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**REVIEW OF PHYSICAL HEALTH KNOWLEDGE OF INTEGRATED ISLAMIC  
MIDDLE SCHOOL STUDENT RIYADHUL ULUM**

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**Abstract**

Physical health is a condition when a person's body is healthy and fit, and their organs and body systems function properly. Physical health is also known as physical fitness. The physical health of students at Riyadhul Ulum Integrated Islamic Middle School, Ujung Batu District, Rokan Hulu Regency, is often disturbed, including hair health, eye health, nose health, ear health, dental and oral health, nail health, and skin health. The purpose of this study was to find out about students' physical health knowledge. This type of research is quantitative descriptive. The population in this study amounted to 108 people. The sample in this study amounted to 58 people using the purposive sampling technique. Data collection was carried out using a research sample questionnaire. The data obtained were analyzed using the descriptive percentage analysis formula (%). The results of the study showed that the implementation of physical health knowledge of students of Riyadhul Ulum Integrated Islamic Middle School, Ujung Batu District, Rokan Hulu Regency, was in the "Very Good" category of 25.86% (15 people), the "Good" category of 67.24% (39 people), and the "Enough" category of 6.90% (4 people). It can be concluded that the level of physical health knowledge of students of Riyadhul Ulum Integrated Islamic Middle School, Ujung Batu District, Rokan Hulu Regency, is in the good category.

**Keywords:** Physical, Health, Personal Hygiene, Quantitative Descriptive Study

**INTRODUCTION**

Education is a structured process to develop individual potential and skills, as well as enrich their knowledge and understanding of the world. Education includes teaching, training, and guidance aimed at helping a person develop intellectual, emotional, and social abilities. The educational process can occur formally at school or university or informally in the family and community. Education is a conscious and planned effort to create a learning atmosphere and learning process so that students actively develop their potential to have spiritual strength, self-



control, personality, intelligence, noble morals and skills needed by themselves, society, nation and state (Law No. 20 of 2003). Education is an effort to help students so that they can work independently and carry out their responsibilities. The changes that occur are the development of students' potential, both knowledge, skills, and attitudes in life (Pristiwanti et al., 2022).

Education is also defined as a learning process that interacts humanly between students and a teacher. According to (Asmara & Nindianti, 2019) good learning requires a good planning process and the implementation process must also involve many people, such as teachers and students, then there is a connection between one activity and another, to achieve competency in the field of study which can ultimately support the achievement of graduate competency. Physical education, sports and health are among the lessons provided in junior high schools as a complement to the existing learning process. (Mubarok et al., 2021) stated that PJOK learning is described by physical activity so that it can increase fitness, increase movement skills, knowledge and healthy living.

In health, in general health education is any planned effort to influence other people, whether individuals, groups or communities, so that they can do what is expected by educational practitioners. Meanwhile, according to (Putri & Nora, 2022) health education is an effort to persuade or teach the community so that people are willing to take actions to maintain and improve their health level. According to Health Law no. 23 of 1992 that the aim of health education is to increase the community's ability to maintain and improve the level of health, both physical, mental and social so that it is economically and socially productive, health education in all health programs, including eradicating infectious diseases, environmental sanitation, community nutrition, health services and other health programs (Purnamaningsih & Purbangkara, 2022).

Public health has an important role in efforts to improve the quality of human resources, poverty alleviation and economic development. Therefore, public health as an art or practice has a wide scope. All activities, whether direct or indirect, to prevent disease (preventive), improve health (promotive), therapy (physical, mental and social therapy) or curative, or restore (rehabilitative) health (physical, mental, social) are public health efforts. According to (Mamahit et al., 2022) health education can produce changes or improvements and will influence attitudes and behavior. Changes in knowledge, attitudes and health behavior can improve skills in implementing a healthy life. School health education expects students to behave in a healthy way, and be able to take responsibility for their own health and that of their environment, as well as having the ability to resist bad things, including smoking habits and abuse of alcohol, narcotics, drugs and dangerous substances as well as actively participating in health efforts (Widyasofi & Juanita, 2018).

From the statement above, it can be concluded that education is a planned process to develop



an individual's entire potential through formal and informal learning, including intellectual, emotional, spiritual, social and life skills aspects. Health education, as an important part of education, aims to form healthy living behavior, improve the level of public health, and support the quality of human resources who are productive and responsible towards themselves and their environment.

