

**ANALISIS PROGRAM POSKESTREN TERHADAP PERILAKU HIDUP
BERSIH DAN SEHAT (PHBS) SANTRI DI PONDOK PESANTREN
AD DIINUL QAYYIM LOMBOK BARAT**

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ABSTRAK

Pemberdayaan masyarakat di pondok pesantren merupakan upaya fasilitasi agar warga pondok pesantren mengenal masalah yang dihadapi, merencanakan dan melakukan upaya pemecahannya dengan memanfaatkan potensi setempat sesuai situasi, kondisi dan kebutuhannya. Tujuan penelitian ini untuk mengetahui pengaruh program poskestren terhadap Prilaku Hidup Bersih dan Sehat santri. Desain penelitian yang digunakan penelitian korelasional dengan menggunakan pendekatan *crosssectional*. Teknik sampling dengan *simple random sampling*, sampel sebanyak 271 responden. Teknik analisa data menggunakan regresi linear berganda. Hasil penelitian sebagian besar responden menilai program poskestren (*promotif*) adalah kurang (63,1%) sedangkan sebagian besar responden menilai program poskestren (*preventif*) adalah cukup (55,4%), dan nilai PHBS pada santri yang terbanyak adalah cukup (67,2%). Program Poskestren *Promotif* dan *Preventif* berpengaruh secara signifikan terhadap PHBS di Pondok Pesantren Ad Diinul Qayyim Kabupaten Lombok Barat.

Kata Kunci : *Poskestren, Preventif, Promotif, PHBS*

***ANALYSIS OF “POSKESTREN” PROGRAMS TO THE HEALTHY LIFE
BEHAVIORS OF STUDENTS IN THE BOARDING SCHOOL OF
AD DIINUL QAYYIM WEST OF LOMBOK***

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ABSTRACT

The community empowerment in the boarding school is an effort of facilitation of boarding school community to recognize the problems, plan and make efforts to overcome it by exploiting local potency according to situation, condition and requirement. The purpose of this study to determine the “poskestren” programs of the healthy life behavior of students. Design of the research used a correlational research with crosssectional approach. The sampling technique used a simple random sampling with sample as much as 271 respondents. Data analysis technique used multiple linear regression analysis. The results of the study most of the respondents assessed the “poskestren” program (Promotive) is less (63.1%) while most respondents assessed “poskestren” program (Preventive) is enough (55, 4%), and the value of healthy life behaviors of students at most students is enough (67,2%). The “poskestren” programs of promotive and preventive are significantly influence to healty life behaviors of students in boarding school of Ad Diinul Qayyim West of Lombok

Keywords : “Poskestren”, Promotive, Preventive, Healthy life behaviors.