

Female Cleric in Raising Health Awareness of Primary School Students at *Pesantren An-Nur Ngrukem Bantul*

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Abstract

This study aimed to investigate the role of female clerics in promoting health awareness among primary school students at the Islamic Boarding School (Pondok Pesantren) An-Nur in Bantul, Yogyakarta. Researchers employed a qualitative method, utilising a case study approach. Researchers collected data through observation, interviews, and documentation. The study results showed that health was important in pesantren. For this reason, the role of women scholars was crucial in mobilisation. The role of women scholars in promoting health awareness among students (santri) at Pesantren An-Nur Bantul included understanding and raising the healthy snacking movement, socialising the importance of maintaining parents' health at home, strengthening boarding school regulations on student health, and creating a healthy canteen for students within the pesantren environment. The impact of this movement could be felt directly by the decrease in the number of students who were sick with cough and stomach acid. The effect was increasingly felt that the healthy canteen also offered low prices on every item, allowing for the implementation of low-budget financial management. It means that the impact of this santri health awareness has been proven, as they have become accustomed to implementing healthy and clean living behaviours in themselves and their environment. For this reason, the role of women scholars in this movement enabled them to maintain the stability of the pesantren climate and raise awareness about the importance of preserving the health of the self, family, and the environment as a whole.

Keywords: Health, Islamic Boarding School, Primary School, Woman Ulama, Santri

Abstrak

Penelitian ini bertujuan untuk menyelidiki peran ulama perempuan dalam meningkatkan kesadaran kesehatan di kalangan siswa sekolah dasar di Pondok Pesantren An-Nur, Bantul, Yogyakarta. Para peneliti menggunakan metode kualitatif dengan pendekatan studi kasus. Data dikumpulkan melalui observasi, wawancara, dan dokumentasi. Hasil penelitian menunjukkan bahwa kesehatan sangat penting di pesantren. Oleh karena itu, peran ulama perempuan sangat krusial dalam mobilisasi. Peran ulama perempuan dalam meningkatkan kesadaran kesehatan di kalangan siswa (santri) di Pondok Pesantren An-Nur Bantul meliputi pemahaman dan penggalangan gerakan camilan sehat, sosialisasi pentingnya menjaga kesehatan orang tua di rumah, penguatan peraturan pesantren terkait kesehatan siswa, serta pembentukan kantin sehat bagi siswa di lingkungan pesantren. Dampak gerakan ini dapat dirasakan secara langsung melalui penurunan jumlah siswa yang sakit batuk dan asam lambung. Efeknya semakin terasa karena kantin sehat juga menawarkan harga rendah untuk setiap barang, memungkinkan penerapan manajemen keuangan berbiaya rendah. Artinya, dampak kesadaran kesehatan santri ini telah terbukti, karena mereka telah terbiasa menerapkan perilaku hidup sehat dan bersih pada diri mereka sendiri dan lingkungan sekitar. Oleh karena itu, peran ulama perempuan dalam gerakan ini memungkinkan mereka untuk menjaga stabilitas iklim pesantren dan meningkatkan kesadaran tentang pentingnya menjaga kesehatan diri, keluarga, dan lingkungan secara keseluruhan.

Kata kunci: Kesehatan, Pesantren Islam, Ulama Perempuan, Santri, Sekolah Dasar

1. INTRODUCTION

Ulama are central figures in society who are tasked with responding to all challenges of changing times, especially those related to religion. Ulama should welcome the various challenges of changing times with openness, without losing their critical attitude in providing solutions to problems faced by society in their time (Takdir, 2018). The word "ulama" often refers to men. Still, upon examining its history, the meaning of "ulama" itself is someone who has mastered various religious disciplines and is fluent in and understands religion, so this figure is given the title *Kiai* or even *Bunyai* (Hasan, 2023). In the Islamic boarding school (*pondok pesantren*) itself, *Bunyai* (wife of the head of *pesantren*) is the term for female clerics who play a direct role in educating and teaching their female students. (Muthohar et al., 2021). Likewise, when *Bunyai* guides the community outside the

pesantren, especially the women's community, through various monthly studies and other activities. Many women's communities continue to uphold their vision and mission for the nation's civilisation, as exemplified by the women in the *Srikandi Lintas Iman* community (Fatihaturrohmah & Ichsan, 2019).

