

Looks Personal Hygiene Of Student Senior High Scholl With The Herpes Disease**Muhammad Ali Sodik¹, Adriana Akoit²**¹*STIKes Surya Mitra Husada*²*East Nusa Tenggara Health Department*alisodik2012@gmail.com

Shingles disease roomates is because of infection of the virus of varicella zoster groaning husk and mucosa, this infection represent the reactivation of the virus that happened after the primary infection. Herpes Zoster assumed by circumstance as depicting reaction of the varicella virus (cow pox of water roomates latent, and mirror the immunity degradation). This research is targeted Know the relation of personal hygiene of high school student with the disease herpes In high school north coast of Subdistrict of Middle Biboki Anle'U Regency East North of Province of Nusa of East South-East. This research use the approach of cross sectional. accurate by population is a student of class X and XI of SMA northern coast of Subdistrict of Biboki anle'u amounting to 105 people by using the method of random sampling Obtained by sample 51 responder. Independent variable is accurate by personal hygiene and accurate by the dependent variable is disease of herpes zoster. Its result is analysed by using test of contingent coefficient. This reseach on May, 2015. Result of research indicate that most good personal hygiene owning 23 responders (45.1%) enough categorize the which 20 (39.2%) less roomates category 8 (15.7%) and spring from positive responders of herpes zoster as much 28 responder (54.9 %) Which are negative 23 (45.1%). From result analyze got by value p-value $0.000 < \alpha (0.05)$. Hence H_0 refused and H_1 accepted meaning there is relation of among personal hygiene of high school student with the disease of herpes zoster in high school north coast of Subdistrict of Biboki anle'u of regency of TTU of NTT province. Result of research indicate that most responder dry keep the caused Because of x'self Also haves and understand for the importance of personal hygiene to be student of SMA pantura do not experience of the disease of shingles hence student of SMA pantura ownself always keep dry.

Keyword: *personal hygiene, disease of shingles.*

PRELIMINARY

Personal hygiene is an act to maintain the cleanliness and health of a person's physical and psychological well-being, lack of self-care is a condition where a person is not able to perform personal hygiene care. Personal hygiene is defined as an individual hygiene which includes all activities that aim to achieve the cleanliness of the body, including; wash, bath, hair care, nails, teeth, gums and cleaning the genital area. Health problems less attention. This happens due to assume the cleanliness issue is a trivial matter, but if it is less attention then it will affect general health (Poter Perry 2006),

Health development is an effort to empower the entire potential of the nation of Indonesia, both private and public

community (MOH, 2007). Personal hygiene is a self-care where individuals maintain their health, and are influenced by the values and skills (Mosby, 2006). Personal hygiene included into the primary prevention of specific measures. Personal hygiene is important because a good personal hygiene will minimize the entrance of microorganisms that exist everywhere and ultimately prevent someone affected by the disease (Mosby, 2007). Personal hygiene is not good to be easier for the body stricken with various diseases, such as skin diseases, infectious diseases, diseases of the mouth and gastrointestinal tract diseases or even to eliminate the function of certain body parts, such as the skin (Sudarto, 2008).

Skin conditions in adolescents is an active organ that serves as protector of

various germs or trauma, secretion, excretion, temperature control and sensation, so that adequate care is required in maintaining its function. Body parts hanging and exposed to pressure from the bottom surface of the body (eg matrasi gibs, body or layer of wrinkled linen), will reduce circulation to the affected body part that can cause pressure sores. The teens exposed to herpes disease due to lack of self-care so that, a virus that is a creature half alive and breed of the material - material cells of other living beings. To avoid invasion of the immune system, he will get nervous and make her keserabut in an inactive state. As a result, the immune difficult to detect.

Transmission of the disease or infection caused by microbes, hygiene also means free of viruses, pathogens and harmful chemicals. Cleanliness is one of the signs of a good state of hygiene. Humans need to maintain environmental hygiene and personal hygiene to be healthy, do not smell, do not be embarrassed, do not spread dirt or transmit germs to themselves or others. Cleanliness of the body includes his own personal hygiene, such as bathing, brushing teeth, washing hands, and wearing clean clothes. Knowledge of personal hygiene is needed by every individual to maintain habits conducive to health and will create wealth and optimal health with care personal hygiene, because of the experience and research to practice based on the knowledge will be more lasting than in practice that is not based on knowledge (Notoatmojo, 2007).

MATERIALS AND METHODS RESEARCH

This study using cross sectional approach. The population studied is the class X and XI SMA pantura subdistrict Biboki anle'u totaling 105 Orang using random sampling methods sample obtained samples of 51 respondents. The independent variables studied were the

personal hygiene and the dependent variables studied are herpes zoster. The results are analyzed using contingency coefficient test.

