



# The Effectiveness of Santri's Life Style Management on Santri's Coping Mechanisms

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## Abstract

**Edited by:** Sasho Stoleski  
**Citation:** Khamida K, Yusuf A, Fitriyasaki R, Rohmawati R, Hasina SN Azza A. The Effectiveness of Santri's Life Style Management on Santri's Coping Mechanisms. Open Access Maced J Med Sci. 2021 Dec 23; 9(E):1586-1589. https://doi.org/10.3889/oamjms.2021.7868  
**Keywords:** Coping mechanism; Lifestyle management; Student  
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**Received:** 06-Nov-2021  
**Revised:** 25-Nov-2021  
**Accepted:** 15-Dec-2021  
**Copyright:** © 2021 Khamida Khamida, Ah Yusuf, Rizki Fitriyasaki, Riska Rohmawati, Siti Nur Hasina, Awatiful Azza  
**Funding:** This research did not receive any financial support  
**Competing Interests:** The authors have declared that no competing interests exist  
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**BACKGROUND:** Santri is someone who is studying to deepen knowledge about Islam seriously in boarding school. Life changes will be experienced by Santri. Santri who is used to living at home and living dependent on their parents is then required to live in Islamic boarding schools so that Santri must accept unexpected conditions. Santri must change their previous life habits and have to adapt back to everyday life that is already different, for example, in making decisions, solving problems, and completing responsibilities as a student, when Santri has been given a choice, the Santri is expected to be able to accept it.

**AIM:** The purpose of this study was to analyze the effect of lifestyle management on the coping mechanisms of Santri.

**METHODS:** The design of this research is quasi-experimental (pre-and post-test control group design). The samples in this study were Santri in Islamic boarding schools in Surabaya and Sidoarjo which were taken by probability sampling (multi stage sampling) with 78 treatment groups and 75 control groups. Data analysis used t test with a significance value of  $p < 0.05$ . This research questionnaire uses that the coping mechanism (Jalowiec Coping Scale) has reliability ( $r = 0.8$ ) and the validity test gets that the Cronbach alpha value is 0.7.

**RESULTS:** The Santri' coping mechanisms in the intervention group were 68.6 (adaptive coping mechanisms) and 45.7 in the control group (maladaptive coping mechanisms) with  $p = 0.00$ . The results of the paired t-test statistical test obtained  $p = 0.000$  in the intervention group and obtained  $p = 0.35$  in the control group,  $p < 0.05$ , it can be concluded that there is a significant change in the coping mechanisms of Santri before and after being given lifestyle management interventions in intervention group and control group.

**CONCLUSION:** Lifestyle management is effective in improving Santri' coping mechanisms in dealing with a problem.

## Introduction

Santri are students who study Islamic religious knowledge in depth schools or who study the teachings of Islam who live in Islamic boarding. Life changes will be experienced by Santri. Santri who is used to living at home and living dependent on their parents is then required to live in Islamic boarding schools so that Santri must accept unexpected conditions. Santri must change their previous life habits and have to adapt back to everyday life that is already different, for example in making decisions, solving problems, and completing responsibilities as a student, when Santri has been given a choice, the Santri is expected to be able to accept it [1]. Life in Islamic boarding schools is usually carried out with a pattern of discipline with activities carried out every day and Santri is required to obey the rules set out in the pesantren. Santri is required to be able to regulate their own lives in accordance with the regulations that apply in the pesantren, starting with how to regulate daily worship activities, eating

patterns, study time, and competing in the academic field with their friends, so that Santri will face various psychological problems and social problems they face at the boarding school. The pressure from this situation makes the Santri feel stressed and find it difficult to accept themselves as a student with various kinds of guidance and obligations that must be carried out [2].

Based on the Islamic Boarding School database in 2019, in Indonesia, there are 27087 Islamic Boarding Schools. In 2019, the number of Islamic boarding schools in East Java has reached 6003 with the number of students reaching more than 1 million people [3]. Research conducted by Fatmawati found that poor healthy living behavior in Islamic boarding school X was 48.1% and in pesantren Y 32.3% [4] while research conducted by Khamida found that 73% of Santri have a sufficient level of stress [5].

