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Correlation of Prior Experience and Self-Efficacy with the Action Awareness of Scabies Prevention



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Abstract

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Scabies prevention faces significant behavioral challenges, where self-efficacy and prior experiences play crucial roles in influencing individual awareness. This study aimed to evaluate the correlation between prior experiences and self-efficacy with action awareness of scabies prevention in Islamic boarding schools (pesantren). The study employed a correlational cross-sectional design involving a population of 213 Islamic boarding administrators from eight Islamic Boarding School (pesantren) in Malang Regency. A total of 140 respondents were selected using proportional random sampling to ensure proportional representation. Data analysis was conducted using Somers'd and Gamma statistical tests. The results revealed a significant correlation between prior experiences and action awareness ($p = 0.002$) with a moderate negative correlation ($R = -0.459$), indicating that negative experiences are associated with lower levels of action awareness. Furthermore, a highly significant correlation was found between self-efficacy and action awareness ($p = 0.000$) with a very strong positive correlation ($R = 0.867$), demonstrating that higher self-efficacy is associated with increased action awareness. These findings highlight the importance of positive experiences and enhancing self-efficacy in fostering better scabies prevention behaviors in Islamic Boarding School settings. It is recommended that Islamic boarding school managers be given comprehensive training and education on scabies prevention.

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INTRODUCTION

Scabies is a skin disease caused by the infestation of the *Sarcoptes scabiei mite*. This disease has been declared as one of the Neglected Tropical Diseases (NTDs) by the World Health Organization (WHO). The prevalence of scabies in the world is estimated to reach 300 million cases each year, with the largest burden in tropical and poor countries, including Indonesia ([Karimkhani et al., 2017](#)), ([WHO, 2020](#)). In Indonesia, the prevalence of scabies ranges from 4.60% to 12.95%, placing this disease as one of the three most common skin diseases ([Mayrona et al., 2018](#)). Especially in Malang Raya Islamic boarding schools (pesantren), the prevalence of scabies reached 37.30%, with the highest figure in Malang Regency at 48.6%. ([Setyaningrum, 2016](#)). This condition shows the need for special attention to preventing scabies in Islamic boarding school environments. Scabies prevention faces major challenges, especially in behavioral aspects. WHO emphasizes that scabies management must involve a community approach, including patients, close contacts, and all members of the community ([van der Linden et al., 2018](#)). However, health promotion efforts in Islamic boarding schools (pesantren) are still not optimal, even though Islamic boarding schools (pesantren) have great potential to support community-based health programs. The Islamic Boarding School Health Post (Poskestren), which was initiated by the Indonesian Ministry of Health as a form of Community-Based Health Efforts (UKBM), has not been running effectively in many Islamic boarding schools (pesantren) ([Kemenkes RI, 2019](#)). Scabies remains a heavy global burden: in 2021, it caused approximately 206.6 million cases and 5.3 million disability-adjusted life years (DALYs), disproportionately affecting children and youth in low- and middle-income settings. This burden is compounded in environments of overcrowding, poverty, and limited access to hygiene infrastructure, where prevalence may range widely—from a few percent up to over 50% in some endemic communities. Because scabies is often neglected in global health priorities, there is a critical need for research that moves beyond

treatment and toward prevention by addressing the human behavioral dimensions underlying disease transmission ([Ibekwe et al., 2020](#); [Somra, Voeten, Lewis - van Disseldorp, et al., 2025](#)).

Psychosocial constructs such as Prior Experience and self-efficacy are key determinants of sustainable preventive actions, but they are underexplored in the context of scabies. In a recent study on contact notification behavior, self-efficacy emerged as a direct influence on whether individuals disclosed scabies exposure, educational interventions in boarding schools have demonstrated significant improvements in preventive behaviors following increases in knowledge and confidence, which underscores the potential role of behavioral factors in disease control ([Li et al., 2024](#)). By investigating how prior behavior and self-efficacy influence affective motivation toward activity (e.g. hygiene routines or avoidance of risky contact), this research can inform tailored campaigns and interventions that not only increase uptake of prevention measures but also sustain them over time. Self-efficacy and previous experience are important factors in influencing individual awareness of scabies prevention. Self-efficacy includes not only one's ability to take action, but also the belief in maintaining preventive behavior consistently ([Khodaveisi PhD et al., 2017](#)). As a religiosity-based institution, Islamic boarding schools (pesantren) have great potential to integrate religious values into health promotion by Islamic boarding school managers, but this approach has not been optimized ([Husna Nashihin, 2017](#)).

This study aimed to evaluate correlation of previous experience and self-efficacy on awareness of action in preventing scabies in Islamic boarding schools (pesantren). A deeper understanding of the correlation between previous experience and self-efficacy with preventive behavior will help design more effective interventions that are in accordance with the cultural context of Islamic boarding schools (pesantren). In addition, the findings of this study are expected to be the basis for the development of community-based promotive and preventive programs to prevent the spread of

scabies, not only in Islamic boarding schools but also in other similar communities.