RESULTS AND DISCUSSION CHARACTERISTICS OF SUBJECTS

characteristics of respondents in this research include gender, age, class, level of personal hygiene and the incidence of herpes zoster. The descriptions in Table 1.

Table 1. Characteristics of study subjects by gender, age, class, level of personal hygiene and the incidence of herpes zoster.

No.	characteristics	ΣN	Σ%
1	Gender		
	Male	25	49
	woman	26	51
2	Age		
	15-16 th	22	43
	17-18 th	19	37
	19 th	10	20
3	Class		
	X	26	51
	XI	25	49
4	Personal Hygiene		
	Well	23	45.1
	Enough	20	39.2
	Less	8	15.7
5	The incidence of Herpes Zoster		
	Positive	28	54.9
	Negative	23	45.1
	Total	51	100

Source: The results of the data analysis, 2015

Based on Table 1 shows the life of class X and XI SMA Pantura Biboki Anle'u District of TTU obtained almost all of the respondents aged 15-16 years as many as 22 respondents (43%). Female respondents were 26 respondents (51%). Class X as many as 26 respondents (51%). Most respondents considered good Personal Hygiene as many as 23 respondents (45.1%). Most of the respondents who

experienced positive internal medicine Shingles categorized as many as 28 respondents (54.9%).

TEST RESULTS STATISTICS

Table 2. Results of statistical tests siawa personal hygiene SMA relationship with shingles disease in sub-district high school pantura Biboki anle'u TTU district NTT province

variable s	variabl es	significa nce	coefficient of contingency
Personal hygiene	shingle s	0,000	.649

Based on the results of statistical tests showed positive koefesiensi contingency. With significant value 0.000 and the coefficient of contingency for 0649. with great power so strong enough value $p\text{-value } 0.000 < \alpha (0.05)$ H_0 is rejected and H_1 accepted which means that there is a relationship between high school students with personal hygiene shingles disease in sub-district high school pantura Biboki anle'u TTU district NTT province

DISCUSSION

Personal Hygiene In Class X and XI High School Pantura Biboki Anle'u TTU District of NTT province

Results of a study of 51 respondents in the sub-district high school pantura Biboki anle'u TTU district NTT province on 10-11 May 2015 menunjukkan that 23 respondents who personally hygienenya Good. Personal hygiene is an action taken to maintain cleanliness and health of a person's physical and psychological well-being (Tarwoto and Wartonah, 2004). Most respondents are categorized either this is due to kaarena respondents always maintain personal hygiene because they understand will pentinnya for her personal hygiene.

Personal hygiene is a self-care is done to maintain good health, both physically and psychologically (Alimul, 2006). Personal hygiene is a self-care where individuals maintain their health, and are influenced by the values and skills (Mosby, 2006, in Pratiwi, 2008). According to Mubarak (2008) personal hygiene is one's efforts in maintaining the cleanliness and health of himself to obtain physical and psychological wellbeing. Fulfillment of personal hygiene is necessary for the comfort, safety, and health of the individual. Personal hygiene needs is necessary both in healthy people and the sick. Personal hygiene practices aimed at improving the health of the body where the skin is the first line of defense against infection. With the implementation of hygiene measures, or help family members to take action that will increase the level of health of the individual (Potter & Perry, 2005). The hand that is allowed to wet the those perfect environment for germs (hidayat, 2007).

The size of hygiene or appearance of a person in fulfillment of Personal Hygiene Personal differences in pain because of an interruption fulfillment. Nurses can provide information about better personal hygiene related to the time or frequency of the activity, and the correct way to perform self-care.

Based on the above theory can be seen that personal hygiene is very good in high school 23 respondents (45.1%). It was caused by a clean lifestyle such as regular bathing, hand washing, nail care, and others. This can be caused by many students who still had high school who already know the meaning of personal hygiene.

Shingles disease Pantura In high school Biboki Anle'u TTU District of NTT province

Based on the results of this research were conducted on 51 respondents in the sub-district high school pantura Biboki anle'u TTU district NTT

province on 10-11 May 2015 date can be seen that most of the respondents who experienced disease shingles positive categorized as many as many as 28 respondents (54.9 %).

The skin is an active organ that serves as protector of various germs or trauma, secretion, excretion, temperature regulation and sensation, so that adequate care is required in maintaining its function. Skin diseases are usually caused by many factors, including the environment and habits of daily life - today one of the emerging diseases are herpes zoster. Shingles is a disease that causes painful (very severe pain). A cross tabulation shows that respondents aged 17-18 years old who have shingles disease negative categorized as many as 16 respondents (31.4%). This indicates that respondents male gender who have herpes zoster male negative categorized as many as 17 respondents (33.3%).