The role of female clerics in society is not only limited to the religious realm but also extends to various significant contributions to the welfare of society. According to Izzah (2024), female clerics can guide families towards harmony and raise awareness of the importance of environmental health, especially in the *pesantren* environment, where they play an active role. This role is vital, considering that *pesantren*, as educational and social institutions, have complex dynamics, so the presence of female clerics can be an effective link between religious values and the social needs of the *pesantren* community.

Female clerics also serve as agents of change, bringing a more inclusive health perspective and being sensitive to the differences in gender needs between male and female students. This approach is crucial to ensure that health interventions implemented in *pesantren* are not homogeneous but rather tailored to the specific characteristics and needs of each gender group. Thus, female clerics can integrate religious values with gender-based public health principles (Rohman, 2021), thereby creating a more just and responsive *pesantren* environment that meets the needs of all students. To strengthen religious character, students must continue to be accustomed to implementing Islamic values and Eastern culture (Nainggolan et al., 2024).

The contribution of female *ulama* in the field of environmental health and harmonious family guidance also strengthens their role as central figures in social development in *pesantren* communities (Jannah, 2020). This role not only improves the quality of life of students physically and mentally but also strengthens social cohesion and solidarity among members of the *pesantren*. With a holistic and inclusive approach, female clerics play a crucial role in forming a healthy, harmonious, and competitive *pesantren* community, which ultimately supports the success of Education and the development of student's character as a whole (Izzah, 2024).

Health awareness among students, both physically and mentally, is also an essential aspect in creating a healthy educational environment in *pesantren* (Mangunjaya, 2014), especially for primary school students. *Pesantren*, as the oldest academic institution in Indonesia, has had a significant role and contribution in the formation of the character of students (Khabibullah et al., 2022), not only in the field of religion but also in aspects of daily life (Ainun et al., 2022). *Pesantren* not only addresses moral matters but also encompasses various areas of health, culture, politics, and more (Ichsan et al., 2021). However, in reality, some *pesantren* are still found to be less concerned with health and cleanliness, which hurts certain

groups (Machfutra et al., 2018). For this reason, health awareness carried out by *pesantren* is essential to understand and develop.

The role of female clerics in raising awareness of *santri's* health is not only limited to providing information on the importance of maintaining cleanliness, healthy eating patterns, or maintaining physical and mental balance but also includes an increasing understanding of reproductive health, mental health care, and the importance of maintaining harmony between spirituality and physical health. Therefore, it is essential to investigate how the contributions of female clerics can educate primary school students about the importance of health in their daily lives. Given that there are still many challenges in accessing adequate health information in the *pesantren* environment, female clerics can play a role in opening discussions and providing appropriate Education to *santri*. Their involvement in conveying knowledge based on religious values can make the *Pesantren* a place that not only instils religious knowledge but also cares about the health welfare of the *santri* and the surrounding community (Syakur, 2024).

2. LITERATUR REVIEWS

Research on female clerics in Indonesia reveals their significant contributions to the development of Islamic Education and the formation of national character. In a study conducted by Fikriyah Istiqlaliyani, entitled "Female Ulama in Islamic Boarding Schools: A Study of the Leadership of Nyai Hj. Masriyah Amva," it is explained that Nyai Hj. Masriyah's life principles include positive thinking, optimism, and continuing to learn from the experiences of others (Istiqlaliyani, 2022). Meanwhile, Nur Hasan, in his work "The Treasury of Indonesian Female Clerics," emphasised that the role of women has played a significant part in the nation's history, where they prepared the nation's cadres to become *mujahidah* and *muballighah* in fighting for Islamic values (Hasan, 2023).