Health is important because health plays a role in the functioning of all aspects of life for the entire community. Health Law no. 23 of 1992 states: health is a state of physical, mental and social well-being that enables every person to live a socially and economically productive life. The definition of health according to WHO (World Health Organization) is a condition of physical, mental and social well-being and not just the absence of disease or disability. The 1945 constitution mandates that health is a human right. Article 28 H states that every person has the right to live in physical and spiritual prosperity, to have a place to live and to have a good and healthy living environment and has the right to receive health services. Furthermore, article 34 paragraph 3 states that the state is responsible for providing adequate health service facilities and public service facilities. Health is a resource that all humans have and is not a life goal that needs to be achieved, health is not focused on being physically fit but includes a healthy soul where individuals can be tolerant and accept differences (Agustina et al., 2020). According to (Rahmat, 2021) Health is a basic foundation that must be sought first to create quality human resources.

Personal health or what is often known as individual health is an effort and action taken by a person to maintain, maintain and improve his or her own health level within the limits of his or her abilities (Emilia & Prabandari, 2019). Often people do not know or are aware of health. People only care about work. By studying personal health, a person can find out what a healthy lifestyle pattern is and can understand the importance of health for oneself. Personal health basically studies a person's personality, such as work, personal appearance, individual health conditions, maintaining bodily health such as teeth and mouth (Laela et al., 2022). Personal health that must be protected from various diseases includes physical health, mental health, spiritual health, social health and environmental health. According to Jamaliah & Hartati, (2023) personal health is the health of each part of our body, including skin health, nail health, hair health, teeth and mouth health, nose health, eye health and ear health.

Physical health is a condition of a person's body that is protected from injuries or diseases outside the person's body, it can be seen that all the body's organs are functioning well or are not experiencing problems. Mental health is a person's condition whose thoughts, behavior and actions are clean. A soul filled with bad intentions and thoughts will give birth to bad attitudes and actions, which will have an impact on personal health. The need for a healthy body and soul are two things



that cannot be separated, because someone who has a heart that is clean from envy, shirk, revenge and other bad traits will have a calm soul which will make a person's body healthy. Social health plays a very important role in individual health, namely the condition of a person who can interact with other people or groups of people well without discrimination in any way, has a high sense of tolerance, cares about fellow humans and is able to respect the people around him. Humans who have social health can work, rest and enjoy entertainment according to their time. Meanwhile, environmental health is a state of balance between the environment and humans that is clean, healthy, comfortable and safe so that humans living in the environment are protected from various kinds of diseases (Pratiwi et al., 2022). Whether a person is healthy or not really depends on that person's daily life behavior. Suganda & Edwarsyah, (2020) stated that health must receive serious attention, considering that students in school are a milestone for further educational success. Therefore, everyone needs to have knowledge about health in order to carry out healthy living habits. This is stated in Health Law No. 36 of 2009 regarding obligations in article 11, which states: "Every person is obliged to behave in a healthy lifestyle to realize, maintain and promote the highest level of health."

Physical health is an important aspect that influences students' quality of life and learning achievement. In the school environment, attention to students' physical health is one of the main factors that needs serious attention. Riyadhlul Ulum Integrated Islamic Middle School, located in Ujung Batu District, Rokan Hulu Regency, is an educational institution that seeks to provide comprehensive education, including aspects of students' physical health. Hair health, eye health, nose health, ear health, oral and dental health, nail health, and skin health are the seven main components that influence students' physical health. Each component has a significant role in supporting students' learning and daily activities at school. By paying attention to these seven components of physical health, it is hoped that Riyadhlul Ulum Integrated Islamic Middle School students can achieve optimal learning achievements and live their daily lives more healthily and comfortably. This research aims to review students' physical health conditions and provide appropriate recommendations to improve the quality of their health at school.

## **METHODOLOGY**

This research is classified as quantitative descriptive research, because the research was conducted to clearly describe or review actual conditions. How is the implementation of students' physical health knowledge at the Riyadhlul Ulum Integrated Islamic Middle School located in Ujung Batu District, Rokan Hulu Regency.

Population is a collection of all elements from which conclusions will be drawn (Nadiansyah



et al., 2022). Based on this understanding, the population in this research is all students at Riyadhlul Ulum Integrated Islamic Middle School located in Ujung Batu District, Rokan Hulu Regency, totaling 108 people consisting of classes VII 1, VII 2, VIII 1, VIII 2, IX 1, and IX 2.

