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Efforts to Increase Knowledge about Healthy Houses and Healthy Toilets in the Community in Ds. Lampah, Kedamean District, Gresik Regency

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A B S T R A C T

A house is a building that functions as a suitable place to live, as a means for family development, a reflection of the dignity and dignity of its residents, and an asset for its owner (Ministry of PUPR 2016). The problem in Lampah Village is that there are still many houses that do not meet the criteria for a healthy house. The purpose of this community service is to provide health education related to the criteria for healthy houses and healthy latrines so that it is hoped that the community knows and is able to implement healthy houses and latrines in their homes. The method used in this community service is interviews with the community using questionnaire media related to healthy houses and healthy latrines. Then after an interview, then lectures, discussions and leaflets were given. The target of this community service is the residents of Pondok Hamlet. During the event, residents enthusiastically listened and actively asked questions, overall the activity went smoothly, the community gave a good response to the event that had been held.

INTRODUCTION

Every human being needs a place to live wherever he is. A house is a building that functions as a suitable place to live, as a means for family development, a reflection of the dignity and dignity of its residents, and an asset for its owner. A person must maintain the cleanliness of his home to minimize the presence of diseases that occur in the home environment. The principles of a healthy house include that the floor and walls of the house should not be damp and easy to clean, ventilation or windows that are sufficient with an area other than a window of at least 1/9 of the floor space area so that indoor air can always flow. In addition, there must also be a source of clean water that is a source of drinking water. In addition to physiological requirements that must also meet psychological elements, a house can provide a feeling of comfort and security for its occupants (Dharmayanti, et al., 2018). If it meets the criteria for a healthy home, many benefits can be obtained, including preventing the spread of disease, preventing the presence of rats and insects, reducing the risk of allergies, and minimizing stress.

The problems other than healthy houses, namely the development of sanitation in Indonesia, are socio-cultural challenges, one of which is the behavior of residents who are used to defecating (BAB) in any place, especially to water bodies that are also used for washing, bathing and other hygienic needs (Sari,

2014). Human feces or feces are a medium for the development and breeding of infectious disease seeds (e.g. germs/bacteria, viruses and worms). If the feces are disposed of in any place, for example gardens, ponds, rivers, and others, the seeds of the disease will spread widely to the environment, and eventually will enter the human body, and risk causing disease in a person and even becoming an outbreak of disease in the wider community so that latrines are an important basic sanitation that every community must have (Daryanto, 2004).

The results of field observations in July 2022 in Lampah Village, Kedamean District, Gresik Regency, showed that the lack of public knowledge about healthy houses and healthy latrines was 55.7%, waste disposal by burning was 82.8%, having windows but not using them properly was 7.1%, latrines that did not have criteria were 7.15%, and people who had never received education related to healthy houses and healthy latrines were 65.71%. In addition, there are still many toilets that are not healthy, livestock cages are also still in the house, most of the floors are made of dirt and lack cleanliness, and the lack of willingness of the community to open windows. The problem in Lampah Village is that there are still many houses that do not meet the criteria for a healthy house. A house is one of the basic human needs that is used as a place to live and a means of fostering a family. This requires education/counseling about healthy houses and healthy latrines for the community.

METHOD

The method used in this community service is interviews with the community using questionnaire media related to healthy houses and healthy latrines. Then after an interview, lectures, discussions and leaflets were given. The lecture was held at a meeting of residents by providing understanding and knowledge of livable healthy houses and healthy latrines that must be implemented. After the lecture, residents can discuss and ask if there is material that they do not understand.

The interview with the media questionnaire was conducted on July 23, 2022. Then counseling was carried out at the Lampah village hall on July 29, 2022. The material provided related to healthy houses and healthy latrines is the definition of healthy houses and healthy latrines, the components of healthy houses and healthy latrines as well as the diseases caused when the house and latrines are not healthy.

RESULT AND DISCUSSION

This community service activity began by conducting deliberations with the community related to the problems that existed in the local village. Students came from house to house to conduct an assessment in Lampah village. When conducting an assessment, the community responded well, but there were some residents who refused because they did not want to be interviewed. The findings in the community are

that most people do not have healthy toilets, residents process waste by burning, there are still many who throw garbage in the yard of their houses and in the river, the windows are always closed from morning to evening.

The data was then processed and conveyed to the community through counseling activities related to Healthy Toilets and Healthy Houses. The results of the counseling were agreed to improve the condition of healthy houses and healthy toilets in Lampah Village, namely by the method of lectures and leaflets. The purpose of health education is aimed at the people of Lampah Village, namely, to increase knowledge about how to nourish the environment.

