

## Personal Hygiene Analysis And Awareness Level Of Ppe Use Behavior On Workers To Increase Productivity Of The Dry Bread Industry Ratu Tlatah Agung In Kediri City

Leny Novita Sari<sup>1</sup> , Amarin Yudhana<sup>2</sup>

<sup>1,2</sup>Institut Ilmu Kesehatan STRADA Indonesia

\*Corresponding Author : [samleny47@gmail.com](mailto:samleny47@gmail.com)

### ABSTRACT

Indonesia is a developing country, many people do not have time to prepare heavy or light meals for consumption. The purpose of this study was to determine how the application of personal hygiene and the level of awareness of the behavior of using PPE on workers to increase productivity in the dry bread industry of Ratu Talatah Agung in the city of Kediri. In this study, a pre-experimental research design was used in an observational manner where the researcher observed or measured the independent and dependent variables using the pre-test post-test design approach. The sample used in this study were 45 respondents. The results of this study, the significant value of personal hygiene and worker behavior variables is 0.000. This shows that the significant value of the ANOVA test for personal hygiene variables and worker behavior is <0.05, which means that H<sub>0</sub> is rejected and H<sub>a</sub> is accepted. There is an influence of personal hygiene and the level of awareness of the behavior of using PPE on workers to increase the productivity of the Ratu Tlatah Agung dry bread industry in the city of Kediri.

**Keywords :** personal hygiene, Worker Behavior, and Productivity

### INTRODUCTION

Indonesia is one of the developing countries, many people do not have time to prepare food, both heavy and light meals to consume. Thus they depend on existing catering services to meet their food needs. The catering industry will increasingly have a great responsibility in providing good quality food that is competitive in price and safe to consume.

In the East Java region, especially in the city of Kediri, there is a dry bread processing industry, namely the Ratu Tlatah Agung bagelan dry bread processing industry in Kediri City. The establishment of the Ratu Tlatah Agung dry bread industry in the city of Kediri also plays a role as a snack processing industry in the city of Kediri which is popular and liked by all groups, from the upper class to the lower middle class. The existence of the Ratu Tlatah Agung dry bread manufacturing industry is also very helpful in reducing the number of unemployed in the city of Kediri.

After I conducted observations from the research results, I can say that it was found that several things that must be paid more attention to and done by industrial workers to improve their health or personal hygiene, including how industrial workers pay attention to their personal hygiene from physical cleanliness to clothing cleanliness, cleanliness at work in accordance with the principles of personal hygiene and to find out how workers use food handler PPE as an allowance to increase the productivity of Ratu Tlatah Agung dry bread processing in Kediri City.

Hygiene factors in handlers or workers in the Ratu Tlatah Agung industry in processing bread-making ingredients into ready-to-sell bread must be in accordance with the

principles of personal hygiene or called Personal Hygiene. Personal Hygiene is a way of maintaining cleanliness in processing safe and healthy food individually or individually. The procedure for maintaining cleanliness is a form of clean behavior to prevent contamination of the food being handled. Important procedures for food processing workers are hand washing, cleanliness and personal health (Anwar 2009).

According to Law No. 2 of 1966 concerning Hygiene, hygiene is the overall health that includes all efforts to protect, maintain and improve the health of the body and soul, both for the public and individuals, with the aim of providing the basis for a healthy life and improving the welfare and efficiency of human life. (Boediono, Sugeng, 2013).

The use of personal protective equipment or often referred to as (PPE) is equipment that must be used when working according to the needs of workers used to maintain the safety of the workers themselves and those around them. Both individually and in groups. (Boediono, Sugeng, 2003)

Productivity is also a major aspect in terms of working well in industry. With the existence of work productivity indicators, it is hoped that work will be carried out effectively and efficiently, so that in the end everything is very necessary in achieving the goals that have been set. To measure work productivity, an indicator is needed (Sutrisno, 2011:211).

Based on previous research and observations, it can be seen that there are still no researchers who have discussed how personal hygiene and the level of awareness of workers' behavior in using PPE to increase production results seen from the workers' perspective towards increasing productivity in the RATU TLATAH AGUNG dry bagelan bread industry.

From previous studies, many have discussed how the results of economic profit and loss in accounting and economics have not entered the realm of health, therefore researchers are interested in knowing the influence of worker behavior (personal hygiene) on increasing the productivity of the Paduka Ratu Tlatah Agung bagelan bread industry in Kediri City.

