



TRAINING OF TRAINERS (TOT) HEALTHY ISLAMIC BOARDING SCHOOL “SANTRI BERSERI” LHOKSEUMAWE CITY

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Abstract

The development of education is very important in improving the capacity of human resources (HR) and the quality of human life. Dayah is one of the educational institutions that has the ability to improve the competitiveness of HR in the technological era. Furthermore, the quality of superior HR can be influenced by the quality of health of students and the environment of educational institutions. The offline TOT service program for serial students in Lhokseumawe City aims to provide knowledge and understanding to students and teachers in the Dayah environment. Through the offline Training of Trainers (TOT) for serial santri in Lhokseumawe City to change the lifestyle of students to be healthier so that it has an impact on improving the quality of life of students at Ulumuddin Dayah, Misbahul Ulum Dayah, Ihyaussunnah Dayah and Mataqu dayah in Lhokseumawe City. The offline Training of Trainers (TOT) program for serial santri is a partnership program between the Unilever Indonesia Foundation (YUI) with its partners Heartindo and the Ministry of Education and Culture and the Ministry of Religion. The output of the offline Training of Trainers (TOT) program for serial santri is expected to have an impact on improving the quality of health and education of santri, teachers and schools or dayah.

Keywords: *Training of Trainers, radiant santri, Health, Dayah*

INTRODUCTION

Pesantren is a religious education that has its own uniqueness and different from other education. Education in Islamic boarding schools includes Islamic education, preaching, community development, and other similar education, the participants Students in Islamic boarding schools are called "santri" who generally live in Islamic boarding schools, called "pondok", from here it is called pondok pesantren. According to Maduningtias, (2022), Islamic boarding school is an Islamic educational institution that has grown and been recognized by the surrounding community with a dormitory system where students receive religious education through a study group or madrasa system. Islamic boarding schools have occupied a very strategic position in the midst of society, their existence is strongly supported by society as the basis of their strength. (Misbah, 2021).

Pesantren as a traditional educational institution in Indonesia is an asset genuine education of the Indonesian nation that is able to survive in the midst of the winds modernity (Mulyadi & Matin, 2022). This ability is certainly not something that is coincidental, but Islamic boarding schools do have unique and distinctive subcultural elements, both supra and infra-structure. There are also Islamic boarding schools that teach general education, where the percentage of teachings is more Islamic religious education than general knowledge, this is often referred to as modern Islamic Boarding Schools.

Education and implementation of healthy living needs to be carried out in Islamic boarding schools (Biby et al., 2024). This is done because Islamic boarding schools are places of study, residence, and interaction for students together under the guidance of teachers or kyai. Based on these conditions, the Ministry of Health seeks to disseminate health messages and instill positive things about healthy living through the Healthy Islamic Boarding School program. "One of the efforts to bring health services closer to the Islamic boarding school community is through the

TRAINING OF TRAINERS (TOT) HEALTHY ISLAMIC BOARDING SCHOOL “SANTRI BERSERI” LHKSEUMAWE CITY

Sapna Biby¹, Ikramuddin², Nurainun³

Healthy Islamic Boarding School Program which has been implemented since 2019. Until 2022, there will be 22 Islamic Boarding Schools and 26,455 students under the guidance of HeartIndo spread across the provinces of Aceh, North Sumatra and West Sumatra.

Implementation of the Healthy Islamic Boarding School Program, according to Aini, (2024) can be done through Clean and Healthy Living Behavior (PHBS). Where all health behaviors are carried out consciously, especially in the Islamic boarding school environment and it is hoped that all students can help themselves in the health sector and play an active role in health activities in the Islamic boarding school environment. (Ningsih, 2021). The puberty experienced by students requires the implementation of clean and healthy living behavior in their daily lives because there are many physical and psychological changes experienced by students. The physical changes experienced will cause many problems if not treated properly such as body odor, acne that appears on the face, body hygiene (teeth, hands, hair and others) and the fulfillment of balanced nutrition so that the body remains healthy so that it can receive lessons well.

The sustainability of the healthy Islamic boarding school program will continue to be implemented in order to realize a healthy Indonesia. This year, through cooperation with the Ministry of Religion, Heartindo together with the Unilever Indonesia Foundation is moving to jointly foster Islamic boarding schools through the Healthy Islamic Boarding School Program in order to realize students who are Berseri (Clean, Healthy, Confident). This program is run in two provinces, namely Aceh and North Sumatra. In Aceh Province, this program will be implemented in fourteen regencies/cities.

The main problem faced by Islamic boarding school or dayah educational institutions is the high spread of disease among students who live in Islamic boarding schools or dayah. The spread of disease is thought to be due to the lack of awareness of students towards environmental cleanliness. The author views the importance of this community service activity as part of a form of education for students about the importance of maintaining a healthy environment. The theme of this article is Training of Trainers (TOT) for the Healthy Islamic Boarding School “Santri Berseri” Lhokseumawe City. Based on the description of the problem, the aim of writing this article is: Improving the knowledge, attitudes and behavior of students and ustad/ustadzah in implementing Clean and Healthy Living Behavior (PHBS) through the habituation of Healthy Islamic Boarding School indicators in Aceh Province in 2024.

