

EFFECTIVENESS OF SCHOOL CARE IN THE MANAGEMENT OF SCHOOL UNHEALTHY FOOD CENTRES LIVING IN SCHOOL

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Abstract

School nurses play a crucial role in the management of School Health Units (UKS) in boarding schools, which aim to ensure the overall health and well-being of students. This study evaluates the effectiveness of school nurses in UKS management through the various tasks they perform, such as routine health checks, health education, and mental health support. The results showed that nurses were able to detect health problems early, provide education that increased students' awareness of the importance of maintaining good health, and provide mental support that encouraged stress management. The contribution of nurses in creating a healthy and supportive school environment is essential to ensure that students can learn and develop optimally. This conclusion emphasises the importance of the role of nurses in boarding school UKS and suggests increased institutional support to strengthen their function.

Keywords: Effectiveness, School Nurses, UKS Management, Boarding Schools.

Introduction

Boarding schools are educational institutions that not only focus on academic aspects, but also require the management of the welfare and health aspects of their students. In this kind of environment, the School Health Unit (UKS) plays a very crucial role as a health facility that functions to provide basic health services, disease prevention, and health promotion (Damayanti & Anwar, 2023).

The School Health Unit (UKS) is a health service provided in a school environment with the main objective of improving the health of school community members, including students, teachers, and school staff. The UKS is an important tool in supporting health programmes in schools by offering basic health services, health education, and the promotion of healthy living (Shnewra & Ida, 2024). The functions of the UKS include disease prevention, first aid in the event of accidents, and supervision of cleanliness in the school environment. Thus, the UKS plays a role in creating a school environment that is conducive to the teaching and learning process and supports the holistic development of students (Santoso & Fahyuni, 2022).

The main objective of the establishment of the School Health Unit (UKS) is to maintain and improve the health of all school members so that they can optimally participate in the educational process. The UKS helps to detect and deal with health problems that students may face, ranging from minor illnesses to emergencies (Krupat, 2021). In addition, the UKS also aims to teach and instill healthy living behaviour among students through health education and other promotive programmes. With an effective

UKS, it is hoped that students can avoid various health problems that can interfere with their learning activities, thus creating a healthy and productive younger generation (Millah, 2024).

School nurses are an important pillar in the implementation of UKS management in boarding schools. Health care in boarding schools requires a comprehensive and structured approach given that students spend most of their time in the school environment. This condition demands responsive and standby health services in handling various health problems that may arise, ranging from minor illnesses to emergency conditions (Da'i et al., 2023). However, in practice, the effectiveness of school nurses in managing UKS often faces various challenges. Factors such as resource availability, lack of facilities, high workload, and lack of coordination with other parties at the school can affect the quality of services provided (Wijonarko & Wahyuni, 2024).

Previous research has shown that competent nurses and good UKS management can contribute significantly to improving student health. Conversely, a lack of effective management can have a negative impact on students' health, which in turn can affect their academic performance and overall well-being (Damayanti & Anwar, 2023).

Therefore, it is important to evaluate and understand the extent to which school nurses are effective in carrying out UKS management tasks in boarding schools. This evaluation aims to identify existing obstacles and formulate strategies needed to improve the effectiveness of health services in the school environment. With better UKS management, it is hoped that students can learn in optimal health conditions, so that educational goals can be maximally achieved.

Research Methods

The study in this research uses the literature method. The literature research method, also known as a literature review, is a research approach that involves the collection, evaluation, and interpretation of information contained in sources of scientific literature related to a particular research topic. The aim is to identify various existing findings, theories, and ideas, to criticise and synthesise existing knowledge, and to identify gaps in previous research that can form the basis for further study (Hidayat, 2009); (Afiyanti, 2008). This process involves searching for relevant scientific documents, such as journals, books, research reports, and conference papers, often using academic databases or digital libraries. Through this method, researchers can gain an in-depth understanding of the development of the topic under study and ensure that the research is based on valid knowledge and evidence (Syahrizal & Jailani, 2023).

Results and Discussion

The Role and Contribution of School Nurses in UKS Management

School nurses play a very important role in the management of School Health Units (UKS). As the spearhead of health services in the school environment, nurses are responsible for providing quality health services to students, teachers, and school staff. They conduct health assessments, provide first aid, and deal with any daily health issues that may arise. With medical experience and knowledge, school nurses are able to offer initial evaluations and refer more serious cases to more comprehensive health facilities if necessary (George et al., 2021).

One of the main contributions of school nurses is in the field of education and health promotion. They not only provide care, but also act as health educators for students. Through the UKS programme, nurses organise various educational activities aimed at raising awareness about the importance of health, disease prevention, and healthy lifestyle habits among students. The material taught can include personal hygiene, good nutrition, the importance of physical activity, and the dangers of drug and cigarette use (Haseng et al., 2021).

School nurses are responsible for periodically monitoring and evaluating students' health. This includes routine health checks, such as height and weight measurements, vision and hearing checks, and vaccinations. These activities help in the early detection of health problems that can interfere with the learning process of students. By conducting routine monitoring, nurses can take preventive measures and intervene quickly, thus preventing health problems from becoming more serious (Floyd et al., 2023).

