



Personal Hygiene Related to Healthy Food and Number of Infectious Diseases on Toddler of Scavenger Family

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DOI: <http://dx.doi.org/10.15294/belia.v9i2.35219>

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History Article

Submitted 19 June 2019
Revised 17 September 2020
Accepted 1 November 2020

Keywords

personal hygiene; healthy food;
infectious diseases; toddler

Abstract

This study aims to describe the personal hygiene and describe the factors that influence personal hygiene related to healthy food and the incidence of infectious diseases in toddlers from scavenger families in the Pekalongan City Landfill. This study uses a qualitative approach to the type of descriptive study. Data are collected through interviews, observation, and data collection techniques (documents). The main informant in this study is 3 parents who have toddlers, and triangulation informants 1 TPA chairman, 1 health center health worker, 1 Posyandu cadre. Data analysis technique uses the theory of Milles and Huberman. The validity of the data uses the method triangulation. The results of this study are that the family of TPA scavengers already know personal hygiene and every day serves healthy food that contains nutrition for their families, especially to children, by paying attention to personal hygiene when serving food, but there are still residents in the environment around the landfill who do not keep themselves clean properly and the living environment that does not receive enough attention from the cleanliness aspect. This results in infectious diseases such as diarrhea and ARI. Several factors that can influence personal hygiene include knowledge, attitudes, expectation practices, individual habits, and the physical environment in which they live. For parents who have toddlers to pay more attention to personal hygiene and healthy food, especially the physical environment in which they live to prevent infectious diseases.

How to Cite

Maharani, N. F., & Sumanto, R. P. A. (2020). Personal Hygiene Related to Healthy Food and Number of Infectious Diseases on Toddler of Scavenger Family. *Early Childhood Education Papers*, 9(2), 156-160.

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INTRODUCTION

Indonesia is a country with a low level of food quality. The low quality of food in Indonesia is caused by the low behavior of the community in implementing good food processing methods that risk causing health problems such as diarrhea, or food poisoning (Handayani et al, 2015). Health problems can come from eating unhealthy and unsafe food. One of the causes of food becoming unsafe to eat is due to food contamination (Thaheer in Endah, 2013).

Food contamination can be caused by various sources. According to Agustina in Endah (2013), the most important source of food contamination comes from the surrounding environment such as where to get food, equipment used in the processing and consuming food, garbage, insects, rodents, and environmental factors such as air and water. Of all sources of food contamination, the place to obtain food is the biggest influence that causes food contamination. In addition, the health and hygiene of food processors also have a significant influence on the quality of the food they produce, so they need to get serious attention.

Personal hygiene is an action to choose one's hygiene and health for physical and psychological well-being (Azizah and Widya, 2011). Personal hygiene aims to ensure that humans can maintain their own health, enhance and improve health value, and prevent various personal hygiene diseases in daily life in humans are very important because it will affect one's health. The level of personal hygiene knowledge in the community influences the quality of healthy food in the environment. Ambari, Latiana & Khamidun (2018) stated that illness is one of the important factors that affect a person's nutritional status directly, especially in children. People who do not have knowledge related to personal hygiene can be a factor in the emergence of various infectious diseases.

The application of personal hygiene that is not good, will facilitate the emergence of some infectious diseases such as diarrhea. According to Widoyono in Ragil and Dyah (2017), infectious disease is one of the major health problems in almost all developing countries including Indonesia because it causes relatively high morbidity and mortality rates in a relatively short period of time. Infectious disease is a combination of various factors that influence each other. These factors consist of the environment, causes of disease, and host. Infectious diseases that often occur in the community environment include diarrhea and acute respiratory infections (ARI).

The low quality of public health in Indonesia is evidenced by the high percentage of ARI and some extraordinary events (KLB) such as diarrhea. In 2014, the largest outbreaks of diarrhea occurred in 5 provinces and 6 districts/cities with 2,549 sufferers and 1.14% of deaths. One of the areas prone to diarrhea outbreaks in 2015 is the City of Pekalongan. Based on data from the Pekalongan City Health Office in 2016 there were 2,395 cases of diarrhea in several Kelurahan in Pekalongan City, one of which was Degayu Village (Nurasih & Mulia, 2016). In 2019 data from the City Health Office of Pekalongan had occurred a total of 551 diarrhea cases in the Degayu Village of 551 cases 78.50% of diarrhea of all ages while 12.08% affected 135 infants with diarrhea.

