

**UKS Management in Developing Clean and Healthy Living Behavior in
Students at UKS SMP Insan Cendekia Mandiri
Boarding School Sidoarjo**

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ARTICLE INFORMATION	ABSTRACT
<p>Article History: Received, 25-08-2024 Accepted, 09-10-2024 Published, 07-12-2024</p>	<p><i>This study aims to analyze UKS management in developing a Clean and Healthy Living Behavior program at Insan Cendekia Mandiri Junior High School Sidoarjo, using descriptive qualitative methods. With the research subjects, the principal and medical personnel at the ICMBS Junior High School UKS. Data collection techniques were observation, interviews and documentation. Data analysis uses the Miles, Huberman, and Saldana model, namely data reduction, data presentation, and conclusion drawing or verification. The results showed that: 1) The UKS management process in developing the PHBS program at ICMBS Junior High School has been running well, including a detailed planning process, implementation, by carrying out a clear division of tasks according to the job description. Inspection for service quality improvement, and providing important information for service quality improvement and improvement. Follow-up, in this way uks medical personnel critically review aspects of the program, including resource allocation, coordination, stakeholder participation, and effectiveness of methods, with the right follow-up, the existing health service program in UKS can continue to improve the quality of health services in the school environment, this stage is also the basis for planning and developing UKS programs in the future, so as to achieve higher goals and targets in supporting quality education.</i></p>
<p>Keywords: <i>UKS Management; Healthy Living Behavior Program; Clean Living Behavior Program</i></p>	

INTRODUCTION

Education is the process of setting up an environment for children to produce quality learners in terms of human resources. Qualified human resources are those who have good physical and mental health. School health efforts are the main effort in health education in schools to improve the ability to live a healthy life and achieve an optimal level of health, which in turn will produce quality learners. Schools must provide opportunities for students to develop their potential through the support of a conducive environment (Noor, 2017a, p. 133) and the provision of representative facilities (T. I. Dewi & Noor, 2024, p. 24).

Currently, the rise of *boarding* schools has made parents interested in sending their children to boarding schools. The advantages of boarding schools are 24-hour supervision, students are trained to live independently, and character building. However, boarding schools have problems when they are not managed properly, including health problems (Fauziyah, 2015, p. 21).

Clean and healthy living behavior (PHBS) is a set of actions carried out consciously after learning, which makes individuals, families, groups or communities able to help themselves in

terms of health and play an active role in realizing public health. In addition, the community is expected to play a role as actors in building health by maintaining, maintaining, and improving their own level of health and being active in realizing public health.(Director General of Public Health RI No. 7, 2011).

Referring to Law Number 36 of 2009 article 79 on health has confirmed that, the school health policy is held to improve healthy living behavior in students with the aim of encouraging students' enthusiasm to develop themselves and be able to achieve a quality generation of the nation.(Law of the Republic of Indonesia Number 36 of 2009 on Health, Article (1).)

UKS is a means to improve the healthy living habits and health quality of students, while creating a comfortable learning atmosphere in the school environment. UKS also provides a platform to improve children's health and their ability to adopt healthy behaviors from an early age. UKS is also defined as an effort to foster and develop healthy living habits in an integrated manner, through education programs and health services in schools as well as health coaching and maintenance activities in the school area.(Minister of Education and Culture, 2014, pp. 1-5).

The implementation of the UKS program has not been in line with the goals of education. The provision of health facilities in schools should not only be limited to first aid in accidents or the availability of first aid kits, but also include the provision of sports facilities so that students can do physical activities safely and comfortably. The main emphasis of health services in schools should be promotive (improving health), preventive (preventing disease), curative (treatment), and rehabilitative (recovery) efforts, which are carried out systematically for students in particular and school residents in general.(Kemendikbud RI. (2012).)

As for the process starting from the planning stage, implementation, to monitoring and evaluation, the management of UKS must be carried out in an integrated manner by involving various related parties in schools. Through effective UKS management, it is expected to improve the quality of health services and support the realization of healthy schools for student growth and development.(Susana, 2018, p. 25).

