



Analysis of Personal Hygiene Factors for Garbage Transporting Officers in Ternate City

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Abstract

Personal hygiene is an effort to improve the health status of garbage transporting officers so that garbage transporting officers can avoid various diseases caused by garbage. This study aims to analyze the personal hygiene factors for garbage transporting officers in Ternate City, North Maluku Province. The type of research used is Mixed Methods research, which combines quantitative and qualitative research. With a sequential explanatory design. The population of this study was 143 respondents with a quantitative sample of 59 respondents using the random sampling technique. Research subjects include knowledge, work environment, personal protective equipment (PPE), and socio-culture of garbage transporting officers. Collecting data by means of questionnaires, interviews, observation, and documentation. Quantitative data analysis techniques used the Chi-Square test. The results showed that there was no influence of knowledge with personal hygiene for garbage transporting officers, p-value of 0.404 (> 0.05). work environment p-value of 0.223 (> 0.05). There is an effect of using personal protective equipment (PPE) p-value of 0.007 (< 0.05). The socio-cultural p-value is 0.010 (< 0.05). Personal protective equipment (PPE) and socio-culture which more influence the personal hygiene of garbage transporting officers in Ternate city, North Maluku Province.

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INTRODUCTION

Garbage is a waste produced by human action. The volume of waste is influenced by the level of economic and cultural consumption. A high economic increase can cause a high level of consumption so that the higher the volume of waste produced. Waste that is not processed properly will have an impact on environmental pollution disturbances. The government made a waste management policy in Ternate City with the aim of improving public health and the quality of the environment so that waste can be reused (Raffel et al., 2015).

The amount of garbage will greatly affect the garbage transporting officers with the increasing amount of waste, which will greatly affect the personal hygiene and health of the garbage transporting officers.

The purpose of personal hygiene is to improve a person's health status, maintain one's personal hygiene, improve personal hygiene that is lacking, prevent disease, increase one's self-confidence and create beauty and someone feels comfortable (Ningrum et al., 2018).

The international conceptualization of occupational health development occurred during the 20th century. A new paradigm for health has emerged regarding "health risk management", namely, a focus on hazards in the workplace and risks to occupational health and safety (Harrison & Dawson, 2016). Waste management actors are garbage transporting officers. from the government of the Ternate City Environment Agency on the health of garbage transporting officers. There are still many officers who carry garbage that do not maintain personal hygiene, so there is a risk of disease transmission due to waste, the causative factors, namely habits and lack of awareness in maintaining personal hygiene.

Personal hygiene is meant to include cleanliness of skin, hair, teeth, eyes, ears, hands, feet and nails. Skin cleanliness is a major factor that can cause skin disease. One of the factors that influence personal hygiene is knowledge. Knowledge of personal hygiene is very important, because good knowledge can improve health, personal hygiene is

an action to maintain one's hygiene and health for physical and psychological well-being (Dewi et al., 2017).

Poor knowledge in maintaining personal hygiene will affect personal personal hygiene, thus good knowledge will greatly affect individual behavior (Purwaningsih & Mulasari, 2018) Most human knowledge is obtained through the eyes and ears, namely the process of seeing and hearing. In addition, the process of experience and learning processes in formal and informal education (Titik et al., 2015)

The factors that influence the level of knowledge, one of which is the level of education, the higher the level of one's education, the easier it is for a person to receive and understand various information so that a lot of knowledge will be possessed. Efforts to provide knowledge so that there is an increase in positive behavior change, someone who gets more information will add to a broader knowledge, conversely, someone who lacks information will greatly reduce knowledge so that it has an impact on their health (Yuslikhah et al., 2019)

Personal protective equipment (PPE) plays an important role in occupational health and safety. The occurrence of work accidents can result in casualties, disabilities, equipment damage, decreased quality and production output, cessation of the production process, environmental damage, and ultimately will harm all parties and have an impact on the national economy (Gunawan & Mudayana, 2016) Personal protective equipment is also everything. equipment worn by a person at work to protect himself from the dangers of risks to his health and safety. Types of personal protective equipment based on their function are: head protection (hat), goggles, masks, shoes, gloves, and protective clothing. In order to prevent the hazards that occur while in the workplace (Pardiansyah et al., 2015).

The steps in implementing worker safety that must be carried out are various activities in the form of alternating counseling to workers, related to information on the use of personal protective equipment so that it can be used properly by workers and the importance of using personal protective equipment when carrying out work activities such as transporting various types of waste in order to

provide a sense of comfort and reduce from various diseases (Kalasuat et al., 2019).

