

## CLEAN AND HEALTHY LIVING BEHAVIOR PRACTICES IN THE ISLAMIC BOARDING SCHOOL: A SYSTEMATIC LITERATURE REVIEW

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Article Info	ABSTRAK
<p><b>Article History:</b>            Received 19/09/2025.            Revised -            Accepted 30/09/2025.</p> <hr/> <p><b>Keywords:</b>            Perilaku Hidup Bersih dan Sehat            Pesantren</p>	<p>Perilaku Hidup Bersih dan Sehat (PHBS) merupakan komponen penting dalam peningkatan kesehatan masyarakat, termasuk di pesantren. Kurangnya pemahaman dan penerapan PHBS menyebabkan santri, yaitu kelompok remaja yang tinggal di masyarakat, berisiko tinggi mengalami masalah kesehatan. Penelitian ini bertujuan untuk memberikan gambaran umum praktik PHBS pada santri pesantren melalui pendekatan Systematic Literature Review (SLR). Penelitian ini mengacu pada pedoman PRISMA dengan menggunakan kata kunci spesifik yang mencakup "perilaku hidup bersih dan sehat" DAN "pesantren", dengan artikel jurnal dari tahun 2020 hingga 2024. Dari 4.361 artikel yang disaring, 29 artikel memenuhi kriteria inklusi, dan 3 artikel dianalisis secara mendalam. Hasil penelitian menunjukkan bahwa secara umum, PHBS di pesantren dinilai cukup baik, namun masih terdapat kekurangan dalam penyediaan fasilitas kesehatan, seperti pos kesehatan dan fasilitas kesehatan, yang belum memadai. Potensi penyebaran penyakit seperti Hepatitis A di kalangan santri pesantren menekankan pentingnya pendidikan kesehatan yang sistematis dan peningkatan fasilitas sanitasi untuk mencegah risiko kesehatan yang lebih besar.</p>
	<p><b>ABSTRACT</b></p> <p><i>Clean and Healthy Living Behavior (CHLB) is an important component in improving public health, including in Islamic boarding schools. Due to the lack of understanding and implementation of PHBS, Islamic boarding school students (santri), a group of adolescents living in the community, are at high risk of experiencing health problems. This study aims to provide an overview of the PHBS practices of Islamic boarding school students through a Systematic Literature Review (SLR) approach. This study refers to the PRISMA guidelines using specific keywords that include "clean and healthy living behavior" AND "Islamic boarding schools", with journal articles from 2020 to 2024. Of the 4,361 articles screened, 29 articles met the inclusion criteria, and 3 articles were analyzed in depth. The results of the study indicate that in general, CHLB in Islamic boarding schools is considered quite good, however, there are still shortcomings in the provision of health facilities, such as health posts and health facilities, which are inadequate. The potential for the spread of diseases such as Hepatitis A among Islamic boarding school students emphasizes the importance of systematic health education and improving sanitation facilities to prevent greater health risks.</i></p>
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