

ABSTRAK

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Program Studi : Kedokteran Umum

Judul Skripsi : Hubungan Kebersihan Kamar dengan Kesehatan Paru Santri Putri di Asrama Al Binaa *Islamic Boarding School* Tahun 2024–2025 dan Tinjauannya dalam Pandangan Islam

Latar Belakang: Kebersihan lingkungan tempat tinggal berperan penting terhadap kesehatan paru. Penyakit berbasis lingkungan seperti ISPA, asma, dan TBC masih sering terjadi akibat sanitasi yang kurang baik, terutama di lingkungan asrama dengan kepadatan penghuni yang tinggi. Penelitian ini bertujuan untuk mengetahui hubungan kebersihan kamar dengan kesehatan paru santri putri.

Metode: Penelitian ini merupakan penelitian observasional analitik dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 520 santri putri, dengan sampel sebanyak 227 santri yang ditentukan menggunakan rumus Slovin dengan tingkat kesalahan 5% dan teknik *stratified random sampling* berdasarkan kamar. Data kebersihan kamar diperoleh dari hasil penilaian kebersihan kamar, sedangkan data kesehatan paru diperoleh dari riwayat ISPA, asma, dan TBC periode Juli 2024–Juni 2025. Analisis data menggunakan uji *Chi-Square*.

Hasil: Hasil penelitian menunjukkan bahwa 80,6% santri mengalami gangguan kesehatan paru dan 19,4% santri tidak mengalami gangguan. Uji statistik menunjukkan terdapat hubungan yang signifikan antara kebersihan kamar dan kesehatan paru ($p = 0,047$).

Simpulan: Terdapat hubungan yang signifikan antara kebersihan kamar dan kesehatan paru santri putri di Asrama Al Binaa *Islamic Boarding School*. Peningkatan kebersihan kamar perlu dilakukan secara berkelanjutan sebagai upaya pencegahan gangguan kesehatan paru.

Kata Kunci: Kebersihan kamar, Kesehatan paru, ISPA, Asma, TBC, Santri.

ABSTRACT

Name : Putri Fadhila Indhirawati

Study Program: General Medicine

Title : The Relationship Between Room Cleanliness and Lung Health Among Female Students at Al Binaa Islamic Boarding School in the 2024–2025 Academic Year and Its Perspective in Islamic View.

Background: *The cleanliness of the living environment plays an important role in lung health. Environment-based diseases such as Acute Respiratory Infections (ARI), asthma, and tuberculosis (TB) remain common due to poor sanitation, especially in dormitory environments with high occupancy density. This study aimed to determine the relationship between room cleanliness and lung health among female students.*

Methods: *This study was an analytic observational study with a cross-sectional approach. The population consisted of 520 female students, with a sample of 227 students determined using the Slovin formula with a 5% margin of error and stratified random sampling based on room distribution. Room cleanliness data were obtained from dormitory cleanliness assessments, while lung health data were collected from medical records of ARI, asthma, and TB during the period July 2024–June 2025. Data were analyzed using the Chi-Square test.*

Results: *The results showed that 80.6% of students experienced lung health disorders, while 19.4% did not. Statistical analysis showed a significant relationship between room cleanliness and lung health ($p = 0.047$).*

Conclusion: *There is a significant relationship between room cleanliness and lung health among female students at Al Binaa Islamic Boarding School. Continuous improvement of room cleanliness is necessary as a preventive effort to reduce lung health disorders.*

Keywords: *Room cleanliness, Lung health, Acute Respiratory Infection, Asthma, Tuberculosis, Students.*