METHODS

This study used a correlational design with a cross-sectional approach. The population in this study were 213 Islamic boarding school managers from eight Islamic boarding schools (pesantren) in Malang Regency. A total of 140 respondents were selected using a proportional random sampling technique by considering proportional representation from each Islamic boarding school (pesantren). The inclusion criteria in this study include: (1) individuals who act as teachers at Islamic boarding schools (Gus, Ning, Ustadz, and Ustadzah) or Islamic boarding school employees, (2) able to read and write in Indonesian, and (3) willing to be respondents by signing an informed consent. Meanwhile, the exclusion criteria are (1) the main leader of the Islamic boarding school (Kyai), (2) individuals with hearing impairments, and (3) individuals with visual impairments. The data collection was carried out in January - March 2024 using a structured questionnaire. The questionnaire was designed to capture demographic characteristics, Prior Experience, self-efficacy, and Action Awareness of Scabies Prevention. Prior to distribution, the questionnaire underwent validation to ensure clarity, reliability, and content relevance.

Respondents were given instructions on how to complete the questionnaire independently, with the research team available to provide clarification when necessary. The data were collected directly from participants who met the inclusion criteria, ensuring voluntary participation and confidentiality. To maintain consistency, the same procedures were applied across all respondents, and completed questionnaires were checked for completeness before being recorded. This systematic approach enabled the researchers to obtain reliable quantitative data, which were later analyzed to identify correlations between prior experience, self-efficacy, and awareness in the context of scabies prevention. The univariate data analyzed included gender, age, education level, income, and length of service at the Islamic boarding school (pesantren). For bivariate analysis, Somers'd Gamma statistical tests were used to evaluate the correlation between previous experience and self-efficacy with Action Awareness of Scabies Prevention. This statistical approach was chosen because it is able to measure the correlation between ordinal scales precisely, providing significant results as a basis for drawing conclusions. This study has received research from Ethical Comitee Faculty of Dentistry, Universitas Airlangga Surabaya with number 233/EC/KEPK/FKGUA/2023.

RESULTS

The characteristics of respondent include gender, age, level of education, income, length of service at Islamic Boarding School (pesantren).

Table 1. General Characteristic Respondent

Variable	Frequency	Percent (%)
Gender		
Male	60	42.9
Female	80	57.1
Age		
16- 25 years old	31	22.1
26- 35 years old	109	77.9
Level of education		
Elementary School	4	2.9
Junior High School	36	25.7
Senior High School	49	35
Higher Education	51	36.4

Variable	Frequency	Percent (%)
Income		
Less than IDR 2.000.000	114	81.4
IDR 2.000.000- 5.000.000	10	7.1
More than IDR 5.000.000	16	11.4
Length of Service		
Less than 5 years	96	68.6
5- 10 years	34	24.3
More than 10 years	10	7.1

Source: Primary Data

Based on [Table 1](#), the respondent data consisted of 42.9% male and 57.1% female. Based on age, 22.1% were in the age range of 16-25 years, while the majority, namely 77.9%, were in the age range of 26-35 years. In terms of education, 2.9% had elementary school education, 25.7% had junior high school education, 35.0% had senior high school, and 36.4% had a bachelor's degree. Most respondents, 81.4%, had an income of less than 2

million IDR per month, followed by 7.1% with income between 2-5 million, and 11.4% with income of more than 5 million. Based on length of service, 68.6% have worked for less than 5 years, 24.3% have worked for 5-10 years, and 7.1% have worked for more than 10 years. Overall, this table provides detailed information about the demographic composition of the respondents who were the subjects of the study.

Table 2. Cross Tabulation and Bivariate Test Results of Previous Experience with Activity Awareness to Prevent Scabies among Islamic Boarding School Managers

Variable	Action Awareness			Total	p- value	r
	Good	Sufficient	Less			
Prior Experience						
Negative	5 (3.6)	20 (14.3)	21 (15)	46 (32.9)	0.002	-0.459
Positive	17 (12.1)	60 (42.9)	17 (12.1)	94 (67.1)		
Self- Efficacy						
High	14 (10)	40 (28.6)	3 (2.1)	57 (40.7)	0.000	0.867
Sufficient	8 (5.7)	40 (28.6)	34 (24.3)	82 (58.6)		
Less	0 (0)	0	1 (0.7)	1 (0.7)		