Furthermore, research by Ulyan Nasri and Abdul Malik Salim Rahmatullah entitled "Ummuna Hajjah Sitti Raihanun Zainuddin Abdul Madjid: Female Cleric and the Transformation of Islamic Education in Lombok-West Nusa Tenggara" highlights the central role of *Bunyai* in shaping the direction of Islamic Education in the region (Nasri & Rahmatullah, 2023). These findings collectively demonstrate that female clerics are not only an inspiration in the nation's long journey of civilisation but also actively contribute to building a better future through Education, leadership, and the strengthening of Islamic values in society.

Therefore, the literature review above demonstrates that the role of female clerics in the context of the health movement among primary school students has not been widely studied by previous researchers. Consequently, this study identifies gaps and novelties that can be revealed and utilised as references for further research. For this reason, this study will reveal two essential things, namely how

the role of female clerics at *Pondok Pesantren An-Nur Ngrukem Bantul* in raising awareness of the health of primary school students and what are the impacts of the female cleric movement for the good of the students, families, and society in *the pesantren* environment.

3. METHOD

Researchers employ qualitative research methods, often utilising case study types. Case studies are chosen because researchers want to explore the phenomenon in depth in everyday reality (Sugiyono, 2017). Through this case study, researchers more flexibly use various data collection methods. For this reason, researchers in this study employ three data collection methods: observation, interviews, and documentation (Creswell, 2015).

Regarding the technical data analysis, the researcher employed the analysis model developed by Miles and Huberman, which consists of three stages (Satori & Komariah, 2017)—first, data reduction. The researchers begin by selecting and sorting all incoming data, then focus on simplifying and transforming the raw information related to the role of female clerics in health education for elementary school-age students. Next, they organize and present the data in the form of narratives or diagrams to highlight key points for analysis. Finally, the researchers interpret these narratives or diagrams to draw essential conclusions aligned with the research questions.

4. RESULT AND DISCUSSION

The Role of Clerics *Ulama* in Raising Health Awareness among Students at *Pesantren An-Nur Ngrukem Bantul*

One of the female clerics who has a vital role in raising health awareness among students at the Islamic Boarding School (*Pondok Pesantren*) of An-Nur Ngrukem Bantul is *Bunyai Lilik Nur Cholida*. In her life history, she was born in Magelang on February 28. She is one of the caregivers at the women's centre complex who came up with the idea of raising health awareness among primary school students. The concept of raising health awareness among students at *Pesantren An-Nur Ngrukem* originated when she observed various phenomena related to declining health levels among students in different regions of Indonesia, including an increase in cases of kidney failure and multiple diseases that teenagers should not have experienced. Many instances of these health issues have occurred frequently; even one of the studentpreneurs at An-Nur had experienced a similar case.

To prevent similar things from happening again, *Bunyai Lilik Nur Cholida* has provided several policies related to health awareness for students. It is done so that students who are known to have a better understanding of religion, compared to

the general public, should be at the forefront of understanding the importance of health for themselves, their families, and their surroundings, especially in religious institutions such as *pesantren*.

Healthy Snack Awareness Movement

Bunyai Lilik initiated the Healthy Snack Movement, which began at the At Tariq complex, a facility for elementary school students. Through this movement, students gained an understanding and emphasis on the negative impacts of unhealthy food and drinks, including instant food, junk food snacks, and other similar products. This movement was successful because the primary school students earnestly obeyed what *Bunyai* said and realised that consuming unhealthy food would affect the quality of students and ultimately interfere with their educational process while studying at *the pesantren*. It is as *Bunyai Lilik* said, "Being aware of health from an early age is very important, especially for Islamic boarding school students. For that reason, maintaining the food consumed by young students is an obligation that must be fulfilled."