Meanwhile, based on data from the Ministry of Health of the Republic of Indonesia in 2018 the number of infectious ARI in Indonesia in 2018 still reached 9.3%. According to the Pekalongan City Health Office in 2019, the ISPA infectious disease that infects infants in Degayu Village is 42% with 94 infants affected by ARI cases in infants. The high incidence of diarrhea cases that occurred in the Degayu Pekalongan City can be caused by several factors including poor sanitation, the availability of clean water and disease-contaminated food (Susanti & Nurasih, 2016).

Infectious diseases such as ARI and diarrhea are found in people who live in unclean environments, such as those living near landfills. Landfills that are not managed properly often have social and health impacts on the people who live in the vicinity. Most scavengers from families who are in the environment around the landfill and when working with their children involved to work and do not pay attention to hygiene and health of their children, in addition, scavenger workers who sometimes find food is still decent and eat food directly obtained at their place of work or for under to go home. Inayah and Mukminin (2018) in everyday life parents pay less attention to the intake of food consumed by children, especially in giving to children. In addition, there are still people who do littering and littering.

The attitude of scavengers who bring children who wrestle with trash every day will have an impact on increasing the risk of communicable diseases from germs that originate from the landfill environment. The community in the vicinity of the landfill is very vulnerable to risk factors for the community, especially for children under five whose parents are minimal with knowledge and practices of personal hygiene and

health, so that giving food to their children is not in accordance with hygiene. The purpose of this study is to find out personal hygiene related to healthy food and the incidence of infectious diseases and to know the factors that influence personal hygiene related to healthy food and the incidence of infectious diseases in infants in the family of scavengers in the final dumping site of Pekalongan City. The advantage of this research is that the reader can know that personal hygiene practices are carried out appropriately and the provision of healthy food can improve health, especially in children under five so as to avoid infectious diseases in their daily lives.

METHOD

This research uses descriptive qualitative research methods. Because in assessing the research problem it is not possible to prove or reject the hypothesis made before the research but process the data and analyze a problem in a non-numerical way. Data from this research are in the form of facts found in the field during research (Sugiyono, 2016). This research is conducted on December 18, 2019 to January 29, 2020. The location of this study is the environment around the Pekalongan City Landfill. This place is a residential area of people who work as scavengers in the Sumber Landfill. The primary data source is the source of data obtained directly from informants in the field through interviews and observation. Interviews are conducted with 3 parents who had children under five years old, 1 Landfill manager, 1 health center worker and 1 cadre of Posyandu. Secondary data sources are data sources obtained indirectly and informants in the field such as documentation. Documentation in this study is photos and videos. Data collection technique use interviews, observation, and documentation. Data analysis technique is an interactive model from Milles and Huberman. The data validity test technique used is source triangulation.

RESULTS AND DISCUSSION

Personal Hygiene Related to Healthy Foods and Infectious Diseases Incidence

Personal hygiene is maintaining cleanliness or care for you to avoid diseases that attack the body. Yuda, Dhalan and Hasyim (2013) stated that personal hygiene is self-care where individuals maintain their health. Personal hygiene by maintaining personal hygiene one of them by bathing twice a day in the morning and evening, cleaning hair, teeth, ears, hands and nails and

paying attention to the cleanliness of clothing that will be used for activities. In addition to caring for yourself and maintaining hygiene to avoid various diseases, it is necessary to know and pay attention to the food that will be consumed every day by eating healthy food and doing personal hygiene when consuming food.

Personal hygiene and healthy food have an important role in maintaining health for the body. This is also supported by Apliria (2016) stating that personal hygiene has an influence on food hygiene, equipment hygiene and kitchen hygiene are both affecting the quality of food. Each of these variables has an influence on each other. The relationship between personal hygiene, the work environment and something to be processed has a mutually influential relationship that will produce quality food or healthy food.

