the MBS program can run well, the ideals of healthy madrasah, healthy madrasah residents, have an impact on the quality of the younger generation resources.

Another obstacle presented by the informant is the multiple position for the manager of UKS/MBS, it can be explained that the task is only in addition, so that it must fulfill the obligation as a professional educator at least 24 hours face-to-face per week (Constitutions No. 14/2005<sup>[48]</sup>, Government Regulation No. 74/2008<sup>[49]</sup>, Regulation of Ministry of National Education (Permendiknas) No. 18/2007<sup>[50]</sup>. If it is not fulfilled, the educator's professional allowance cannot be paid, therefore it must look for other activities to fulfill it. As the informant stated:

*"This is just an additional task, I have an obligation to meet the 24-hour learning so that my allowance can be proposed".*

Another obstacle is that there is no budget available to finance the MBS program activities.

*"We see that there is no funding yet, ...(K.09)".*

The reason for the limited funding can be understood that all activities must be supported by a clear budget. The results of the researcher's in-depth study, so far, to finance school operations using funds from school operational assistance (BOS), with a per student amount of Rp. 800,000; 0 per year<sup>[51],[52]</sup>. For Islamic elementary school (MI) belong to Ministry of Religious Affairs, the funds are only sufficient to finance one year's activities (operational and honorarium for educators of non-State Civil Apparatus (ASN)). Moreover, MI belongs to the community, BOS funds they receive for operational activities, educator honorarium, and investment costs, maintenance, and others. According to the madrasah informant did not dare to collect additional costs from the committee, because it would result in parents transferring their children to state elementary school (SDN), so the informant did not dare to draw up a budget to fund the MBS program. It is because the ability to finance some parents of students is very low, they are the underprivileged group. However, in another small part, community-



owned MI can actually take additional funding from larger committees, because they are already able to compete with school of the same level.

*So far, the madrasah has only charged the committee Rp. 30,000; (Thirty thousands rupiahs).* (Wk.IA)

Some other informants (MIN) do not have difficulty financing madrasah operations, because they get a large amount of funds. One of the informants said:

*"Funding is not a problem, because every child gets BOS funds of Rp. 800,000.0 per year, or Rp. 1,000,000.0 (one million) a day for operational costs. So the issue of funds is not a problem"*(PJOK.09).

On the other hand, especially in MIN, there is an appeal from vertical institutions, the principal is prohibited to ask for additional funds from the committee. The reason is that if it is done, there will be misuse of the funds (hidden corruption), so that the principal of MIN does not empower them..

There is an opportunity for MI to meet their needs by cooperating with various parties, such as universities, especially health, the business world, and others to assist the needs of facilities and infrastructure, as well as other needs. Business and industry have an obligation to issue corporate social responsibility (CSR) funds or other activities, such as community service<sup>[53]</sup>.

Another obstacle informant has not drawn up planning because the madrasah leadership process has not been effective. It is stated the informant:

*"The principal must be proactive in going down to the class, the yard". "... which is not yet available must be held, how can it be discussed with the teacher council,..."*(PJOK.09)"

The informant's statement can be understood, the fact in the field that the madrasah environment is still looks unclean, various tools to support MBS is still lacking, one of the fundamentals, there is MIN which not have UKS, and which has tools but low quality. It proved that MI does not have MBS program planning, so important problem that must be resolved are not a priority.

### **Conclusion and Suggestion**

Based on the findings of the indicators above, it can be concluded that: (1) All informants had not conducted a situation analysis to find problems with the MBS program; (2) All informants had not carried out the problem selection process using the priority analysis method of a particular problem; (3) Most informants had not prepared the MBS program planning properly. A small proportion of those who compiled the quality/content were not good enough, had not yet meeting the standards of a program planning. It was recommended that the principal be more focused on analyzing the situation to find problems with the MBS program by mobilizing his staff and preparing various documents as the basis for planning. To support the success of the program, it was expected that cooperation with universities, especially health, through community service activities, especially in helping to develop the MBS program planning. The regional UKS development team was more active in providing guidance at least once every six months.

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