In managerial quality control can be done through a continuous process. The quality control process can be carried out one of them through the application of PDCA. PDCA stands for *Plan, Do, Check* and *Action*, which is a process improvement cycle that is continuous or continuous like a circle that has no end. The concept of the PDCA cycle was first introduced by a quality management expert from the United States, William Edwards.(Faizal, 2023, p. 9).

SMP Insan Cendekia Mandiri Boarding School Sidoarjo is a school established by the Yatim Mandiri Foundation with a vision of "Becoming a School for Prospective World Leaders with Character and Visionary".

In order to achieve this vision, physically and mentally healthy students are needed. So that support is needed such as UKS SMP Insan Cendekia Mandiri Boarding School Sidoarjo, this can be seen from an increased understanding of various types of diseases in students including: Understanding of skin diseases, understanding of nutrition, understanding of environmental hygiene, and understanding of taking good care of teeth. (Observation Results by the Head of UKS Medical Staff at Insan Cendekia Mandiri Boarding School Junior High School, on January 03, 2024, at 10:00 a.m.).

In addition, related to UKS management in the clean and healthy living behavior program at UKS SMP Insan Cendekia Mandiri Boarding School Sidoarjo, namely promotive (improving health), preventive (preventing disease), curative (treatment), and rehabilitative (recovery) efforts, which are carried out systematically for students in particular and school residents in general. In addition, at Insan Cendekia Mandiri Boarding School Sidoarjo, there are complete

facilities for sports activities so that students can do physical activities safely and comfortably.(Ministry of Education and Culture, 2014).

UKS management is indeed a vital unit of boarding-based schools that requires good management. But on the other hand, many UKS in general-based or non-dormitory schools still do not focus on UKS properly so that they cannot provide understanding to students. This is due to poor management. In addition, the success of UKS management is inseparable from the support that is sometimes inconsistent due to factors such as the lack of support from the school regarding the role of supervising students during learning and the role of the murabi as a dormitory supervisor who accompanies students for 24 hours, which results in the medical staff in the UKS having to overcome this. "Observation Results by UKS Medical Personnel at SMP Insan Cendekia Mandiri Boarding School, on January 04, 2024, at 10:00 WIB."

Based on previous research related to UKS management in fostering healthy hygiene behavior, discussing management in the UKS which is less than optimal due to several factors such as, the role of the principal, the role of a UKS coach teacher who must motivate and foster more deeply in students to get used to healthy hygiene behavior.(Nuryuliana, 2019, p. 15).

Therefore, researchers are encouraged to further research on "UKS Management in Developing Clean and Healthy Living Behavior in Students at Insan Cendekia Mandiri Junior High School Boarding School Sidoarjo".

METHOD

This research uses descriptive qualitative research methods or also known as field research. This research uses a case study approach which is research that can reveal an in-depth and detailed description of the situation or research object.(Cresswell W, 2015, p. 135)

The research subjects used were purposive sampling, besides that the subjects of this study were the principal and UKS medical personnel, both subjects were roles that knew about the problems carried out by researchers.(Sugiyono, 2017) The data collection methods used were observation, interviews, and documentation. The theory according to Miles and Huberman regarding data analysis techniques, namely data reduction, data presentation, and conclusion drawing or verification.(Miles et al., 2014).

RESULTS AND DISCUSSION

SMP Insan Cendekia Mandiri Boarding School Sidoarjo is a school under the auspices of the Yatim Mandiri Foundation.(Profile of SMP Insan Cendekia Mandiri Boarding School Sidoarjo.) This school also has a UKS that is not inferior to UKS in other schools, namely UKS Insan Cendekia Mandiri Boarding School Sidoarjo serves students for 24 hours, because Insan Cendekia Mandiri Boarding School Sidoarjo is a type of boarding school. (Interview Results with Ustadz Abd. Salam, S.Kom. as Administrative Staff of ICMBS Sidoarjo Junior High School, on May 04, 2024, at 15.29 WIB.) The number of students at Insan Cendekia Mandiri Boarding School Sidoarjo is 240 students. As for the number of medical personnel in the UKS, there are 5 people. (Interview with Mr. Vicky Rahmat Hidayat, as the Head of UKS at ICMBS Junior High School Sidoarjo, on May 10, 2024, at 09.28 WIB).