Individuals who experience stress need a coping mechanism that will facilitate the adaptation process and so that prolonged stress does not occur. However, each individual has a different coping

mechanism in dealing with perceived stress. Factors that affect coping mechanisms are lifestyle which includes physical health, positive beliefs or views, problem solving skills, and social skills. The impact when individuals use effective or adaptive coping mechanisms or strategies will result in good adaptation and become a new pattern in life, but if individuals use ineffective or maladaptive coping mechanisms, it can result in physical and psychological health problems [6].

Efforts to prevent the occurrence of maladaptive coping by individuals in dealing with the stress felt by Santri, the behavior of Santri in managing lifestyles must be applied. Lifestyle management needs to be applied by Santri to increase productivity and accept changes in their lives [7] According to the Mahfuz, if a person experiences continuous failure in adapting; there will be an impact on that person. The impacts that will occur include failure in education, failure in socializing with other people around their environment, and even failure to continue the life of the teenager further [6]. The purpose of this study was to analyze the influence of lifestyle management on the coping mechanism of Santri.

## Methods

The design of this study was a quasi-experimental (pre- and post-test with control group design). The samples in this study were students of Islamic boarding schools in Surabaya and Sidoarjo who were taken by probability sampling (multistage sampling) using a two-stage sampling process. The first stage uses cluster sampling. The second stage, each selected pesantren will be re-elected randomly as the research sample using simple random sampling. The sample in this study amounted to 153 students, with 78 intervention groups and 75 control groups. In the intervention group, students were given lifestyle management training in the form of student management lifestyle in dealing with a problem such as always praying to God, have a good attitude if there is a problem, read the Quran or memorize the Quran and socialize with students. This intervention was carried out for five meetings with each session of 60 minutes. The control group was only given counseling on mental health for students which was held in one meeting with a duration of 100 minutes. This study was conducted for 1 month in December 2020. Independent variables were Mental health lifestyle management and Dependent Variable Coping Mechanism. The lifestyle management instrument uses a mental health lifestyle management training guide and a coping mechanism questionnaire (Jalowiec Coping Scale). The instrument that has been made is measured for its level of validity (Cronbach's alpha = 0.70–0.84) and its reliability ( $r = 0.88$ ). Maladaptive coping mechanisms score: Score

25–61; adaptive: Value 62–100. Data analysis used paired t test (analyzing the difference before and after being given treatment both the treatment group and control group, and independent t test (analyzing the difference between the two groups (treatment group and control group). This study was declared ethically feasible by the Health Research Ethics Commission, Nahdlatul Ulama University, Surabaya, Number 136/EC/KEPK/UNUSA/2020.

## Results

Table 1 shows that of the 153 respondents, most (58%) were aged 15–18 years, most (74.5%) were female, almost all (89.5%) were Javanese, and almost all (81%) were female. More than 1 year living in a boarding school as a student.

**Table 1: Characteristics of respondents based on age, gender, ethnicity, and length of time as Santri**

Characteristics	Respondents	
	F	%
Age (years)		
16–18	89	58
19–21	64	42
Gender		
Female	114	74,5
Male	39	25,5
Tribes		
Jawa	137	89,5
Madura	14	9,2
Malay	2	1,3
Long time being a student		
≤1 year	29	19
>1 year	124	81

Primary Data, 2021.

Table 2 shows that the average student coping mechanisms in the intervention group were 47.5 (maladaptive coping mechanisms) and 45.3 in the control group (maladaptive coping mechanisms) with  $p = 0.969$  meaning that there was no difference in coping mechanisms in the intervention group and control group before being given the intervention.

**Table 2: Coping mechanisms of Santri in the control group (n = 75) and the treatment group (n = 78) before being given the intervention**

Group	Mean	SD	Min	Max	SE	p value
Intervention	47,5	15,3	2	7	1,7	0,969
Control	45,3	15,7	2	7	1,8	

Table 3 shows that the average student coping mechanisms in the intervention group were 68.6 (adaptive coping mechanisms) and 46.3 in the control group (maladaptive coping mechanisms) with  $p = 0.00$  meaning that there were significant differences in coping mechanisms in the intervention group and the control group before being given the intervention.

**Table 3: Coping mechanisms of Santri in the control group (n = 75) and the treatment group (n = 78) after being given the intervention.**

Group	Mean	SD	Min	Max	SE	p value
Intervention	68.6	9.8	18.5	26.0	1.1	0.00
Control	46.3	13.8	18.4	26.1	1.8	

Based on Table 4, the results of the paired t-test statistical test obtained  $p = 0.000$  in the intervention group and obtained  $p = 0.35$  in the control group,  $p < 0.05$ , it can be concluded that there is a significant change in the coping mechanism of Santri before and after being given lifestyle management intervention in the intervention group and the control group.