Source: Primary Data

Based on [Table 2](#), it is found that respondents with positive experiences tend to have better awareness of action, with a proportion of good categories of 12.1% and sufficient of 42.9%. In contrast, respondents with negative experiences showed a smaller proportion in the good (3.6%) and sufficient (14.3%) categories. Statistical analysis shows a significant correlation between previous experience and awareness of action ($p = 0.002$) with a moderate negative correlation strength ($R = -0.459$). Respondents with high self-efficacy mostly have awareness of action in the sufficient 28.6% and

good 10.0% categories, with only a few in the less category 2.1%. Meanwhile, respondents with sufficient self-efficacy are mostly in the sufficient 28.6% and less 24.3% categories, and a small number are in the good category 5.7%. There are no respondents with less self-efficacy who have awareness of action in the good or sufficient category. Statistical tests show a p value = 0.000, indicating a very significant correlation between self-efficacy and awareness of action. The correlation value $r = 0.867$ shows a very strong positive correlation, where the higher the self-

efficacy, the higher the individual's awareness of action.

DISCUSSION

Prior Experience and Action Awareness of Scabies Prevention

Previous experience has a significant impact on awareness of action in preventing scabies among Islamic boarding school managers. According to data generated from 140 respondents, 57.1% of them were female, and the majority were in the age range of 26-35 years (77.9%). Most respondents had a bachelor's degree (63.6%) and an income below 2 million rupiah per month (81.4%). The length of service varied, with 47.1% of them working for less than 5 years. This study categorized previous experience into negative and positive, and awareness of action into three categories: good, sufficient, and lacking. From the results of the analysis, it was found that of the 46 respondents with negative experience, only 3.6% had good awareness of action, while 14.3% were sufficient, and 15.0% were lacking. Conversely, of the 94 respondents with positive experience, 12.1% had good awareness of action, 42.9% were sufficient, and 12.1% were lacking. The p-value of 0.002 shows that this correlation is statistically significant, with an R value of -0.459 indicating that the more negative experiences respondents have, the lower their awareness of action.

These findings have important implications for designing educational and preventive strategies in Islamic boarding schools (*pesantren*). Since prior experience strongly influences awareness, training and intervention programs should focus on creating positive experiences in scabies prevention. For example, managers can be actively involved in simulation-based hygiene practices, peer-learning activities, or structured mentorship programs where they witness the benefits of preventive action firsthand. By reinforcing positive behavioral experiences, these programs can strengthen awareness and translate into sustainable preventive practices.

Furthermore, the absence of significant associations with demographic factors such as

gender, education level, and length of service suggests that behavioral-based interventions may be more effective than relying on personal background characteristics ([Husna et al., 2024](#); [Somra, Voeten, Lewis-van Disseldorp, et al., 2025](#)). This highlights the need for health education approaches that emphasize self-efficacy, repeated practice, and collective engagement, rather than only focusing on knowledge dissemination. Integrating these strategies into Islamic boarding school (*pesantren*) health programs will not only enhance awareness among managers but also create a supportive environment where preventive behaviors against scabies can be normalized and continuously reinforced ([Albarracín et al., 2024](#); [Buchsbaum et al., 2014](#); [Nearchou et al., 2024a](#)).

Based on ([Seger et al., 2017](#)) previous experiences have direct and indirect effects on the health promotion behavior chosen, forming a direct effect into past behavioral habits, so that the predisposition of the chosen behavior is based on the behavior of choice. habits appear in every behavior and become a repetition of behavior ([Alunpah et al., 2022a](#); [Betrianto et al., 2025](#)). If the results are satisfactory, it will become a repetition of behavior and if it fails, it becomes a lesson for the future ([Lake et al., 2023](#); [Nearchou et al., 2024b](#)).

The factor that forms awareness of action is influenced by the person's previous experience with certain activities. The increasing frequency of experience accompanied by knowledge is expected to increase a person's ability to prevent the transmission of scabies ([Annisa et al., 2024a](#); [Puspita et al., 2021](#)). Personal hygiene experience (previously) as an important factor in the transmission of scabies ([Tadesse, 2019](#)). The positive experience of Islamic boarding school managers in preventing scabies transmission still needs to be improved ([Alunpah et al., 2022b](#); [Hidayat et al., 2022](#); [Kesehatan et al., 2025](#); [Kilagwa et al., 2026](#); [Kusyani, 2025](#); [Sadino et al., 2024](#)). Empowering managers in treating and preventing scabies will provide meaningful experiences because they will be easier to remember and the manager's abilities will also increase. Negative experiences that are often encountered by