Regarding UKS management in developing clean and healthy living behavior, of course, there is a management process starting from the planning, implementation, inspection, and follow-up or evaluation stages. The management process will be used to achieve the planned goals in the PHBS program.

Planning of health service programs at UKS SMP Insan Cendekia Mandiri *Boarding School*.

A very important first step in the school health management cycle is basically planning. This stage is the foundation for a series of activities that will be implemented by the UKS within a certain period of time. The health service programs planned by the UKS at Insan Cendekia Mandiri *Boarding School* Sidoarjo have several main focuses, namely to improve the health status of students and create a *hygienic* school environment, in accordance with the vision and mission set by the UKS SMP ICMBS Sidoarjo.

The vision and mission of UKS SMP ICMBS Sidoarjo serve as guidelines in designing comprehensive programs. The vision and mission reflect the main objectives of the UKS in facilitating students to achieve optimal health conditions and realizing a school environment that is conducive to the learning process and student growth. (Document data of the Vision and Mission of UKS SMP ICMBS Sidoarjo, on May 11, 2024, at 14.00 WIB).

Management carried out in the process of developing a clean and healthy living behavior program is at the initial stage of planning. According to the results of interviews with the head of the UKS medical staff, in this planning stage the UKS medical staff compiles data reports related to the health conditions of students, these data reports include information about the level of understanding of nutrition, understanding of hygiene in the surrounding environment, understanding of skin diseases, and understanding of teeth. For the planning time of the health service work program that we have compiled, we usually do it at the beginning of the new academic year, more precisely in June. (Interview with Mr. Vicky Rahmat Hidayat, as the Head of UKS SMP ICMBS Sidoarjo, on May 10, 2024, at 09.28 WIB).

In addition, the UKS medical personnel in the planning process, identify the needs and problems faced by students and the school environment. This identification is done by analyzing health data, conducting field observations, and obtaining input from various related parties, such as teachers, parents, and health workers. (Interview with Mr. Vicky Rahmat Hidayat, as Head of UKS SMP ICMBS Sidoarjo, on May 10, 2024, at 09.28 WIB.)

Based on the results of data in the field, the planning stage of the ICMBS Junior High School UKS has been running well, this condition shows that the management system that applies in the ICMBS Junior High School UKS is as it should be, this is in line with what Triana explained, namely, planning is a process of preparing a series of activities designed to be carried out at the implementation stage (Noor, 2017b, p. 69).

Implementation of the health service program at the UKS SMP Insan Cendekia Mandiri *Boarding School*

After the planning stage has been carried out, the next step is to map out the division of tasks and responsibilities for medical personnel in the School Health Unit (UKS) as well as related parties at SMP Insan Cendekia Mandiri *Boarding School* Sidoarjo. (Interview with Mr. Alfianto Madhana, A.Md.Kep as UKS Medical Personnel SMP ICMBS Sidoarjo, on May 12, 2024, at 14.00 WIB).

This division of tasks is intended to ensure efficiency and effectiveness in providing health services in the school environment. In addition, the involvement of teaching staff such as school officials, *musyrif* (student supervisors in the dormitory), and local cleaning staff also plays an important role in the successful implementation of the UKS program. (Interview with Mr. Alfianto Madhana, A.Md.Kep as UKS Medical Staff of ICMBS Junior High School Sidoarjo, on May 12, 2024, at 14.00 WIB, n.d.).

Close coordination and cooperation with various related parties is needed to ensure optimal support and participation in realizing a healthy and conducive school environment for student development. After this cooperation in terms of implementation, new health service work programs are carried out. (*Interview Results with Mr. Alfianto Madhana, A.Md.Kep as UKS Medical Personnel of ICMBS Junior High School Sidoarjo, on May 11, 2024, at 14.00 WIB, n.d.*)

In the *do* stage, the organization does not implement the process as a whole, but only conducts trials or tests first, because the full implementation of the process will be carried out at the *action* stage. (Unido and JSA team, A Roadmap to Quality An Learning Manual for Implementing Total Quality Management (Vienna: Austria, 2017), 35).

