

Personal Hygiene Garbage Transport Officers In The Dampit Sub-District TPS Malang

Isya Septya Wardhani¹, Byba Melda Suhita², Setyo Budi Susanto³

^{1,2,3}STIKES Surya Mitra Husada

*Corresponding Author : isya.swardhani8989@gmail.com

ABSTRACT

Personal hygiene is a way of caring for humans to maintain their health. Maintenance of individual hygiene is needed for individual comfort, safety and health. The garbage transport workers are people who are always in a dirty environment and vulnerable to health problems. The purpose of the study was to find out the description of personal hygiene of garbage transport officers in the Dampit Sub-District TPS Malang. The qualitative research design with the phenomenology approach and the informants were 5 waste informants in the Dampit Sub-district TPS. The sample of this study is the garbage transport officer who does not use personal protective equipment in full. The sampling technique used was purposive sampling. The research instrument is the researcher himself. Data collection methods are in-depth interviews and observations and the tools used are mobile phones and documentation. In this study, the existing data will be tested for validity with the Triangulation technique using Triangulation of Sources, namely the Head of the UPT Garbage Service and Supervisor of the Dampit District TPS. The results showed that the garbage transport officers had carried out personal hygiene activities in their daily lives, but in reality their knowledge, attitudes and beliefs were good enough and some were still lacking and had not formed good behavior in maintaining personal hygiene. In this study the problems encountered were the knowledge of officers about correct personal hygiene. The attitude of the officers is still influenced by the lack of maximum social support from related agencies. The belief that officers are lacking in maintaining personal hygiene because they have never been exposed to an illness is influenced by a lack of knowledge and understanding of the importance of maintaining personal hygiene.

Keywords : Personal Hygiene, Garbage Transport Officer, Behavior

INTRODUCTION

Health is what everyone is looking for. According to the World Health Organization (WHO) health is a healthy condition that is intact physically, mentally and socially and is not only free from disease. One way to keep the body healthy is a clean and healthy lifestyle. It is important for someone to always maintain and improve their health or healthy lifestyle (healthy life style), but this is influenced by knowledge and behavior factors that have a very important role in shaping healthy living patterns in society (Notoatmojo, 2012). Health is the most valuable thing to humans, but someone often ignores it. Awareness of the importance of maintaining such health usually arises when a person experiences certain diseases. That's when someone will say how good it is to live healthy. Actually in maintaining health can be done easily, namely by always maintaining food and beverage intake and always pay attention to personal hygiene (Ikawati, 2010).

Personal hygiene is a way of human self-care to maintain their health. Personal hygiene maintenance is needed for individual comfort, safety and health. Hygiene practices are the same as improving health (Potter and Perry, 2012). Someone who is sick, usually due to hygiene problems that are not considered. This happens because we consider the problem of cleanliness as a normal problem, but if it is allowed to continue it can affect general health. Because of that everyone should always try so that the personal hygiene is maintained and improved.

According to WHO data, in some developing countries the prevalence of personal hygiene is reported to be 6% - 27% of the general population, whereas in Indonesia it was registered in 2013 at 4.6% - 12.5%. In Indonesia the incidence rate reaches 60% - 80% and deaths of 24% attack especially at the age of 9-12 years.

TPS (Temporary Disposal Site) Dampit District is located around the Dampit Market area, namely in Dampit Village, Dampit District of Malang Regency. There were 15 garbage transporters working at the polling station. All workers are residents of the District of Dampit. When the researchers conducted pre-research observations at the TPS in Dampit District, the garbage transporters looked dirty. The whole body and clothes of the garbage transporters look dirty with rubbish, as well as when they finish their work until they return home. When transporting trash, some officers do not use PPE (Personal Protective Equipment) in full, such as gloves or masks. This certainly increases the risk of garbage transport officers being exposed to diseases if they do not do personal hygiene correctly.

METHODS

A qualitative research design with a phenomenological approach and the informants were 5 garbage informants in the Dampit Subdistrict TPS. The sample of this research is the garbage transport officer who does not use complete personal protective equipment. The sampling technique used was purposive sampling. The research instrument is the researcher himself. Data collection methods are in-depth interviews and observations and the tools used are mobile phones and documentation. In this study, the existing data will be tested for validity by using the Triangulation technique using Source Triangulation, namely the Head of the Waste Management Services Unit and the Superintendent of Polling Station in Dampit District.

RESULT

Characteristics of Subjects

Table 1. The research entitled "Personal Hygiene of Garbage Carrier Officers at TPS Malang Dampit District" uses 5 informants, with the description of the informants as follows:

Initial	A	B	C	D	E
Age (year)	34	35	21	35	40
education	SMP	SD	SMK	SMK	SMA
length of working	22 th	22 th	6 bln	2 th	10 th

DISCUSSION

A. Hand hygiene

From the results of research on the cleanliness of hands in the garbage transport officer, all informants said that they considered washing hands as an important activity. As stated by one informant who said that he washed his hands using soap and carried out after work and when he got home. In addition, there was also an informant who stated that he always washed his hands using soap and running water, as well as always washing his hands before and after his work carrying garbage. There are also informants who say that washing hands also uses soap and running water, while the habit of washing hands is usually done after work, before eating and also if it feels dirty.