## METHODS

This research uses qualitative descriptive research methods. The main purpose of qualitative research is to understand social phenomena or symptoms by focusing more on a complete picture of the phenomenon studied rather than detailing them into interrelated variables. The hope is to obtain a deep understanding of the phenomenon for the next produced a theory, where researchers want to explore how the stress management of traders during the covid-19 pandemic in Ringinrejo Hamlet Kebonsari Village Kademangan District Blitar Regency in June 2021. The population in this study was the people of Ringinrejo Hamlet Kebonsari Village Kademangan District Blitar Regency. The number of samples in this study as many as 7 respondents from the total population of 9 traders. Sampling technique used in this study is Snowball sampling is as a sample determination technique that is first a small number, then this sample is told to choose his friends to be sampled so on, so that the number of samples more and more.

## RESULTS

This study uses a pre-experimental research design with an observational method where researchers conduct observations or measurements of independent and dependent variables with a pre-test post-test design approach. And data analysis is carried out using Wilcoxon Statistical Analysis.

### A. Respondent Characteristics

#### 1) Respondent characteristics based on education level

Table 1. Respondent Characteristics Based on Education Level

|                    | <i>Frequency</i> | <i>Percent</i> |
|--------------------|------------------|----------------|
| Junior High School | 4                | 8.9            |

|                    |    |       |
|--------------------|----|-------|
| Senior High School | 38 | 84.4  |
| High School        | 3  | 6.7   |
| Total              | 45 | 100.0 |

Source: SPSS Primary Data, 2021

Based on the results of table 1 above, it can be seen that the number of respondents with a junior high school education level is 8.9%, high school graduates are 84.4% and college graduates are 6.7%. These results indicate that respondents with the highest level of education are high school graduates.

## 2) Respondent Characteristics Based on Gender

Table 2. Respondent Characteristics Based on Gender

| Gender | F  | %    |
|--------|----|------|
| Man    | 5  | 11.1 |
| Woman  | 40 | 88.9 |

Source: SPSS Primary Data, 2021

Based on the results of table 2 above, it can be seen that the number of respondents with female gender is 88.9%, and male gender is 11.1%. These results indicate that the respondents with the most gender are female respondents.

## 3) Respondent Characteristics Based on Length of Service

Table 3. Respondent Characteristics by Length of Service

| Data Types | f  | %    |
|------------|----|------|
| 0-1 Years  | 30 | 66.7 |
| 1-2 Years  | 7  | 15.6 |
| 2-3 Years  | 8  | 17.8 |

Source: SPSS primary data

Based on the results of table 3 above, it can be seen that the number of respondents with a work period of 0-1 year is 66.7%, a work period of 1-2 years is 15.6%, and a work period of 2-3 years is 17.8%. These results indicate that the respondents with the most work periods are respondents with a work period of 0-1 year.

## B. Statistical Test Results

Table 4 Multiple Linear Regression Analysis Results  
Coefficients<sup>a</sup>

| Model            | Unstandardized Coefficients |            | Standardized Coefficients |
|------------------|-----------------------------|------------|---------------------------|
|                  | B                           | Std. Error | Beta                      |
| 1 (Constant)     | 39,484                      | 16,693     |                           |
| Personal Hygiene | ,759                        | ,303       | ,318                      |
| Worker Behavior  | ,543                        | ,148       | ,466                      |

a. Dependent Variable: Employee Productivity

Source: Processed data, 2021.

Based on table 4.7, the regression equation is  $Y = 39.484 + 0.759 X_1 + 0.543 X_2 + e$ , which has the following significant figures:

a. Constant = 39.484

This value indicates that the personal hygiene ( $X_1$ ) and worker behavior ( $X_2$ ) variables have a value for work productivity of 39.484.

b. Coefficient  $X_1 = 0.759$

The variable X1 personal hygiene has a positive influence on Y (work productivity) with a regression coefficient of 0.759 units, meaning that if there is an increase in the variable X1 (personal hygiene) by 1 unit, then Y (work productivity) will increase by 0.759 units assuming that the worker behavior variable remains constant.

c. Coefficient X1 = 0.543

The variable X2 of worker behavior has a positive influence on Y (work productivity) with a regression coefficient of 0.543 units, meaning that if there is an increase in variable X1 (worker behavior) by 1 unit, then Y (work productivity) will increase by 0.543 units assuming that the personal hygiene variable remains constant.