Examination of the health service program at UKS SMP Insan Cendekia Mandiri Boarding School.

The inspection stage in UKS SMP ICM applied to UKS management must critically review every aspect of program implementation, including resource allocation, coordination with related parties, participation and involvement of educators, dormitory supervisors, and other relevant parties, as well as evaluating the effectiveness of the methods and strategies used. (*Interview Results with Mr. Vicky Rahmat Hidayat, A.Md.Kep as Head of UKS SMP ICMBS Sidoarjo, on May 18, 2024, at 10.16 WIB, n.d.*).

Based on the theory according to George & Rue, it explains that supervision is a form of evaluation that aims to verify that the work that has been carried out is in accordance with what was planned. By conducting regular evaluation and improvement through this stage, UKS can continue to improve the quality of health services in the school environment, and support the achievement of educational goals. (Terry, 2013, p. 45).

In the UKS management of ICMBS Junior High School at this stage of checking, the results of the implementation that have been carried out will be reviewed to ensure that they are in accordance with the previously established plan. This stage is very important to make improvements, prevent the recurrence of errors, and increase productivity and efficiency. (*Interview with Mr. Vicky Rahmat Hidayat, A.Md.Kep as the Head of Medical Staff of UKS SMP ICMBS Sidoarjo, on May 18, 2024, at 10.16 WIB, n.d.*)

Taking action on the health service program at UKS SMP Insan Cendekia Mandiri Boarding School.

In the final stage, the follow-up stage (*action*). This stage is an important step in order to improve and optimize the overall management process. In UKS management, the follow-up stage involves an in-depth analysis of the findings obtained from the inspection stage. It aims to identify areas that require improvement or adjustment, and formulate appropriate corrective actions to address the problems or deficiencies identified. In addition, the follow-up stage also involves developing a plan that is specific and measurable. At this stage, UKS medical personnel must critically review every aspect of program implementation, including the allocation of resources, coordination between related parties, participation and involvement of teaching staff, musyrif, and related parties, as well as the effectiveness of the methods and strategies used. (*Interview with Mr. Alfianto Madhana, A.Md.Kep as UKS Medical Personnel of ICMBS Junior High School Sidoarjo, on May 12, 2024, at 14.00 WIB, n.d.*).

Effective follow-up requires commitment and active involvement from all members of the UKS medical staff, as well as support and cooperation from teaching staff, murabbi, and other concerned parties. Open communication, transparency, and accountability are key in ensuring that the corrective actions taken can be implemented consistently and sustainably. (*Interview*

with Mr. Vicky Rahmat Hidayat, A.Md.Kep as the Head of UKS Medical Staff of ICMBS Junior High School Sidoarjo, on May 18, 2024, at 10.16 WIB, n.d.)

If the follow-up stage has been carried out as a whole starting from improving or following up from the previous process to a better process result, then the management in terms of this UKS has succeeded in achieving the planned goals.(Terry, George R & Rue, 2005, p. 55).

Promotive Health Services Program Development

In the promotive health service program or health improvement, the program from the ICMBS Junior High School UKS takes the form of posters as educational materials for understanding nutrition, understanding skin diseases. (*Interview Results with Mr. Fachrudin Yusuf, S.Kep., Ns as UKS Medical Officer of ICMBS Junior High School Sidoarjo, on May 23, 2024, at 13.33 WIB, n.d.*)

Based on the results of the research, it can be explained that the promotive health service program at the ICMBS Junior High School UKS is implemented by UKS medical personnel by providing understanding to students through the method of making posters about cleanliness and health so that the school environment can make it comfortable in the learning process. (*Interview Results with Mr. Fachrudin Yusuf, S.Kep., Ns as UKS Medical Officer of ICMBS Junior High School Sidoarjo, on May 23, 2024, at 13.33 WIB, n.d.*)

In the world of education, this health service program is something that is also needed, this shows that students who are physically and mentally healthy are expected to carry out the education process and for the sake of achieving the next generation of the nation. This is similar to health services for students not only focusing on personal drilling but, rather, prioritizing promotive (improvement).(Arifin Syamsul, Lestaris Trilianty, 2022, p. 29)

Development of Preventive Health Service Program

Preventive health service program at UKS SMP Insan Cendekia Mandiri *Boarding School* Sidoarjo, by making several preventive efforts by implementing a culture of getting used to cleanliness in the school environment and dormitory areas, besides observing nutrition programs for students. By implementing this preventive health service program, it is hoped that this program can create an optimal learning environment, with the expected *output* that students can develop optimally. This is in line with the principle of holistic education that not only focuses on academic achievement, but also pays attention to the overall *well-being of learners* (N. P. Dewi, 2020, p. 25).