If the community understands, they will care about maintaining the health and cleanliness of the house and the environment so that they remain healthy and free from disease transmission. This is expected to increase health and productivity (Subagiono & Kristiani, 2019). The intervention was carried out in residents' homes by gathering residents who still had unhealthy houses. This activity was attended by village heads, hamlet heads, RT women, and cadre mothers. The event went well and smoothly. The participants also actively asked and answered questions. Participants were very enthusiastic in listening to the presentation of healthy home and healthy latrines. The material presented included the definition of a healthy house and healthy latrines, the requirements for healthy houses and healthy latrines, and the consequences that may arise if the house and latrines are not healthy. This information is very important for the community to know to improve the home environment. The hope of this event is that participants who come can apply clean and healthy living behaviors to the problem of waste management, wastewater, healthy latrines and healthy houses. In addition, it is also hoped that they can convey their information to other communities.

Table 1. Related Community Knowledge, Healthy Toilets and Healthy Homes

Knowledge of healthy latrines and healthy homes	Frequency	Percentage
Know	31	44,2%
Unknown	39	55,8%
Total	70	100%

Based on the results of the survey data on healthy house ownership in the people of Lampah Village in table.1, it is known that the respondents who do not know about healthy houses are 39 people (55.8%) and those who know about healthy houses are 31 people (44.2%).

Table 2. Distribution of Respondents Based on Waste Management

Waste Management	Frequency	Percentage
Burned	60	85,7%
In the Yard	6	8,5%
At Public Dumps	4	5,8%
Total	70	100%

Based on the data of Table .2, it is known that of the 70 respondents who processed sampath by burning, there were 60 respondents (85.7%) who processed sampath in the yard, there were 6 respondents (8.5%) and respondents who disposed of garbage at the unum manufacturing site, there were 4 respondents (8.5%).

Based on the results of Table 2 data, most of the people of Lampah Village process waste by measuring it. As we know, burning household waste can cause long-term health problems. Toxic chemicals released during waste incineration, including nitrogen oxides, sulfur dioxide, volatile organic chemicals (VOCs) and polycyclic organic matter (POM). The burning of plastics and processed wood also releases heavy metals and toxic chemicals, such as dioxins. Other chemicals released when burning plastics include benzo(a)pyrene (BAP) and polyaromatic hydrocarbons (PAHs), both of which have been shown to cause cancer (Abdul Haris et al., 2021).

After a survey and further discussion with residents about the reason why they have not created a healthy house is an economic problem. This is in accordance with the theory put forward by Wibisono & Huda (2014) that low community ability can affect home improvement in accordance with the sanitarian recommendations of the health center.

The counseling carried out also concerns healthy latrines, where what is meant by healthy latrines is if the feces are disposed of in a special fecal shelter, not into the river or into the sea. The principles of healthy latrines:

1. Not a breeding ground for insects and disease-transmitting animals (flies, cockroaches, rodents, etc.)
2. Does not cause odors
3. Able to prevent or break the chain of disease transmission.

While the objectives of healthy latrines are:

1. Maintaining groundwater quality from contamination of human waste
2. Prevents food contamination
3. Prevents the occurrence of diseases such as diarrhea

The counseling that has been carried out by the community service team has been carried out and is running well. Participants understood and understood better and clearly after being given counseling. Participants also understand to immediately improve the sanitation of the home environment by opening the doors and windows of the house every day, separating the animal cage from the house and routinely cleaning animal feces, closing the latrines so that they do not get sick, giving glass tiles to their houses, disposing of garbage in its place and making ditches to collect rainwater. A healthy house that is suitable for living in and has a minimum requirement for a healthy house is very important to improve a higher degree of health (Sukei, Maurizka, Pratiwi, Kahar, Sari, Indriani, & Santi, 2020).

The purpose of holding community service counseling about healthy houses and healthy toilets includes:

1. The community better understands and understands what is included in the requirements for a healthy house and a healthy latrine so that it can create a dream house that is far from all kinds of diseases and can increase the productivity of its residents.
2. As a suggestion for lecturers to convey their knowledge and guide students to go directly to the community as well as a means of community service.

CONCLUSION

This community empowerment activity has been carried out and running smoothly. The community has learned the importance of maintaining the health of homes and latrines and understands the components of a simple healthy house that is suitable for habitation. This is expected to improve the health standards of its residents.

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