METHOD

In general, this training activity is carried out through several stages, namely (1) Training needs analysis, (2) Training design, (3) Training implementation, (4) Evaluation, (5) Compiling reports. (Amarulloh et al., 2023; Astina, 2024). The method of implementing the community service program is carried out through several stages, namely:

1. Conducting an audience and FGD at the Lhokseumawe City Dayah Office
The FGD activity was attended by several participants, namely Dr. Sapna Biby, SEM Si (HeartIndo Team), M. Syahril Fajar (HeartIndo Team), Mr. Marzuki (Head of the Lhokseumawe City Dayah Service), and Mrs. Sakdiah (Head of Dayah Education).
2. Conducting a survey of the program activity location.
The location of the activities is centered on several Islamic Boarding Schools or Dayahs, namely Dayah Ulumuddin (1,671 students), Dayah Misbahul Ulum (1,160 students), Dayah Mataqu (480 students), and Dayah Ihyaussunnah (227 students).
3. Conducting Partnership Cooperation
Cooperation with partners is carried out at the location of the community service program between the parties, namely the Unilever Indonesia Foundation (YUI), HeartIndo, Lhokseumawe City Health Office, Lhokseumawe City Dayah Office, Ulumuddin Dayah, Misbahul Ulum Dayah, Mataqu Dayah, and Ihyaussunnah Dayah. Where in the cooperation activities, the schedule of program activities in each location was also agreed upon.
4. Implementation of TOT Training Program

The implementation of the TOT training program was carried out at the service location, namely Dayah Ulumuddin, with the target participants being the managers of Islamic boarding school or dayah foundations, teachers (ustazd and ustazah), as well as students or students from Dayah Ulumuddin, Dayah Misbahul Ulum, Dayah Mataqu, and Dayah Ihyaussunnah.

5. Program Evaluation and Follow-up

Evaluation and follow-up of the community service program includes evaluation of the TOT training process and its impact in the form of program sustainability.

RESULTS AND DISCUSSION

1. Participant Registration

The participants of the offline Santri Berseri activity looked enthusiastic while queuing at the registration desk. With friendly smiles from the committee, the registration process ran orderly and smoothly. This registration was carried out to ensure that all representatives of the dayah could attend this activity.



Figure 1 Registration of Participants of the TOT Healthy Santri Berseri Islamic Boarding School

Source: Activity Documentation (2024)

2. Opening of Activities

The opening activity began with guidance from the Master of Ceremony (MC) who led the event with enthusiasm and solemnity. The MC opened the activity with warm greetings to all participants, committees, and invited guests, creating a friendly and energetic atmosphere. The activity began with the reading of the Holy Quran and the Reading of Prayers.



Figure 2 & 3 Opening Event

Source: Activity Documentation (2024)

After the reading of the Holy Quran and prayers, the activity continued with a welcoming speech from the HeartIndo Team represented by Dr. Sapna Biby, SE, M. Si. Who expressed her

TRAINING OF TRAINERS (TOT) HEALTHY ISLAMIC BOARDING SCHOOL "SANTRI BERSERI" LHKSEUMAWE CITY

Sapna Biby¹, Ikramuddin², Nurainun³

highest appreciation to all parties who have supported the implementation of the Pesantren Sehat Santri Berseri offline TOT activity. According to her, this activity was designed to increase the awareness of students of the importance of implementing clean and healthy living behaviors in everyday life. This program not only includes education, but also direct practice which is expected to create a healthier and more comfortable pesantren environment. She presented a detailed activity report, including the number of pesantren and students involved, the types of activities that have been carried out, such as health counseling, hygiene practices, and environmental management. Dr. Sapna also emphasized that this habit of clean and healthy living has a major impact, not only on physical health, but also on the development of character and discipline of students.

The next activity was the welcoming speech of the dayah leader represented by Mr. Ikhwan Fauzi from Dayah Ulumuddin. Mr. Ikhwan Fauzi expressed his gratitude for the selection of Dayah Ulumuddin as the location for the implementation of the Santri Berseri program, and emphasized that this activity is in line with the vision of the dayah in building a generation of santri who are not only knowledgeable, but also have strong characters with clean and healthy living behavior. He also expressed his appreciation to HeartIndo and all parties involved in organizing this activity. According to him, a program like this is very important to provide additional provisions to the santri, both in terms of health, discipline, and the formation of positive habits that are beneficial for their future. At the end of his speech, Mr. Ikhwan Fauzi hoped that this activity could run smoothly and provide maximum benefits for all participants.