The definition of prevention according to Indonesian Law Number 36 of 2009, preventive health services is an activity to prevent a health problem or disease.(*Law of the Republic of Indonesia Number 36 of 2009 concerning Health, Article(1), n.d.*)

Curative Health Services Program Development

Curative program efforts are healing diseases, in this program UKS at ICMBS Junior High School implements general treatment for students. Curative health services are an activity or series of treatment activities aimed at curing disease, reducing suffering due to disease, controlling disease, or controlling disability so that the quality of the patient can be maintained as optimally as possible.(*Law of the Republic of Indonesia Number 36 of 2009 concerning Health, Article(1), n.d.*)

Curative healthcare programs integrated within the education system have significant potential to influence students' holistic development. Appropriate and responsive medical treatment of health problems can minimize absenteeism, allowing students to participate

optimally in the learning process. Furthermore, comprehensive curative interventions not only focus on physical recovery, but also pay attention to the psychosocial aspects of students, thus contributing to the improvement of their resilience and emotional well-being. (*Law of the Republic of Indonesia Number 36 of 2009 on Health, Article(1)*, n.d.)

This, effective curative health services have the potential to create a conducive learning environment, support academic achievement, as well as facilitate students' self-actualization in the broader context of education. (*Law of the Republic of Indonesia Number 36 of 2009 Concerning Health, Article (1)*, n.d.)

Development of a Rehabilitative Health Service Program

In this rehabilitative program, efforts are made at the ICMBS Junior High School UKS, namely, recovering from diseases experienced by students, actions taken in the form of physical rehabilitation, nutritional rehabilitation, and hospitalization. (Cholifah, 2019, p. 119).

In the context of education, rehabilitative health service programs play a vital role in facilitating the optimal reintegration of students after experiencing health problems or injuries. Through a multidisciplinary approach involving medical personnel, and educators, rehabilitative programs aim to restore students' physical, cognitive, and socioemotional functions in a comprehensive manner. Interventions tailored to individual needs focus not only on restoring functional capacity, but also on developing adaptive strategies that enable students to overcome limitations and optimize their learning potential." (Cholifah, 2019)

Furthermore, effective rehabilitative programs can increase students' *self-efficacy* , encourage active participation in academic and extracurricular activities, and minimize disability-related stigma. Thus, rehabilitative health services significantly contribute to the creation of an inclusive educational environment, support equitable access, and facilitate the achievement of holistic educational goals for every student. (Cholifah, 2019)

CONCLUSION

School Health Business Management in the Clean and Healthy Living Behavior development program at UKS SMP Insan Cendekia Mandiri Boarding School Sidoarjo has been running well. UKS SMP ICMBS applies the PDCA cycle (Plan, Do, Check, Action) in developing a Clean and Healthy Living Behavior (PHBS) program. This process includes: Planning (Plan), conducting detailed data analysis to formulate health programs that are right on target, with input from various parties including the Principal. Implementation (Do), clearly divide the tasks according to the job description to optimize the development of the PHBS program. Check, evaluate the program to obtain important information for improvement and enhancement of service quality. Follow-up (Action), critically review the program, including resource allocation, coordination, stakeholder participation, and method effectiveness. The application of this cycle aims to continuously improve the quality of health services in the school environment and support the achievement of quality education.

The development of the health service program at SMP Insan Cendekia Mandiri Boarding School has covered all four aspects of health services, which consist of promotive (health improvement), preventive (disease prevention), curative (disease cure), and rehabilitative (health recovery). This indicates that the UKS of ICMBS Junior High School has shown optimal performance in designing and implementing health service programs.

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