Personal hygiene aims to enable humans to maintain their own health, enhance and improve health value, and prevent various infectious diseases. Personal hygiene in daily life in humans is very important because it will affect one's health. Realizing good health including through personal hygiene, therefore it is always necessary to pay attention to personal and environmental hygiene so as to avoid various diseases. Every human being should have adequate knowledge about personal hygiene and the environment as a provision to care for himself (Notoadmojo in Rianda 2014). In addition, according to Kurniawan and Prabowo (2016) states the need for a person's awareness of the importance of environmental cleanliness is very much needed with many diseases that can arise due to kelalian from someone. Then there must be the provision of knowledge in order to understand the importance of cleanliness to prevent infectious diseases.

Factors Affecting Personal Hygiene Related to Healthy Foods and the Infectious Diseases Incidence

Personal hygiene is an act of maintaining personal hygiene for his health and avoiding a disease that can attack him. In doing personal hygiene there are factors that can influence a person in doing personal hygiene to be practiced in daily life. Cleanliness on oneself is knowledge on a person to maintain cleanliness of him which includes such as cleanliness of the skin of the whole body, clothes, hair, teeth, hands, feet and nails. All are important parts to be kept clean to prevent disease and to create beauty to increase self-confidence in someone. According to Aslan, Hegde, Lekshmi and Mathew in Arifiyanti and Prasteyo (2018) stated that personal hygiene in-

volves washing hands, bathing regularly, cleaning hair, and cleaning dirty clothes. Personal hygiene is a primary preventive measure because it becomes an important requirement if good personal hygiene will minimize the entry of microorganisms that are everywhere and can prevent someone from getting sick. Personal hygiene that is not good will facilitate the body attacked by various diseases. Lal and Kavitha in Arifiyanti and Prasteyo (2018), state that good personal hygiene can make effective prevention against infectious diseases. Family habits in doing personal hygiene when serving food is in different ways; the most important thing in maintaining personal hygiene is that the family must be able to maintain its cleanliness.

One of the things that makes an assessment of family habits is the problem of washing hands after and after cooking, cleaning cooking utensils and food ingredients that are processed before using clean water. The habit of washing hands and maintaining cleanliness when serving food should be able to reduce the cause of disease due to germs that stick after activity outside, but in reality the potential for contracting infectious diseases. Mistakes in washing hands, washing ingredients to be processed and hygiene in cooking utensils can be one of the causes such as lack of cleanliness in washing hands, less clean cleaning of food before processing so that there are still bacterial germs that stick to the surface of the skin. Purwandi, Ardiana and Wantiyah (2013) hand washing is often considered a trivial matter in the community, whereas hand washing contributes to improving one's health status. Such behavior certainly influences and can contribute to the occurrence of an illness.

Wahid, Ratag and Malonda (2015) stated that hand washing habits influenced the occurrence of infectious diseases. This is because toddlers are very susceptible to microorganisms and various infectious agents, habitually washing hands properly and correctly can reduce the incidence of infectious diseases. Besides the food equipment used must also be washed hands with running water and safe so as not to allow pollution, the habit of closing cooked food is also very important so that food is maintained and protected from bacterial contamination.

Knowledge, attitudes and personal hygiene behavior of the community around the landfill area still need to be considered and improved, to create a clean and healthy community. From the observation, it can be seen that there is no provision for a place for garbage; there are still rubbish that is not placed in a closed place but uses va-

cant land which is used as landfills and roadside to place income goods that have been packaged using a kind of sack. Sari (2007), states that there is a significant relationship between knowledge and personal hygiene behavior of the community. The level of meaningful relationships is moderate and positive relationships. This means that if the public's knowledge is getting better, then personal hygiene behavior will also get better too.

CONCLUSION

Based on the results of research and a number of studies that have been conducted, the research concludes that the family of scavengers in Pekalongan City Landfill already know personal hygiene and every day serves healthy foods that contain nutrients for their families, especially to children by paying attention to personal hygiene when serving food, but there are still residents around the landfill who do not maintain good hygiene of themselves as well as a residential environment that receives less attention from the aspect of cleanliness. It results in infectious diseases such as diarrhea and ARI.

The individual habits of scavenger families around Pekalongan City Landfill have different habits in maintaining and doing personal hygiene. Some factors that can affect personal hygiene include knowledge, attitudes, application practices, individual habits and the physical environment in which they live..

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