Pesantren, as the initiator of this movement within a complex environment predominantly inhabited by children, saw *Bunyai Lilik* systematically expand its activities to other communities. The focus was on socializing the negative health impacts of consuming unhealthy food and beverages among students. This effort aimed not only to raise awareness but also to cultivate a critical mindset, encouraging students to be more discerning when selecting snacks outside the *pesantren* environment. This movement plays a vital role in fostering a culture of selective and preventive food consumption, addressing the potential health risks posed by many snacks that contain addictive and harmful substances detrimental to children's well-being (Jelita et al., 2024)

Through the intensification of this movement, students are encouraged to be more selective in choosing the food and drinks they consume daily. This commitment is reflected in the internal policies of the *pesantren*, which strictly regulate the circulation and consumption of instant foods and beverages within the Islamic boarding school environment. The goal is to create a healthier atmosphere that supports the optimal growth and development of students by minimizing their exposure to the risks associated with consuming instant products that are often low in nutritional value.

Socialization of the Importance of Maintaining Health for Parents at Home

Bunyai Lilik also emphasised to parents or guardians of elementary school students the importance of maintaining health at home through various activities and healthy food choices. In several meetings, *Bunyai* emphasised the importance of maintaining a healthy body. Because if the body is healthy, then health will have

an impact on the mind. If someone's mind is healthier by continuing to practice positive thinking, then their daily activities will have a positive effect (Sulastri & Badrus, 2021). It means that health is the key to the lives of students' families at home.

To implement health policies in the Islamic boarding school environment, every visit by parents to their children is strictly regulated, particularly regarding the bringing of food and drinks. Parents are not allowed to bring food or drink products that are categorised as unhealthy and are required to pay attention to the content of hazardous substances that may be contained in each product brought. However, the content does not always have a direct negative impact on student health. It is as stated by the boarding school administrators, "Since *Bunyai Lilik* focused on the learning process for primary school students, including focusing on their health, the *pesantren* administrators have been more careful in selecting and sorting out unhealthy food and beverage products." (Personal Interview with MYM, 23/02/2025).

In addition, socialisation efforts carried out routinely with parents or guardians of students play an essential role in shaping more selective consumption behaviour. Through this ongoing Education, parents become more mindful of their choices and spending on food and drinks for their family, especially when giving souvenirs to their children at the Islamic boarding school. Therefore, the *pesantren* environment can be better protected from potential exposure to unhealthy food and drinks while also supporting a healthy lifestyle among students (Mufarrihah, 2024).

Strengthening of *Pesantren* Regulations on Student Health

Because primary school students are starting to become aware of the adverse effects of instant foods, junk food, various factory-made foods and the like (Suswanti, 2012), the *pesantren* movement, one of which is through the female clerics movement, has become a formal movement with the existence of absolute regulations in the At-Thariq Complex. The regulation clearly states that it is forbidden to consume factory-produced snacks, instant food, and drinks, as well as food containing excessive colouring. This regulation applies to the entire academic community of *pesantren*, namely students, administrators, guardians of students, and related stakeholders.

Formal regulations applied in the *pesantren* environment play a crucial role in supporting the success of the educational process and the self-development of students. *Bunyai Lilik* realises that the *pesantren* environment is a densely populated community with intensive social interaction every day, so the potential for disease spread becomes a real risk if not managed effectively. Therefore, the implementation of strict health regulations is a fundamental aspect in maintaining

the welfare of all members of *pesantren*, considering that good health is the main prerequisite for the smooth running of learning activities and character development of students.

The researchers' observations revealed that the learning system at *Pesantren An Nur*, the At-Tariq Complex is particularly noteworthy for its comprehensive and holistic approach. The *pesantren* implements a three-pronged educational framework that integrates formal schooling, the *pesantren* environment, and active parental involvement. This triadic model ensures that students receive consistent guidance and support across all aspects of their daily lives, fostering not only academic growth but also personal and social development.

To effectively realize this system, the institution enforces formal regulations and policies that reinforce its educational goals. For example, one significant focus is on promoting students' awareness of maintaining their health, which is crucial for their overall well-being and academic performance. Through structured health education programs, regular monitoring, and community engagement, the school cultivates a culture of healthy living that extends beyond the classroom and dormitory, involving families to support and sustain these positive habits.

