

ABSTRAK

GAMBARAN KARAKTERISTIK LINGKUNGAN FISIK PONDOK PESANTREN MODERN DAN TRADISIONAL TERKAIT POTENSI PENULARAN TUBERKULOSIS

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Latar Belakang: Tuberkulosis menjadi permasalahan utama salah satunya pada populasi marginal seperti di pondok pesantren. Kondisi fisik bangunan yang tidak memenuhi standar kesehatan, meliputi ventilasi buruk, pencahayaan kurang, dan kepadatan hunian tinggi menjadi faktor risiko. Penelitian ini bertujuan menggambarkan karakteristik lingkungan fisik pondok pesantren modern dan tradisional terkait potensi penularan Tuberkulosis.

Metode: Penelitian ini merupakan penelitian deskriptif observasional yang dilakukan pada 20 titik observasi lingkungan fisik di pondok pesantren, meneliti 10 titik di Pondok Pesantren Modern Zam-Zam Cilongok dan 10 titik di Pondok Pesantren Tradisional Miftahul Falah Tambak yang mewakili hunian santri laki-laki dan perempuan. Variabel yang diamati meliputi kepadatan hunian, ventilasi, pencahayaan alami, kelembapan, suhu, jenis lantai, jenis dinding, dan kebersihan. Pengumpulan data dilakukan pada bulan Juli–Agustus 2025 menggunakan lembar observasi serta alat ukur terkalibrasi, yakni: pita ukur digunakan untuk mengukur dimensi ruangan, luxmeter mengukur pencahayaan, serta termometer–higrometer digunakan untuk mengukur suhu dan kelembapan udara dalam kamar.

Hasil Penelitian: Seluruh titik observasi pada pondok pesantren modern dan tradisional (100%) tidak memenuhi syarat kepadatan hunian. Pencahayaan yang memenuhi syarat lebih banyak pada pondok pesantren modern (60%) dibandingkan tradisional (40%). Kelembapan yang memenuhi syarat ditemukan pada pondok pesantren modern (80%) dan tradisional (60%). Suhu pada seluruh titik memenuhi syarat (100%). Ventilasi yang memenuhi syarat lebih banyak pada pondok pesantren modern (70%) dibandingkan tradisional (20%). Seluruh jenis lantai memenuhi syarat (100%). Jenis dinding pada pondok pesantren modern seluruhnya memenuhi syarat, sedangkan pada pondok pesantren tradisional masih terdapat 20% yang belum memenuhi syarat.

Kesimpulan: Pondok pesantren tradisional memiliki potensi risiko penularan Tuberkulosis terkait lingkungan lebih tinggi dibandingkan pondok pesantren modern, terutama variabel kepadatan hunian, ventilasi, dan pencahayaan.

Kata Kunci: Deskriptif, Tuberkulosis, Lingkungan fisik, Pondok pesantren

ABSTRACT

DESCRIPTION OF PHYSICAL ENVIRONMENTAL CHARACTERISTICS OF MODERN AND TRADITIONAL ISLAMIC BOARDING SCHOOLS RELATED TO THE POTENTIAL TRANSMISSION OF TUBERCULOSIS

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Background: Tuberculosis remains a major public health problem in Indonesia, specially neglect population like Islamic boarding schools. Poor building conditions, including inadequate ventilation, insufficient lighting, high occupancy density, may increase risk of transmission. This study describing physical environmental characteristics of modern and traditional Islamic boarding schools related to potential transmission tuberculosis.

Method: This study employed a descriptive observational design at 20 environmental observation points in islamic boarding school, consist in 10 points in Pondok Pesantren Modern Zam-Zam Cilongok and 10 points in Pondok Pesantren Tradisional Miftahul Falah Tambak, representing male and female student dormitories. The variables observed included occupancy density, ventilation, natural lighting, humidity, temperature, floor type, wall type, and cleanliness. Data collection was carried out from July to August 2025 using observation sheets and calibrated measuring instruments, namely measuring tape to assess room dimensions, luxmeter measure lighting intensity, and thermo-hygrometer measure air temperature and humidity inside the room.

Results: All observation points both modern and traditional boarding schools (100%) did not meet occupancy density standard. Adequate lighting was more common in modern boarding school (60%) than in traditional one (40%). Adequate humidity was observed in modern (80%) and traditional (60%) boarding school. Temperature met standard for all observation points (100%). Adequate ventilation was more frequent in modern boarding school (70%) than in traditional one (20%). All floor types met the standard, while wall types met standard modern boarding school but 20% in traditional boarding school did not.

Conclusion: Traditional Islamic boarding schools higher potential environmental risk for tuberculosis transmission compared to modern Islamic boarding schools, particularly in terms of occupancy density, ventilation, and lighting.

Keywords: Descriptive, Tuberculosis, Physical environment, Islamic boarding school