The quality of a healthy work environment is an environmental condition that is avoided from various risks that endanger the health and safety of workers, through settlements, among others, houses or residences and the like, through the work environment between offices and industrial areas or the like. While the efforts that must be made in maintaining and choosing environmental health are objects of sanitation covering all places we live or work (Mughtar et al., 2016)

The current work environment is a matter of concern because with a variety of rubbish that develops in every urban and rural development, this is also followed by the level of movement from the majority of rural people to cities with the assumption that their lives will be better, but indirectly will increase production waste, thus the government must provide maximum facilities and infrastructure for waste transportation services in the community (Nurhayati et al., 2018).

Unfavorable environmental conditions will be a major threat to health, welfare, the government's main policy challenge is how to support and regulate the informal sector in urban areas in order to promote employment, productivity and income for the less fortunate, and at the same time can ensure a safe and healthy environment so that it can be socially and socially acceptable (Geoffrey et al., 2005).

The work environment of garbage transporting officers in Ternate is an environment in urban and rural areas. The work environment for garbage transporting officers will be in direct contact with garbage so it is feared that it will be a risk factor for disease transmission (Inaku & Hanafi, 2019).

Ternate City is currently experiencing the top 10 highest diseases, namely ispa, flu and dermatitis. The problem of this disease can also have an impact and risk for garbage transporting officers in Ternate City based on data from the Ternate City Health Office in 2018, the disease that most infected the people of Ternate City is ISPA which ranks first in the top 10 diseases, this can also be a risk to officers garbage transporting officers because workers as garbage transporting officers are directly contaminated with various types of waste, which has

a negative impact on health problems caused by a lack of personal hygiene for garbage transporting officers (Pujiani & Siwiendrayanti, 2017).

Thus, personal protective equipment is needed when carrying out the process of transporting waste in order to protect themselves from the dangers due to the use of incomplete personal protective equipment which will have a negative impact on health and disease growth, so that it can endanger waste transport officers because waste transport officers are in direct contact with garbage (Islami et al., 2014).

Bad habits in a clean and healthy life have become a culture. The habits made to implement environmental cleanliness are not carried out by a group of families, so that family members do not care about environmental cleanliness both around the place of residence and in their environment (Hayana et al., 2015).

Views on a culture of hygiene and the environment can inform daily hygiene behavior that is not different from the same substance, such as applying cleanliness obtained to a group of rural residents. However, the life situation, especially the highland community, has a sense of marginalization which has a huge impact on people who respond to and understand the interventions made by the government environment (Rheinlander et al., 2010).

The purpose of this study is to analyze the factors that influence the personal hygiene of garbage transporting officers in Ternate City, North Maluku Province.

The benefit of this research is that it is used as a reference for determining strategic steps in overcoming personal hygiene problems for garbage transporting officers.

METHOD

This research is a Mixed Methods research which combines quantitative and qualitative research. With a sequential explanatory design. The population of this study was 143 respondents with a quantitative sample of 59 respondents and a qualitative sample of 4 informants using the random sampling technique. Quantitative data analysis techniques used the Chi-Square test while qualitative

data analysis used data reduction, data display, and data verification. The variables of this study consisted of independent variables, namely knowledge, work environment, personal protective equipment (PPE), socio-culture and the dependent variable, namely the personal hygiene of waste transport officers in Ternate City, North Maluku Province.

RESULTS AND DISCUSSION

Based on the results of table 1, it can be seen that the variable of knowledge on personal hygiene for garbage transporting officers has good categories as many as 34 respondents or (58.6%), the p-value is 0.404 (> 0.05) which means that there is no significant influence between knowledge of personal hygiene for garbage transporting officers in Ternate City.

Table 1. Analysis of the Knowledge Level of Garbage Transporting Officers on Personal Hygiene

Knowledge	Personal Hygiene of Garbage Transporting Officers				P-Value
	Good		Not good		
	F	%	F	%	
Good	34	58.6	24	41.4	0.404
Not good	1	100.1	0	0,0	
Total	35	59.3	24	40.7	

In line with the results of the study (Hartati & Malik, 2019), it was stated that the knowledge of respondents with the poor category who worked the most in TPA was 29 respondents (58%), while knowledge with good categories was at least 21 respondents (42%). This research is also in line with the research which states that most waste transport officers have good knowledge of PPE as much as 89.6% and only 10.4% have moderate knowledge (Dina et al, 2016). In this case, knowledge can be a basis for behavior, thus it can be expected that a good knowledge will emerge good behavior (Handayani et al., 2019).

According to (Wawan et al., 2011) revealed that knowledge is influenced by many factors, one of which is internal factors, namely the education

needed to obtain information, for example things that support health so that it can improve the quality of life.

Based on the results of table 2, it can be seen that the variable knowledge of personal hygiene for garbage transporting officers has good categories as many as 35 respondents or (60.3%). The results of the chi-square correlation test, obtained a p-value of 0.223 (> 0.05), which means that there is no significant effect between the work environment and the personal hygiene of waste transport officers in Ternate City.