One of the primary focuses of health regulations is regulating healthy eating patterns and being selective about the consumption of various types of food and drinks that can hurt student health. This careful food management is not only aimed at preventing disease but also to support the optimal physical and mental growth and development of students (Khofifah & Sofa, 2024). This means that this policy is an integral part of efforts to create a *permanent* environment conducive to learning and the development of healthy, competitive individuals.

With maintained health, students will be more focused on the teaching and learning process, worship, and participate more actively in *pesantren* activities so that their potential can develop and increase optimally. Several studies have shown that implementing health programs in *pesantren* with structured rules can significantly reduce the number of diseases among students (Suswanti, 2012; Syahputra & Sarwandi, 2024). Therefore, socialisation through health Education, the provision of adequate sanitation facilities, and periodic health supervision are necessary in the Islamic boarding school environment. Through this, the academic community of Islamic boarding schools becomes healthier and more conducive, learning is more effective, and the development of students is better for the sake of improving Education in the future.

Making a Healthy Canteen for Students at *Pesantren*

To integrate the *santri* (primary school students) health awareness movement, *Bunyai Lilik* understands that socialisation and regulations alone are insufficient; there need to be facilities that enable *santri* to learn about and understand the

health benefits of healthy food and drinks. For that, *Bunyai Lilik* created a solution for the movement by creating a healthy canteen. This healthy canteen sells snacks that are produced by *santri ndalem* and the assigned female administrators. The snacks sold are low-glucose fried *tempe*, which is made from starch, sweet potatoes, low-glucose jelly salad, various types of fruits that have been cut into small pieces and wrapped in plastic (such as melon, papaya, watermelon, pineapple, etc.), and various foods and drinks that have passed strict selection by the canteen team.

Bunyai Lilik, as a female cleric, realises that a healthy canteen plays a crucial role in supporting the health of students at *Pesantren An-Nur Ngrukem*, Bantul, Yogyakarta. As a 24-hour residence with high learning intensity, students must be provided with nutritious food that is far from unhealthy food and drinks so that they can strengthen their stamina, concentration, and endurance. For that, the movement to raise awareness of the health of students facilitated by the integration of this healthy canteen can construct positive habits of students in their daily lives (Wijaya & Asih, 2021), both at *pesantren* and at home, so that this awareness will have an impact on their character until they become adults.

The Impact of the Female Cleric Movement on Health Awareness of Students at *Pesantren An-Nur Ngrukem Bantul*

The health awareness movement initiated at *Pesantren An-Nur* highlights the significant role of female clerics in influencing the academic community of *Pesantren*, particularly among primary school students. This role is not only symbolic but also has a substantial real impact in forming health awareness among students. Female clerics, as figures closely associated with aspects of motherhood and moral Education, can effectively instil healthy living values in students, thereby promoting positive behavioural changes in maintaining personal health.

The direct impact of this movement can be measured through a significant decrease in the number of students experiencing health problems such as coughing and stomach acid. The reduction in disease cases demonstrates the success of health interventions carried out sustainably and in a structured manner in permanent settings. This condition not only improves the health of students but also supports a smooth learning process, as students can participate in educational activities in a better physical condition. This movement contributes to achieving holistic educational goals, which encompass physical, mental, and spiritual aspects (Fitrianto, 2023).

In addition to the health aspect, this movement also has a positive economic impact through the implementation of a healthy canteen in *pesantren*. The canteen offers food and beverage products at affordable prices, making it easier for students to manage their finances efficiently, particularly for those with limited

budgets. This low-price policy not only supports healthy consumption patterns but also teaches students good financial management from an early age. This health awareness movement not only focuses on physical health aspects but also fosters independence and life skills that are beneficial for the future of primary school students.