patients such as scabies are difficult to cure, most students get scabies, so it can cause managers to be pessimistic and lazy to act ([Ayode et al., 2025a](#); [Fradianto et al., 2024](#); [Hadeed et al., 2018](#); [Mbuagbaw et al., 2024](#); [Somra, Voeten, Van Disseldorp, et al., 2025a](#)). Scabies often occurs in Islamic boarding schools but scabies treatment is directed directly to health centers or clinics, while scabies prevention in Islamic boarding schools is in the form of general health, namely maintaining room cleanliness, throwing garbage in its place, and bathing regularly. This means that managers specifically do not have experience in preventing scabies, so that this experience does not affect awareness of acting in preventing scabies. The frequency of negative respondent experiences includes rarely treating students with scabies, rarely knowing that scabies is contagious to others, and rarely knowing how scabies is transmitted. In addition, limited exposure to structured health education programs contribute to the lack of specific knowledge and practiced skills among managers in preventing scabies transmission. This condition indicates that experience alone is not sufficient without being supported by adequate information and continuous training ([Kadir Hasani et al., 2026](#); [Mawarni et al., 2025](#); [Syalzabillah et al., 2026](#); [Zewude et al., 2025](#)). Therefore, integrating experiential learning with health promotion interventions is essential to enhance both awareness and preventive actions against ([Larashati & Maretasari, 2026a](#); [Revita et al., 2021](#))

Correkatian Between Self Efficacy and Action Awareness of Scabies Prevention

The results of the study showed that 57 respondents with high self-efficacy, 10% showed good awareness, 28.6% were sufficient, and 2.1% were lacking. Conversely, among 82 respondents with moderate self-efficacy, 5.7% showed good awareness, 28.6% were sufficient, and 24.3% were lacking. Only one respondent with low self-efficacy showed poor awareness. Statistical analysis revealed a significant correlation between self-efficacy and awareness measures, with a p value of 0.000 and an R value of 0.367, indicating a

moderate positive correlation. Based on ([Bandura, 2023](#)) Self-efficacy or individual belief regarding the ability to do something is very important in shaping behavior. Higher self-efficacy leads to greater confidence in handling tasks, encouraging proactive steps in behavioral awareness. ([Maddux, 2016](#)) individuals with high self-efficacy are more likely to believe in their ability to implement effective measures and thus act more decisively ([Annisa et al., 2024b](#); [Ayode et al., 2025b](#); [Larashati & Maretasari, 2026b](#); [Seetan et al., 2021](#); [Somra, Voeten, Van Disseldorp, et al., 2025b](#)).

The importance of self-efficacy in health-related behavior. A study from ([Guntzviller et al., 2017](#)) emphasizes that individuals with high self-efficacy are more likely to engage in health behaviors. Likewise, ([Yıldırım & Güler, 2022](#)) confirmed that higher self-efficacy is associated with better health outcomes and proactive disease prevention measures ([El-Sadr et al., 2022](#); [van Deursen et al., 2022](#)). The study demonstrates that self-efficacy has a significant influence on awareness of scabies prevention measures among respondents. Those with higher self-efficacy exhibited greater levels of awareness, with 10% showing good awareness and 28.6% sufficient, compared to respondents with moderate or low self-efficacy who were more likely to display poor awareness. The statistical significance ($p = 0.000$) and a moderate positive correlation ($R = 0.367$) indicate that as self-efficacy increases, awareness also improves. This supports Bandura's concept that self-efficacy is a central determinant of behavior, as individuals with strong beliefs in their abilities are more confident in taking preventive actions and managing health-related tasks effectively.

These findings align with broader evidence in health behavior research, which underscores the role of self-efficacy as a predictor of positive health outcomes. Prior studies have shown that individuals with high self-efficacy are more likely to adopt preventive health behaviors and respond proactively to health risks ([Guntzviller et al., 2017](#); [Yıldırım & Güler, 2022](#)). In the context of scabies prevention, strengthening self-efficacy through targeted training, experiential learning, and supportive

environments can enhance awareness and translate into consistent preventive practices. This highlights the need for interventions that not only provide knowledge but also build confidence and perceived capability among individuals to effectively implement and sustain scabies prevention behaviors.

CONCLUSION

Previous experience and self-efficacy have a significant role in increasing Action Awareness of Scabies Prevention by Islamic boarding school administrators. The results of the analysis showed that negative experiences were associated with low awareness of action, while high self-efficacy was closely related to increased awareness and better preventive actions. Therefore, positive experiences and high levels of self-efficacy are key in encouraging proactive behavior in scabies prevention.

SUGGESTION

From this study, to increase awareness and preventive measures of scabies in Islamic boarding school (pesantren), it is recommended that Islamic boarding school managers be given comprehensive training and education on scabies prevention. This training should be designed to enhance positive experiences and strengthen the self-efficacy of Islamic boarding school managers, so that they are more confident and competent in implementing preventive measures. In addition, regular monitoring and evaluation are also important to ensure the success of the scabies prevention program in the Islamic boarding school environment.

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CONFLICTS OF INTEREST

The authors declare no conflict of interest in the research.

AUTHOR CONTRIBUTIONS

AW responsible in the conceptualization, data collection, analysis, methodology, validation, writing the original draft. WD works in the investigation, methodology, validation and data collection. SW and AP in charge in the reviewing and editing process.

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