

The Habit of Istinja in Preventing Symptoms of Urinary Tract Infections in Santriwati at the Makassar Ummul Mukminin Islamic Boarding School

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Abstract. Background: Maintaining the cleanliness of the urogenital organs is an effort to prevent urinary tract infections (UTI). 1 In this case, Islam teaches to urinate in a good and correct way. 2,3 According to WHO in 2013, UTI is the second highest infectious disease. after respiratory tract infection and as many as 8.3 million cases are reported per year.4 This infection is also more common in women than men because of anatomical differences.5-7 Objective: To determine the habit of istinja in preventing symptoms of urinary tract infections in female students at the Ummul Mukminin Islamic Boarding School in Makassar. Methods: This research is a descriptive study with a cross-sectional approach carried out at the Ummul Mukminin Islamic Boarding School Makassar in September-November 2020 using a questionnaire. The sampling method used is total sampling, by taking all students of class XII by taking into account the inclusion and exclusion criteria. Results: Of the 206 research subjects, there were 96% who performed istinja, namely by cleaning the genitalia with water after urinating, but only 45% of them did it in the correct manner by washing from front to back and the remaining 4% cleaned with a tissue. Then for UTI symptoms from 206 research subjects, 34.9% had complaints such as pain when urinating, burning, gritty urine and sometimes complaining of low back pain while the remaining 65.1% did not have any complaints. Conclusion: It can be concluded that good bowel habits with the right media and procedures can prevent UTI symptoms by looking at the high number of urination habits and the majority of the research subjects did not have any complaints.

Keyword: istinja, urinary tract infection.