The sample is part of the population or representative of the population being studied and taken as a data source and can represent the entire population or the sample is part of the number and characteristics of the population (Asrulla et al., 2023). So the sample that will be used in this research is 58 students from class VII.1 and VIII.1 and IX.1. Sampling used a purposive sampling technique, which is a technique for determining and taking samples determined by researchers with certain considerations (Lenaini, 2021).

The time and place of the research will be carried out in May and at the Riyadhlul Ulum Integrated Islamic Middle School located in Ujung Batu District, Rokan Hulu Regency. The instrumentation used in this research is using a closed questionnaire grid, namely by asking questions or statements, as stated by (Suhidayat, 2022), "A questionnaire or questionnaire is an investigation regarding a problem that generally concerns a lot of public interest (many people), carried out by circulating a list of questions in the form of submitted forms, in writing to a number of subjects to obtain written answers or responses as necessary.

## RESULTS

The description of the data from this research is intended to describe the data, namely to look at the physical health knowledge of Riyadhlul Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, which can be seen in the following table:

Table 1. Distribution of hair health knowledge indicator score classification

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	18	31.03%
2	Good	61-80	35	60.34%
3	Enough	41-60	5	8.62%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%

In the table above, it can be seen that the physical health knowledge of Riyadhlul Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 31.03% (18 students), a good classification of 60.35% (35 students), a fair classification of 8.62% (5 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).



Table 2. Distribution of classification scores for eye health knowledge indicators

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	15	25.86%
2	Good	61-80	36	62.07%
3	Enough	41-60	7	12.07%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 25.86% (15 students), a good classification of 62.07% (36 students), a fair classification of 12.07% (7 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

Table 3. Distribution of classification scores for nose health knowledge indicators

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	12	20.69%
2	Good	61-80	39	67.24%
3	Enough	41-60	7	12.07%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 20.69% (12 students), a good classification of 67.24% (39 students), a fair classification of 12.07% (7 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

Table 4. Distribution of ear health knowledge indicator score classification

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	20	34.48%
2	Good	61-80	31	53.45%
3	Enough	41-60	7	12.07%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%



In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 34.48% (20 students), a good classification of 53.45% (31 students), a fair classification of 12.07% (7 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

Table 5. Distribution of classification scores for dental and oral health knowledge indicators

No	Classification	Score	Number of Respondents	Percentage(%)
1	Very Good	81-100	7	12.07%
2	Good	61-80	45	77.59%
3	Enough	41-60	6	10.34%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			<b>58</b>	<b>100%</b>

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 12.07% (7 students), a good classification of 77.59% (45 students), a fair classification of 10.34% (6 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

Table 6. Distribution of classification scores for nail health knowledge indicators

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	17	29.31%
2	Good	61-80	37	63.79%
3	Enough	41-60	4	6.90%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>amount</b>			<b>58</b>	<b>100%</b>

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 29.31% (17 students), a good classification of 63.79% (37 students), a fair classification of 6.90% (4 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).



Table 7. Distribution of skin health knowledge indicator score classification

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	17	29.31%
2	Good	61-80	37	63.79%
3	Enough	41-60	4	6.90%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, is an indicator that has been described previously through percentage distribution, which received a very good classification of 29.31% (17 students), a good classification of 63.79% (37 students), a fair classification of 6.90% (4 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

Table 8. Distribution of classification scores for all indicators of physical health knowledge

No	Classification	Score	Number Of Respondents	Percentage(%)
1	Very Good	81-100	15	25.86%
2	Good	61-80	39	67.24%
3	Enough	41-60	4	6.90%
4	Not Enough	21-40	0	0%
5	Very Little	0-20	0	0%
<b>Amount</b>			58	100%

In the table above, it can be seen that the physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu subdistrict, Rokan Hulu district, from all the indicators previously described through percentage distribution, received a very good classification of 25.86% (15 students), a good classification of 67.24% (39 students), a fair classification of 6.90% (4 students), a poor classification of 0% (0 students), a very poor classification of 0% (0 students).

## DISCUSSION

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. Hair health is a condition where the hair is strong, clean, does not fall out excessively, and is free from problems such as dandruff or an itchy scalp. Healthy hair also reflects good hygiene and self-care. As for ways to



maintain healthy hair, including washing your hair regularly with appropriate shampoo, avoiding excessive use of chemicals such as hair dye or straighteners, consuming nutritious foods, especially those rich in protein and vitamins, don't tie your hair too tightly, avoid excessive use of hot tools (such as straighteners and hair dryers). Healthy hair makes you look neater and more confident.