Table 2. Analysis of the Work Environment of Garbage Transporting Officers on Personal Hygiene.

Work Environment	Personal Hygiene of Garbage Transporting Officers				P-Value
	Good		Not good		
	F	%	F	%	
Good	35	60.3	23	39.7	0.223
Not good	0	0.0	1	100.0	
Total	35	59.3	24	40.7	

It can be seen from the observation that the work environment of waste transport officers is very risky to health where the garbage that is transported from each resident's house is still a lot of garbage that is not separated between wet and dry waste so that it can pose a risk to the health and safety of the garbage transporting officers. Based on the results of the study, it shows that the better the physical work environment, the higher the occupational health and safety, conversely the worse the physical work environment, the lower the health and safety at work (Harry & Rahma, 2019). Meanwhile, according to (Jailan et al., 2016), people living in Dufa-Dufa Village are not aware of the importance of sorting waste in the environment (78%). Officers who work in landfills like working in environments with high humidity and temperature where the average temperature is 25.8-28.33oC and humidity 46-100%. In addition, the lack of maintaining body hygiene, a high body mass index, is at greater risk of suffering from disease (Fitri et al, 2020). cause health problems. Health problems that can occur are contracting various diseases such as coughs, colds,

itchy diarrhea and others (Rustika & Agung, 2018). In this case, it is necessary to have a strong policy to carry out health promotion, which involves the community to care for the necessary family programs that are regulated and conditioned by government policies (Handayani et al., 2017).

Based on the results of table 3, it can be seen that personal protective equipment (PPE) on the personal hygiene of waste transport officers has a bad category as many as 26 respondents or (52.0 %), obtained a p-value of 0.007 (<0.05) which means There is an influence between the use of personal protective equipment (PPE) with the personal hygiene of garbage transporting officers in Ternate City.

Table 3. Analysis of Personal Protective Equipment (PPE) Against Personal Hygiene of Garbage Transporting Officers.

PPE	Personal Hygiene of Garbage Transporting Officers				P-Value
	Good		Not good		
	F	%	F	%	
Good	9	100.0	0	0.0	0.007
Not good	26	52.0	24	48.0	
Total	35	59.3	24	40.7	

In line with research that states that actions related to the use of personal protective equipment (PPE) by garbage transporting officers at the Kendari City Sanitation Office are still largely lacking. The actions of garbage transporting officers are strongly influenced by the policies of the Kendari City Sanitation Service both in terms of supervision and procurement of PPE (Arpan & Rizky, 2010). The use of PPE is not good, the results of the bivariate analysis show that there is a significant relationship between work motivation and the behavior of using PPE (p value 0.003) with a moderate level of relationship of 0.448 (Putu et al., 2019). The use of personal protective equipment (PPE) by every worker is intended to protect part or all of his body against potential hazards or work accidents. Some of these personal protective equipment have differences that are tailored to their respective functions.

Therefore, the use of PPE for garbage transporting officers should be used to protect themselves from various occupational hazards (Rimantho et al., 2015).

Based on the results of table 4, it can be seen that the socio-culture of the personal hygiene of waste transport officers has a bad category as many as 34 respondents or (65.4%), obtained a p-value of 0.010 (<0.05). This means that there is an influence between socio-culture and personal hygiene for garbage transporting officers in Ternate City.

Table 4. Socio-Cultural Analysis of the Personal Hygiene of Garbage Transporting Officers.

Socio-Cultural	Personal Hygiene of Garbage Transporting Officers				P-Value
	Good		Not good		
	F	%	F	%	
Good	1	14.3	6	85.7	0.010
Not good	34	65.4	18	34.6	
Total	35	59.3	24	40.7	

This is in line with the research results which reveal that a culture can influence the values regarding clean living. where a culture of cleanliness should be instilled since childhood so that it can become a pattern of cleanliness in everyday life, as well as a very large environmental influence in the process of human development who can follow the behavior that is around it. thus this can also be influenced by the level of knowledge about a clean and healthy lifestyle and its facilities that may be inadequate or less accessible information (Heriyati et al., 2019) In line with the results of research conducted on elementary school students on the island of Barrang Lompo, the city. Makassar showed that out of 181 students obtained through examination, 75.7% were infected with worms, where the highest percentage was found in respondents who did not always maintain the cleanliness of CTPS who were positive for worms as much as 84.5%, respondents who had the habit of not always wearing footwear on When leaving the house as much as 93.4%, respondents who have the

habit of not always cutting their nails as much as 70.7%, and respondents who have the habit of not always defecating in their place are 81.8% (Sunarti et al., 2018).

CONCLUSION

Based on the results of research and discussion carried out in Ternate City, North Maluku Province, it can be concluded that there is an influence of Socio-Culture and Personal Protective Equipment (PPE) for waste transport officers. Due to habit factors and awareness of personal hygiene are still very low.

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