The statement expressed by Ide (2007) that washing hands is done before eating or touching food, after using the bathroom, holding animals, before and after handling a sick person and when hands look dirty.

B. Nail and Foot Hygiene

From the results of research on the cleanliness of nails and feet on garbage transport officers, all informants said that they considered washing feet and cutting nails an important activity. As stated by one informant who stated that he always washed his feet after finishing work and usually cut his nails once a month. There was also an informant who said that he washed his feet every time he came home from work carrying garbage and cutting his nails every Friday. Meanwhile, another informant stated that they wash their feet after they finish working and in the bath, and the nail cutting activity is usually done when the nails look long.

Statement of Mulyani (2008) which states that proper foot washing is done after activities or when the feet look dirty and before going to bed. Whereas Uliyah and Hidayat (2008) argue that maintaining nail hygiene is one important aspect in maintaining self-care because various germs can enter the body through the nails and keep the nails looking healthy and clean. This is also reinforced by the statement Mulyani (2008), that the nail should be cut at least once a week or when it looks long.

C. Skin Hygiene

From the results of research on cleanliness of the skin or bathing at garbage transport officers, all informants said that they considered cleaning the body or bathing as an important activity. As stated by one informant who stated that he always took a shower every morning and evening using soap to remove dust or dirt that sticks to his body. Another informant said that he considered it important to take a bath because the working environment at the polling station and the usual bathing was done 4x in a day, when going to work, returning from work, during the day when going to the office for attendance and at evening time. While the other informant also said that he always took a bath to avoid body odor and itching due to sweat. Other informants also mentioned that bathing can maintain cleanliness of the body and avoid skin diseases.

This is in line with the expression of Irianto (2013) that one way to maintain skin hygiene is by bathing. Bathing is cleaning dirt that sticks to the body by using clean water and soap. Statement of Mulyani (2008), states that by bathing every day can eliminate dirt, body odor, sweat and make you feel comfortable.

D. Hair Hygiene

From the results of research on hair hygiene in garbage transport officers, all informants said that they considered cleaning hair as an important activity. As stated by one informant who stated that he considered it important to clean hair or wash hair because of his habit of using a hat at work, so according to him by washing hair can make hair avoid bad odors due to sweat. This informant also said that he always uses shampoo to wash his hair and wash his hair every day. Another informant stated that he washed his hair every two days using a shampoo to avoid itching on the head because every day his hair is always exposed to dust or dirt. While the majority of informants said washing their hair to avoid dandruff.

Statement of Setiabudhi (2002), which states that washing hair or shampooing is a must because dirt, dust and smoke are very easily attached. This is also in line with what was revealed by Mulyani (2008) that shampooing using shampoo or other hair cleaning agents can maintain hair and scalp hygiene. Whereas in terms of hair washing time, Setiabudhi (2002) revealed that hair washing should be done every 2 or 3 days and at least once a week. This is

also confirmed by the statement Mulyani (2008), which states that in maintaining clean hair can be done with shampooing at least twice a week.

E. Ear Hygiene

From the results of research on ear hygiene in garbage transport officers, all informants said that they considered ear cleaning as an activity that also needed to be done routinely. As stated by one informant who stated that he always cleaned his ears regularly ie every week using cotton buds. There was also an informant who said he cleaned his ears if it felt itchy. Whereas most informants said that they routinely clean their ears, every 2-3 days using cotton buds. However, there was an informant who said that he always used a safety pin first in cleaning his ears and then repeated using cotton buds.

Siswanto's statement (2010) that the ear as one of the five senses therefore needs to be kept clean so that it still has good hearing power. Whereas in terms of ear cleaning time, Mulyani (2008) revealed that ear hygiene can be done routinely about 1-2 times a week. When cleaning must be done carefully using a clean and safe tool. This is also reinforced by the expression of Potter and Perry (2006), which states that in cleaning the ears it is not permissible to use sharp instruments such as pins. Likewise with the phrase Soenarjo (2002), which explains that in cleaning the ears used cleaning tools that are soft and clean, for example with a cloth, while cleaning the outside only, do not clean the ears with hard and sharp objects because it will cause injury to the inner ear in.

F. Dental and Oral Hygiene

From the results of research on dental and oral hygiene in garbage transport officers, all informants said that they considered cleaning teeth and mouths as an important activity to be carried out routinely. As stated by one informant who stated that he was always regular in cleaning teeth and mouth by brushing teeth using a brush and toothpaste because in order to avoid cavities. There is also an informant who said that he cleaned his teeth and mouth because he wanted to avoid bad breath caused by his habit of drinking coffee and smoking. This informant also said that he always brushes his teeth using brushes and toothpaste 3-4 times a day. While the majority of informants said that they always maintain oral and dental hygiene by brushing their teeth using a toothbrush and toothpaste because they want to keep their teeth healthy.