The activity continued with a speech and the official opening of the Santri Berseri event delivered by Mr. Marzuki, Head of the Islamic Sharia and Dayah Education Office of Lhokseumawe City. He expressed his appreciation and support for the implementation of this program, which is considered very relevant in supporting the mission of dayah education in Aceh. Mr. Marzuki highlighted the importance of clean and healthy living behavior as part of the application of Islamic sharia values in everyday life. He emphasized that cleanliness is part of faith, and activities like this are very important to form the character of students who are tough, disciplined, and care about the environment. He also expressed his appreciation to HeartIndo, the organizing committee, and Dayah Ulumuddin who have played an active role in making this activity a success. According to him, collaboration like this is a real example of how the government, educational institutions, and the community can work together to create a young generation that is knowledgeable, healthy, and has good morals. In closing, Mr. Marzuki officially opened the Santri Berseri event with the hope that this activity will run smoothly and provide great benefits for all participants.

3. Handover of Cleaning Equipment Assistance from the Unilever Foundation

After the opening of the event, the activity continued with the symbolic handover of cleaning equipment assistance from Unilever which was handed over by Dr. Sapna Biby as a representative of the HeartIndo team, the Islamic Sharia and Dayah Education Service of Lhokseumawe City, and also the Representative of the Lhokseumawe City Majelis Taklim Contact Agency to representatives of the Lhokseumawe City Santri Berseri Dayah. This symbolic handover aims to support the implementation of the Santri Berseri program in building clean and healthy living behavior in the Islamic boarding school environment.



Figure 5 Handover of Cleaning Equipment Assistance from the Unilever Foundation to Partners
Source: Activity Documentation (2024)

4. Presentation of Clean and Healthy Living Behavior Material

The activity continued with a session explaining the material on Clean and Healthy Living Behavior, delivered by dr. Merry Hatta, a competent health expert. In the material delivered, dr. Merry provided a deep understanding of the importance of maintaining personal and environmental hygiene as part of a healthy lifestyle. dr. Merry began by explaining the basic steps in maintaining hygiene, starting from washing hands properly. She emphasized the importance of washing hands with soap, especially before eating and after activities, to prevent the spread of disease. Each participant was introduced to the correct hand washing technique and the recommended time for maximum effectiveness. Next, dr. Merry reviewed facial skin and hair health care. She provided tips on how to keep facial skin clean from germs and pollution and the importance of washing hair regularly to avoid scalp health problems. This knowledge is very useful, especially for students who are active outdoors. dr. Merry also touched on the topic of dental and oral health. She explained the correct tooth brushing technique, the importance of regular dental check-ups, and avoiding foods and drinks that can damage teeth.

Good oral health, according to him, is an integral part of overall body health. In addition, he also emphasized the importance of maintaining mental health. dr. Merry explained how to maintain mental health, such as stress management, the importance of getting enough sleep, and maintaining positive relationships with others. He reminded that physical and mental health must go hand in hand to achieve optimal well-being. The explanation of this material ended with a question and answer session, where participants could ask questions related to the topic. This interactive atmosphere provides an opportunity for participants to better understand and apply clean and healthy living behaviors in their daily lives.

5. Hand Washing Practice

dr. Merry helps students who are willing to follow the correct hand washing practice based on the material and steps that have been presented previously using hand washing soap and running water that have been provided as supporting media for the success of hand washing practice.

TRAINING OF TRAINERS (TOT) HEALTHY ISLAMIC BOARDING SCHOOL “SANTRI BERSERI” LHKSEUMAWE CITY

Sapna Biby¹, Ikramuddin², Nurainun³



Figure 6 Hand Washing Practice
Source: Activity Documentation (2024)

6. Follow-up Plan

After the material session, the activity continued with the presentation of the follow-up plan delivered by Fajar, a representative from the HeartIndo team. In his presentation, Fajar explained the next steps that will be taken to ensure the sustainability and effectiveness of the Santri Berseri program. Fajar said that one of the important steps is the implementation of socialization in each dayah. In addition, Fajar also explained about the monitoring activities and visits that will be carried out by the HeartIndo team to the participating dayahs. The team will visit the dayahs to monitor the extent to which this program is implemented and see firsthand the changes that occur. This visit aims to provide support, identify challenges that may arise, and provide solutions or additional training if needed. This monitoring is also an opportunity for the HeartIndo team to provide positive feedback to dayahs that have successfully implemented clean and healthy living habits well.



Figure 6 Hand Washing Practice
Source: Activity Documentation (2024)

CONCLUSION

Training of Trainers is a training to train participants and it is expected that after completing the training they will be able to become people who have the ability to spread knowledge to other students. The main objective of the Training of Trainers for the serial students is to ensure the quality of the health of the students who are studying at the Islamic boarding school or dayah. The training program is expected to raise awareness for the students about the importance of being healthy, clean and confident. The community service activities also provide benefits to the stakeholders involved in the program, namely partner coordination activities with the Dayah,



socialization of knowledge to students through Peer to Peer, the Serial Students Movement and the Clean Islamic Boarding School or Dayah Movement.

ACKNOWLEDGEMENT

On this occasion, we, the implementers of community service activities, would like to express our highest gratitude to: 1. Partner leaders, namely the Unilever Indonesia Foundation (YUI) with its partner Heartindo, the Head of the Health Service, the Head of the Ministry of Education and Culture and the Head of the Ministry of Religious Affairs of Banda Aceh City. 2. The Head of Dayah Inshafuddin and Dayah Darul Ulum of Banda Aceh City.

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