Another impact that needs to be understood here is that *Pesantren* An-Nur received an award related to waste reduction in *the Pesantren* environment. It was done to provide a health and comfort impact for the extended family of *the pesantren*, especially the students. In the context of waste reduction, students are required to bring their containers when shopping at the healthy canteen and several stalls around *the pesantren*, either bringing plates, bowls, or similar items. *Bunyai* Lilik also realised that waste reduction is one of the essential factors in ensuring the health of students, especially primary school students who do not yet have a strong immune system and are more susceptible to diseases caused by waste pollution.

For this reason, the impact of health awareness among *santri* (primary school students) has been proven, as students have begun to adopt healthy and clean living behaviours. With comprehensive health Education, as explained in detail above, students gain a better understanding of the importance of taking care of themselves by choosing healthy foods and drinks. This understanding and awareness are carried out by *santri* through their daily actions because, for them, the more they realise the importance of body health, the more it will have a positive impact on all students' activities while at *pesantren*. Therefore, this health awareness movement needs to be continuously driven in the Islamic boarding school environment, generally in *pesantren* throughout Indonesia (Aziz, 2023).

This health awareness of students has a positive and significant impact on primary school students. *Bunyai* and the *pesantren* administrators can continue to deliver material related to basic health, such as the importance of maintaining personal hygiene, environmental sanitation, and healthy eating patterns. It is because many students at this boarding school come from various cities in Indonesia with diverse backgrounds, so they may not necessarily understand the basic concepts of health for themselves and their environment.

For this reason, *Bunyai* Lilik uses an approach based on Islamic values to educate them about the importance of health from a religious perspective. For example, teaching about the significance of ablution in maintaining body hygiene and the importance of washing hands before eating to maintain bodily health. It is because, in any case, in religion, health is the main priority in carrying out various daily life activities.

The awareness of the students also enables them to build mental and emotional awareness within themselves. Mental health is a significant concern in Education,

particularly at the elementary school level. Through various programs run by *pesantren* through the role of female clerics, it can help students understand the importance of maintaining mental health, as well as how religion can play a role in facing various life challenges, such as solutions to maintaining health, preventing infectious diseases, and various other solutions that are based on Islamic values themselves. For *Bunyai Lilik*, Islam has comprehensively solved all life problems if humanity can understand and realize it.

The role of female clerics as health advocates in *pesantren* has a significant contribution in encouraging increased attention to adequate health facilities. Through this advocacy, *pesantren* is encouraged to provide various health support facilities, such as healthy canteens that offer nutritious food, strict health regulations, and adequate medicines to meet the medical needs of students. These efforts not only improve the quality of life of students but also create a conducive environment for an optimal learning process.

Not only that, female clerics, with their distinctive maternal characteristics, can provide personal and emotional support to *pesantren* administrators (Maesaroh, 2024). This humanistic and empathetic approach allows them to act as effective mediators in creating an atmosphere that supports the health and comfort of students during the learning period. Therefore, the role of female religious leaders is not only limited to the spiritual aspect but also extends to the health and well-being aspects, which overall strengthens the quality of education in *pesantren*.

5. CONCLUSION

The role of female clerics in raising health awareness among primary school students (*santri*) is crucial in educating and increasing health awareness in the *pesantren* environment, both internally and externally. They provide comprehensive teaching on aspects of physical, mental, and reproductive health, with an approach that aligns with Islamic teachings. This approach not only strengthens religious understanding but also integrates health values relevant to the holistic development of students. In addition to its educational function, female clerics also play an active role in health advocacy by utilizing local resources and building collective awareness of the importance of cleanliness and healthy lifestyles among students. The implementation of this role is evident through various initiatives, including the Healthy Snack Awareness Movement, which promotes the importance of parents' health at home, strengthening Islamic boarding school regulations related to student health, and providing healthy canteens within the *pesantren* environment. These efforts have had a real impact, as evidenced by the significant decrease in the number of students experiencing health problems. It means that the role of female clerics is not only limited to being religious teachers but also as agents of change who contribute to improving the quality of students' health, both individually and collectively, within the *pesantren* community. This multifaceted role enhances the function of Islamic boarding schools as educational

institutions that not only develop spiritual aspects but also support the overall physical and social well-being of primary school students.

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