**Table 5 Hypothesis Test Results**

| Model |            | F     | Sig.  |
|-------|------------|-------|-------|
| 1     | Regression | 9,901 | ,000b |
|       | Residual   |       |       |
|       | Total      |       |       |

Source: Processed data, 2021.

Based on the calculation results on SPSS for windows version 23 in table 5, the significant value of the personal hygiene and worker behavior variables is 0.000. This shows that the significant value of the ANOVA test of the personal hygiene and worker behavior variables is <0.05, which means that H0 is rejected and Ha is accepted. There is the influence of personal hygiene and the level of awareness of the behavior of using PPE among workers on increasing the productivity of the Ratu Tlatah Agung dry bread industry in Kediri City.

**CONCLUSION**

Based on the description that has been presented from the results of data interpretation, the following conclusions can be drawn:

1. Personal hygiene variable, the average respondent answered that they agreed with personal hygiene which includes indicators of always maintaining hair cleanliness, always maintaining nail cleanliness, always maintaining hand cleanliness, wearing clean clothes, wearing a head covering, wearing an apron, wearing a mouth cover (mask), wearing gloves, and trying not to sneeze or cough facing dry bread products.
2. Worker behavior variables, on average respondents answered that they agreed with work behavior as measured by indicators of time discipline, work regulation discipline, work behavior discipline, and work responsibility discipline.
3. Work productivity variables, on average respondents answered that they agreed with workers' abilities, improving the results achieved by workers, work enthusiasm, self-development, quality, and efficiency.

The significant value of the personal hygiene and worker behavior variables is 0.000. This shows that the significant value of the ANOVA test of the personal hygiene and worker behavior variables is <0.05, which means that H0 is rejected and Ha is accepted. There is the influence of personal hygiene and the level of awareness of the behavior of using PPE among workers on increasing the productivity of the Ratu Tlatah Agung dry bread industry in Kediri City.

**REFERENCE**

Anwar.2009.Human Resource Management.Bandung:PT.Remaja Rosdakarya.  
 Arikunto, Suharsimi. 2014. Research Procedures: A Practical Approach. Jakarta: Rineka Cipta.  
 Boediono, Sugeng, Company Hygiene (Makassar; Hiperkes and K3, 2003)

- Cleverina Yulie Permatasari, 2017, profile of the Ratu Tlatah Agung dry bread industry. Ministry of Health.RI.2006.Food Hygiene and Sanitation
- Edy, Sutrisno. 2011. Human Resource Management. Publisher: Jakarta, Kencana.
- Garuda, 2012. Results and Discussion of Hygiene and Personal Hygiene of Industrial Food Handlers. <http://Download.Portalgaruda.Org>
- Hidayat.2007.Conceptual Framework is a Conceptual Model.Jakarta:Salemba.Medika
- Isyandi, B. 2004. Human Resource Management. Unri Pres Jakarta
- Isyandi, B. 2004. Human Resource Management. Unri Pres Jakarta
- Kusmyadi.2008How to Select and Process Food for Nutritional Improvement.Online:<Http://Special Programfoodindonesia>
- M.Sugeng Budiono. 2003. Anthology of Hyperkes and Occupational Safety. Semarang: UNDIP Publishing Agency.
- Mukono HJ, 2000. Basic Principles of Environmental Health, Airlangga University Press, First Printing. Jakarta.
- Notoatmodjo, S. (2003). Education and Health Behavior. Jakarta: Rineka Cipta.
- Notoatmodjo. 2010. Health Research Methodology. Jakarta: Rineka Cipta.
- Notoatmodjo. 2010. This Quantitative Research Methodology is Conducted with Cross Sectional Health. Jakarta: Rineka Cipta.
- Nursalam.2013.Concept of Application of Community Nursing Research Methods.Jakarta:Salemba Medika
- Potter.2005.Fundamental Textbook.Jakarta:EGC.
- Republic of Indonesia Ministry of Health (2002)Minister of Health Regulation RINO.907/MENKES/SK/VII/2002
- RI Depkes (2004) Analysis of HCCP Control Language
- Ricky Mauliya., 2005. Environmental Health. Publisher Jogjakarta: Graha Ilmu.
- Ryan Pramana Putra Sudarma. 2017. Analysis of Hygiene Sanitation on E-Coli Content in Fruit Ice Traders in Singonegaran Village, Kediri City Pages 9-15
- Sinaga.2011.Review of Hygiene.Medan:University of North Sumatra
- Sumantri Arif 2010. Lungkunagan Health Book. Jakarta.: Kencana