G. Eye hygiene

From the results of research on eye hygiene on garbage transport officers, all informants said that they considered cleaning the eyes was an activity that also needed to be done routinely. As stated by one informant who stated that he always cleans the eyes so that the eyes stay healthy and free from dirt or dust. He also claimed to always cleanse the eyes by using eye drops. There was also an informant who stated that he had never cleaned his eyes specifically because he felt he never had eye pain. Whereas most informants said that they clean their eyes only by washing their faces or by washing their faces while bathing.

In this study it was found that there was sufficient knowledge from the garbage transport officer, that most of the informants said that cleaning the eyes was something that also needed to be done routinely or regularly. Most of these informants consider it necessary to clean their eyes because they can keep their eyes healthy and clean. In this case, there was only one informant who did not know the need to clean his eyes and he also said he had never cleaned his eyes. In terms of how to clean the eyes some informants said cleaning the eyes using eye drops. While some other informants said cleaning their eyes only by washing while cleaning their face or while bathing. The researchers' assumption is that the attitude of officers

to maintain eye hygiene is still lacking. Cleaning the eyes should be done by rubbing dirt on the eye from the inner corner of the eye to the outer corner of the eye using a soft, clean cloth.

H. Nasal Hygiene

From the results of research on nasal hygiene in garbage collection officers, all informants said that they considered cleaning the nose is an activity that also needs to be done. As stated by one informant who stated that he always cleans his nose by sucking or putting water into his nose until the nose feels pain then the water is released again. Whereas most informants said that they always clean their nose by washing with water when bathing or just washing their face.

Potter and Perry's statement (2012), which states that in maintaining nasal hygiene can be done using cotton, handkerchief or clean tissue by gently lifting nasal secretions. This is the required daily cleanliness

I. Impact of Personal Hygiene Behavior

From the results of research on the impact of personal hygiene behavior on the garbage transport officer, all informants said that they thought that if they did not do personal hygiene regularly it would cause a disease in themselves. As one informant stated that he would feel itching on his body if he did not do personal hygiene properly. There are also informants who say dizzy if exposed to a pungent odor and do not immediately do personal hygiene after completing their work. Some other informants also said that they would feel ashamed or not confident if they did not do personal hygiene correctly and regularly or routinely.

This is in line with the statement of Tarwoto and Martonah (2010) which states that the effects that often arise on personal hygiene problems are twofold physical effects which include impaired skin integrity, disruption of the oral mucous membranes, infections of the eyes and ears and physical disorders on the nails. While the second impact is the psychosocial impact, among others, discomfort, comfort and love needs, self-esteem needs, self-actualization and social interaction disorders.

CONCLUSION

1. Hand hygiene behavior of garbage transport workers regarding knowledge, that all informants say that washing hands can keep hands clean. So the researchers' assumptions regarding informants' knowledge related to hand hygiene were sufficient. While the attitude in washing hands is still not correct from all informants.
2. The behavior of cleaning nails and feet in the garbage transport officer related to knowledge is sufficient, because all informants say cutting nails can keep nails clean and healthy. Similarly, the attitude of officers in maintaining foot hygiene is also quite good.
3. The skin hygiene behavior of the garbage transport workers regarding knowledge is sufficient, because all the informants in this study said that bathing can keep the body clean, healthy and not smelly. Likewise related to the attitude of officers in maintaining skin hygiene is enough.
4. Hair hygiene behavior in the garbage transport officers related to knowledge is sufficient, because all informants in this study said that shampooing can keep hair from itching, dandruff, clean and healthy. Likewise related to the attitude of officers in maintaining skin cleanliness was correct
5. Ear hygiene behavior in the garbage transport officer related to knowledge is sufficient, because all informants in this study said that maintaining ear hygiene is a necessary thing because it can keep the ears clean. While the attitude of officers in maintaining ear hygiene is still incorrect because there are still informants who use pins to clean the ears

6. Dental and oral hygiene behaviors in the garbage transport officers related to knowledge are sufficient, because all informants in this study said that brushing teeth is important because it can keep teeth healthy, clean and not easily hurt. While the attitude of officers in maintaining oral hygiene is still incorrect because there are still informants who brush their teeth only 2x a day, that is in the morning and evening.
7. Eye hygiene behavior among waste transport officers in terms of knowledge is still lacking, because there are informants in this study who do not know whether it is necessary or not to clean their eyes. While the attitude of officers in maintaining eye hygiene is also still incorrect because there are still informants who use eye drops only to maintain eye hygiene.
8. Nasal hygiene behavior among garbage transporters regarding attitudes in cleaning life is still lacking, because most of the informants in this study said that one way to clean the nose is simply by washing your face.
9. The impact of personal hygiene behaviors that arise at the garbage transporter, namely physical and psychosocial impacts. The physical effects experienced in the form of headaches and body feels itchy, while the psychosocial effects experienced are discomfort and social interaction disorders.

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