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. Eye health is a condition in which the eyes function well and are free from disorders such as nearsightedness, irritation, or infection. The eyes are important for seeing and receiving visual information from the environment. As for ways to maintain eye health, these include avoiding reading or staring at a screen for too long without taking a break, using adequate lighting when reading or working, consuming nutritious food, especially those containing vitamin A, protecting your eyes from dust and sunlight with glasses, checking your eyes regularly, especially if you have vision complaints. Healthy eyes are important to support daily activities and quality of life.

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. Nasal health is a condition in which the nose functions normally and is free from disorders such as flu, allergies or infections. The nose plays an important role in breathing, filtering air and smelling odors. As for how to maintain a healthy nose, these include avoiding picking your nose with dirty hands, cleaning your nose with clean water if necessary, using a mask in dusty environments or when pollution is high, consuming enough water so that your nasal passages don't dry out, immediately see a doctor if you experience a prolonged cold or shortness of breath. A healthy nose helps breathe smoothly and prevents germs from entering the body.

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. Ear health is a condition in which the ears function properly and are free from disorders such as infection, wax buildup, or hearing loss. The ears play an important role in hearing and maintaining body balance. To keep your ears maintained and healthy, these include avoiding inserting foreign objects into your ears, don't clean your ears too deeply with cotton buds, avoid exposure to loud sounds for a long time, keep your ears clean and dry, see a doctor if your ears feel painful or your hearing is impaired. Keeping our ears healthy helps us communicate well and maintain body balance.

Based on the results of data analysis on the review of physical health knowledge of students



of Riyadhl Ulum Integrated Islamic Junior High School, Ujung Batu District, Rokan Hulu Regency, it can be seen from the indicators of hair health that are in the good category.

Dental and oral health is a condition where the teeth, gums, and oral cavity remain clean, healthy, and free from disease. Keeping your teeth and mouth healthy, including brushing your teeth twice a day, using dental floss and mouthwash, avoiding excessive sugary foods, and regularly checking with your dentist. If not taken care of, it can cause toothache, bad breath, and even have an impact on the overall health of the body. Maintaining oral health is important to prevent cavities, gingivitis, and bad breath.

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. Nail health reflects cleanliness and body condition. Strong, smooth and pink nails indicate balanced nutrition (protein, biotin, iron) and good care. To maintain healthy nails, regularly clean and cut straight nails, apply moisturizer or cuticle oil, and use gloves when cleaning or coming into contact with chemicals. Nail biting and prolonged dampness can trigger fungal infections or ingrown nails, so changes in color, odor or pain should be treated with antifungal medication and improved grooming habits. With a simple and consistent care regimen, your nails will stay strong, healthy and problem-free.

Based on the results of data analysis regarding the review of physical health knowledge of Riyadhl Ulum Integrated Islamic Middle School students, Ujung Batu sub-district, Rokan Hulu district, judging from the hair health indicators, it is in the good category. The skin is the body's largest organ which functions to protect internal organs, regulate body temperature, and detect external stimuli. To keep your skin well maintained and healthy, you need to maintain it, including bathing regularly with appropriate soap, avoiding touching your face with dirty hands, using moisturizer if your skin is dry, avoiding excessive stress because it can trigger skin problems, getting enough sleep so that skin cell regeneration runs well. Maintaining healthy skin is important to prevent infection, irritation, premature aging, and maintain appearance.

Based on the results of data analysis regarding the review of physical health knowledge of students at Riyadhl Ulum Integrated Islamic Middle School, Ujung Batu subdistrict, Rokan Hulu district, it is in the good category. Physical health is a condition of the body that is fit, strong and free from disease. A healthy body allows a person to carry out daily activities well and efficiently. As for ways to maintain physical health, including exercising regularly for at least 30 minutes a day, consuming balanced nutritious food, getting enough rest and quality sleep, drinking enough water every day, and avoiding bad habits such as smoking and consuming alcohol. Good physical health is the basis for a productive and quality life.



## CONCLUSION

Based on the results of the assessment, it can be concluded that students' physical health is generally in a good category when viewed comprehensively across all observed indicators. Specifically, students demonstrate good physical health as reflected in hair, eye, nose, ear, dental and oral, nail, and skin health indicators, indicating adequate personal hygiene and overall bodily condition. When these indicators are considered collectively, without distinguishing between individual aspects, the overall physical health status of the students remains classified as good, suggesting that they are physically well and capable of supporting their daily activities and learning processes effectively.

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