**Table 4: Coping mechanisms (pre- and post-test) in the treatment group (n = 78) and control group (n = 75)**

Group	Mean	SD	Count statistics	Significant
Intervention				
Pre	47.5	15.4	9.6	0.00
Post	68.6	9.8		
Control				
Pre	45.4	15.7	1	0.35
Post	46.3	13.6		

## Discussion

Coping mechanism is a condition in which a person must be able to adapt to the problems he faces. Not everyone is able to use good or adaptive coping mechanisms in dealing with a problem because each individual has a different coping mechanism in dealing with stress [8], [9] due to several factors that affect coping mechanisms, namely, physical health and beliefs, positive outlook, social skills, support social and material, or what is called a lifestyle. Lifestyle management in Santri is the behavior of Santri such as always praying and having good prejudice when faced with a problem, reading the Koran or practicing memorizing the Koran and socializing with fellow Santri in creating a healthy life and avoiding bad habits that can interfere with health [10].

The use of adaptive coping mechanisms can help individuals deal with stressful events and minimize the resulting distress effectively. Maladaptive coping can result in undue distress to the individual and others with whom the individual relates or to stressful events. Effective coping will lead to good adaptation while ineffective coping will cause maladaptation [11]. The Santri' coping mechanisms in the intervention group were 47.5 (maladaptive coping mechanisms) and 45.6 in the control group (maladaptive coping mechanisms) with  $p = 8.38$  meaning that there was no difference in the coping mechanisms in the intervention group and the control group before being given the intervention. Meanwhile, in the intervention group, the Santri' coping mechanisms in the intervention group were 68.6 (adaptive coping mechanisms) and 45.7 in the control group (maladaptive coping mechanisms) with  $p = 0.00$ .

Lifestyle management of Santri in the field of mental health is a positive behavior in dealing with stressors. Santri is said to be able to manage a mental health lifestyle if they use adaptive coping in dealing with stressors that occur. Mental health lifestyle

management is applied by Santri by always praying and having good prejudice when faced with a problem, reading the Koran or practicing memorizing the Koran and socializing with fellow Santri. Mental health lifestyle management is carried out by Santri by praying and surrendering [12]. Negative perceptions due to negative stressors can change, if the zikir lives the remembrance that is done sincerely and honestly. A high spiritual value will lead to a positive perception. Prayer can provide maturity in overcoming problems that involve emotion focus coping and problem focus coping. This happens because praying can bring you closer to God, gives inner peace, and is able to mature Santri' thoughts so that they are not affected by the problem. The form of prayer that is often done by the Santri is to do dhikr and ask Allah for guidance [13].

Reading the Koran can slow down the activity of the sympathetic nerves which result in a decrease in oxygen consumption by the body and then the muscles of the body become relaxed, causing a feeling of calm and comfort. Feeling relaxed will be transmitted to the hypothalamus to produce corticotrophin releasing factor (CRF) and corticotrophin releasing factor (CRF) activates the anterior pituitary to secrete enkephalins and endorphins which act as neurotransmitters that affect the mood to be relaxed and happy. In addition, the anterior pituitary secretion of adrenocorticotrophic hormone (ACTH) decreases, and then adrenocorticotrophic hormone (ACTH) controls the adrenal cortex to control cortisol secretion. Decreased levels of adrenocorticotrophic hormone (ACTH) and cortisol cause anxiety, stress, and tension to decrease which in turn can reduce levels of depression [14] which will ultimately have an effect on the body so that there will be peace and a feeling of calm in the heart.

In addition, Santri also chooses to tell their fellow Santri when they find problems in dealing with a problem. By communicating or telling what is a burden on thoughts or problems to other people, it will provide good benefits for them, namely, getting a solution so that it will help calm, calm the mind and make feelings become relieved [15]. A high spiritual value will lead to a positive perception. Prayer can provide maturity in overcoming problems that involve emotion focus coping and problem focus coping. This happens because praying can bring you closer to God, gives inner peace, and is able to mature students' thoughts so that they are not affected by the problem [16].

## Conclusion

Lifestyle management affects Santri' coping mechanisms in dealing with a problem or stressor. So that Santri can adapt if faced with a problem that can improve the health status of Santri.

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