Shingles occurs in people who have had previous varicella because the varicella and herpes zoster is caused by the same virus is varicella zoster virus. After recovering from varicella, the virus in sensory ganglion stay alive in an inactive state and become active again if the immune system decreases. In everyday life hygiene is very important and must be considered because of cleanliness will affect the health and psyche of a person. Cleanliness itself is very influential among the cultural, social, family, education. One's perception of health, and development (Tarwoto & Wartonah 2006). Cross tabulation of the age of 17-18 years with herpes zoster as many as 16 respondents (31.4%). Caused by the respondent is always taking care of themselves and keep respondents avoid the disease shingles. Nurses can provide information about better personal hygiene related to the time or frequency of the activity, and the correct way to perform self-care.

Herpes zoster is a local disease that occurs mainly in older people who

typically characterized by their unilateral radicular pain as well as their erupsivesikuler confined to the dermatome innervated by the nerve fibers maupunganglion spinal sensory nerve fibers from cranial nerve.

Hygiene personal relationships with high school students in high school herpes zoster pantura subdistrict Biboki anle'u TTU district.

Based on statistical test contingency koefiesien obtained personal hygiene high school students with herpes zoster ie, p-value (0.649) $< (0.000) < \alpha$ (0.05) H_0 is rejected and H_1 accepted which means that there is a relationship between personal hygiene high school students with herpes zoster in the sub-district high school pantura Biboki anle'u TTU district NTT province.

Personal hygiene is a self-care is done to maintain good health, both physically and psychologically (Alimul, 2006). There are seven kinds of personal hygiene one of which is the feet and nails (Potter 2004). Walking often require special attention to prevent infection, odor and tissue injury. But often people are not aware of the problem until the foot pain or discomfort occurs. Enough personal hygiene can cause a variety of diseases that come one of which is a disease of shingles. Shingles is a disease that causes painful (Spiritia Foundation, 2010).

Based on the above data it can be seen that most respondents considered good personal hygiene as many as 23 respondents (45%). While the disease shingles known that most respondents had positive categorized shingles disease as much as 28 respondents (54.9%). Of the 51 respondents. By several factors such as body image, social practices, socioeconomic status, knowledge, cultures, habits and physical condition. Gejala clinical characteristics of a person or illness of shingles is usually preceded by symptoms Complaints prodomal which lasts for 1-4 days.

Symptoms that affect the body: fever, headache, fatigue, malaise, nusea, rash, redness, sensitive, sore skin (skin emphasis), pain (burning or punctured), itching and tingling. Pain relief is segmental and can be continuous or intermittent. Pain can also occur during the eruption of the skin.

Symptoms that affect the eyes: In the form of redness, sensitivity to light, swelling of the eyelids. dryness of the eyes, blurred vision, decreased visual sensation and other - other.

Herpes zoster is transmitted between humans through direct contact, one of which is through respiration (Oral air) or respiratory secretions or sometimes by direct transfer from the skin through Fetomaternal transmission, so that the virus can be epidemic among the vulnerable host. The risk of contracting shingles associated with age. This is related to the immuno kompromais, namely the decline the immune system gradually as part of the aging process. In addition, it is also associated with a decrease in the number of cells involved in the immunity against varicella-zoster virus at a certain age. Through direct kankak (skin contact) such as handshakes, sleeping together, and sexual intercourse. It can also be through contact indirectly (through objects), such as clothing, towels, bed linens, pillows, and others.

Based on the above theory can be seen in SMA good personal hygiene 13 respondents (25.5%) whereas positive SMA shingles in 16 respondents (31.4%) as respondents always care for and maintain the cleanliness of himself so that the respondent did not have herpes zoster.

CONCLUSION

1. Personal Hygiene Pantura high school students Biboki Anle'u TTU District of NTT province diktahui that most respondents considered good by 23 (45.1%) which is enough category 20

(39.2%) the category of less than 8 (15.7%).

2. Zoster Hesperes high school students Pantura Biboki Anle'u TTU District of NTT province diktahui that most respondents positive in 28 (54.9%) were negative category 23 (45.1%).
3. There is a relationship between the Personal Hygiene with high school students Shingles disease Pantura Biboki Anle'u TTU District of NTT province. With significance 0.000.

SUGGESTION

1. for researchers

This study is expected to provide and add insight for researchers in apply the knowledge and provide solutions regarding personal hygiene efforts to increase high school students with herpes.

2. For relevant agencies (school)

Providing input for policy making in improving the health of high school students

3. For other researchers

Can be a reference for other researchers to be developed in further research.

4. for respondents

We recommend that the results of this research can be used as information to improve the knowledge of high school students about personal hygiene no relationship with herpes in high school.

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