During a health crisis or emergency situation at school, nurses are ready to provide a quick and appropriate response. They are trained to handle situations such as accidental injuries, asthma attacks, allergic reactions, and emergency conditions that require resuscitation. This role is crucial because schools are places where many children gather, and the possibility of incidents requiring medical attention cannot be ignored. With skilled and standby nurses, the health safety and security of students can be better guaranteed (Sari, 2022).

School nurses also play a role in collaborating with external parties, such as community health centres, hospitals, and public health organisations to support a more comprehensive UKS programme. They can work together on activities such as mass immunisation, health education, and infectious disease control. In addition, nurses contribute to designing and developing school health programmes that are tailored to the needs of students (Kusumawati, 2022). By evaluating the programme regularly, nurses can ensure that the existing programme is effective and can be optimised in accordance with the latest developments in the field of child and adolescent health (Suminto, 2023).

In addition to physical health, school nurses also play a role in fostering students' mental health. With academic and social pressures, many students can experience stress, anxiety, or other emotional problems. School nurses can provide initial counselling, detect signs of mental health disorders, and refer students to mental health experts or services if needed. They can also provide support to students with special needs, ensuring that they receive holistic care that meets their physical and psychological needs (Arif et al., 2024).

School nurses also play a role in monitoring the cleanliness and health of the school environment. They work with other school staff to ensure that the school environment is kept clean and free from risks that negatively impact student health. Nurses also educate students and staff on good hygiene practices, such as proper hand washing, maintaining a clean classroom environment, and safely handling medical waste (Lomawaima & Whitt, 2023).

Overall, school nurses have a very vital role and contribution in the management of the School Health Unit (UKS). They not only act as caregivers, but also as educators, health assessors, crisis handlers, mental coaches, and environmental hygiene supervisors. Through these various duties and responsibilities, school nurses help ensure that students are in good health and ready to learn. Good collaboration between school nurses and internal and external parties is also very important for creating a comprehensive and sustainable health programme, which in turn will have a positive impact on students' well-being and learning achievements.

The Effectiveness of School Nurses in Maintaining and Improving the Health of Students in Boarding Schools

The role of the school nurse in maintaining and improving the health of students in boarding schools is crucial. Boarding schools often have a population of students who live there for long periods of time, making health and hygiene supervision by nurses all the more important. School nurses focus not only on the physical health aspects, but also on the mental and emotional health of students which can be affected by the boarding environment (Efendi & Bueraheng, 2023).

School nurses conduct routine health checks for early detection of illness and other health problems. These checks include weight, height, academic, and dental health checks. With this monitoring, nurses can identify health problems before they become more serious, reduce the risk of disease spread, and ensure that each student gets timely treatment (Yunianto & Chamami, 2025).

In boarding schools, school nurses must be prepared to handle various health crises that may arise, such as sports injuries, asthma attacks, or infectious diseases. With adequate training, nurses can provide first aid, stabilise students' conditions, and arrange medical transport if needed. The presence of alert and trained nurses can reduce anxiety and fear among students and school staff (Saragih et al., 2023).

In addition to providing direct care, school nurses are also responsible for providing health education to students. This educational programme covers topics such as balanced nutrition, the importance of exercise, stress management, and personal hygiene. With adequate knowledge about health, students in boarding schools can be more independent in maintaining their health and adopting healthy lifestyle habits for the long term (Bahri, 2024).

Life in boarding school can be very challenging for students, both academically and emotionally. School nurses play an important role in providing mental health support to students who may experience stress, anxiety, or other emotional problems. Through early counselling and collaboration with psychologists, nurses help create a safe and supportive environment where students feel comfortable talking about their problems (Cheng, 2022).

Thus, the effectiveness of school nurses in maintaining and improving the health of students in boarding schools depends heavily on a combination of close health monitoring, rapid crisis management, and comprehensive education programmes. With these diverse roles, nurses contribute not only to the physical well-being of students, but also to their mental and emotional health. The support provided by school nurses also ensures that students are in optimal condition to learn and develop both academically and personally, making school nurses an important pillar in the boarding school education system.

Conclusion

The role of school nurses in the management of School Health Units (UKS) in boarding schools is essential in ensuring the overall health and well-being of students. The effectiveness of nurses is evident from their efforts in conducting routine health monitoring, which includes periodic health checks for early detection of health problems and illnesses. With timely handling, nurses are able to prevent the spread of disease and deal with medical crises quickly and efficiently.

In addition, the success of the educational programme run by school nurses in the UKS has helped to increase students' awareness and knowledge of the importance of maintaining good physical and mental health. Education about balanced nutrition, personal hygiene and stress management makes students more independent in taking care of their daily health. This shows that school nurses also act as educators who encourage the adoption of a healthy lifestyle among students.

The mental health support provided by school nurses through counselling and collaboration with psychologists greatly helps students manage the stress and anxiety that may arise from academic pressure and the boarding environment. By creating a supportive and safe environment, school nurses ensure that students get the support they need to learn and develop optimally. The overall roles and responsibilities of nurses

in boarding school health centres make them a vital component in a holistic and sustainable education system.

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