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## **Study on Community Health Behavior Coastal Society in Kendari City, Province of Southeast Sulawesi, Indonesia**

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### **Abstract**

One of the health problems faced by coastal communities is environmental health issues related to community behavior in the management and utilization of environmental resources. Generally, coastal settlements are areas where there is a very complex healthcare rate that increases the availability of very limited basic health facilities and infrastructure. The existence of limited health facilities and environmental health facilities resulted in the low level of public health coastal areas. This study goals to analyze the behavior of coastal communities from aspects of knowledge, attitudes and actions of the community in relation to the management and utilization of environmental health facilities coastal communities of Kendari City. The type of research it's survey by using quantitative method. The number of samples are 310 respondents. In this research, the data collected using questionnaire and field observation.

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The results showed that knowledge, attitude and actions of the community on the management and utilization of environmental health facilities have been included in the good category. The observation findings there are still people who throw the garbage directly to the sea, the ownership of the family toilet is still lacking, the lack of clean and healthy live behavior especially smoking. The conclusion is obtained that although the knowledge, attitude and actions of the community in the management and utilization of environmental health facilities are in good category, but in the implementation there is a bad behavior of people who throw garbage into the sea and smoking behavior. Recommendations: The need for socialization, education and training for community-based empowerment for health, advocacy and cross-sectored cooperation of government agencies in the formulation and improvement of policies through the management of living resources and institutional health facilities and ongoing supervision.

**Keywords:** Health Behavior; Community Health; Environment; Coastal Area.

## **1. Introduction**

The degree of public health has a stronger attitude to the community's behavior in the management and utilization of resources and resources of healthcare. The creation of a clean friend and a human consciousness enables the humanitarianism to be interesting in the event of a good illness sourced from the immortal neither the life nor the life. The role of the illiteracy is important to be addressed in terms of clean and healthy life especially in environmental management. The general health of the environment, the exploitation of drinking water, family toilet, waste management, household waste water management, the security of food and drink, including the hygiene of individuals are an important factor in life, even become a reflection of public health. The condition of a sanitary housing house is needed not only to improve the health status of the community, but also to improve the safety of life and improve work efficiency and work productivity. Behavior and environmental health are determinant factors for human health. This environmental health issue is specifically studied from aspects of community knowledge, attitudes, and actions. Actions include the availability of healthy latrines, sewerage, waste management, clean water supply, clean and healthy life, and healthy house order. The future development of health development programs requires the need for alleviation with emphasis on integrated environmental management, emphasis on community change, socialization, education, counseling, healthcare providers, involvement of public institutions and improvement of policies. The means of monitoring the quality of the health of the community's environment is continuous, easy, cheap and objective, so that the controls can understand and find the problems of settlement in the masses. The purpose of this research is to conduct a study of environmental health behavior of coastal communities of Kendari.

## **2. Materials and Methods**

This research type is survey research using quantitative method with cross sectional study design. Quantitative research using the instrument in the form of questionnaires that have been prepared in advance. Quantitative data analysis is done by using SPSS program[1]. Quantitative data analysis by analyzing the problem is done descriptively more emphasizing its analysis on the process of inference to the dynamics between observed phenomena, by using logic and ways of formal and argumentative thinking [2]. This research was conducted in

2017 in the Coastal area of Kendari City, Southeast Sulawesi Province.

### 3. Results

**Table 1:** Distribution of Respondents According to Knowledge, Attitude and Action in Lapulu Village, Bungkutoko and Tondonggeu Village, Kendari Year 2017

Variable	Village		
	Lapulu	Bungkutoko	Tondonggeu
<b>Knowledge</b>			
Good	146 (82,0%)	81 (80,2%)	24 (77,4%)
Bad	32 (18,0)	20 (19,8%)	7 (22,6%)
<b>Total</b>	178 (100%)	101 (100%)	31 (100%)
<b>Attitude</b>			
Positive	154 (86,5%)	85 (84,2%)	25 (80,6%)
Negative	24 (13,5%)	16 (15,8%)	6 (19,4%)
<b>Total</b>	178 (100%)	101 (100%)	31 (100%)
<b>Action</b>			
Good	152 (85,4%)	86 (85,1%)	23 (74,2%)
Bad	26 (14,6)	15 (14,9%)	8 (25,8%)
<b>Total</b>	178 (100%)	101 (100%)	31 (100%)

Source: Primary Data, processed in May 2017

The results of the research in Lapulu Village showed that knowledge of the respondents regarding the health, clean water, sewerage, clean and health behavior, and the health, good, 146 (82%) and bad 32 (18%) positive attitudes 154 (86.5%), and negatives 24 (13.5%). From the aspect of action, good category as many as 152 (85.4%) and bad 26 (14,6%).

In Bungkutoko Village, knowledge about latrines, clean water, sewerage, clean and health behavior and healthy house that most of the respondents have good knowledge as much as 81 (80.2%) and the lowest in respondents who have bad knowledge as much as 20 (19.8%). While from attitude variable, most of respondent have positive attitude 85 (84,2%) and who have negative attitude as much as 16 (15,8%). While viewed from the aspect of action, most of respondents have good actions as much as 86 (85.1%) and the lowest in the action with bad category as much as 15 (14,9%).

The result of the research in Tondonggeu Village was evaluated from the respondent's knowledge about healthy toilet, clean water, sewerage, clean and health behavior and healthy house arrangement of respondents who had good knowledge of 24 (77,4%) and who had bad knowledge as much as 7 (22,6%). From attitude variable, respondent have positive attitude as much 25 (80,6%) and who have negative attitude counted 6 (19,4%). While viewed from the aspect of action, respondents who have good actions as much as 23 (74,2%) and respondents with bad category acts as much as 8 (25,8%).

Overall, the environmental health behavior of coastal community of Kendari City in Village Lapulu, Bungkutoko and Todenggeu is viewed from the respondent's knowledge about healthy toilet, clean water, sewerage, clean and health behavior and healthy house arrangement, respondents who have positive knowledge as much as 251 (80,9%) And who have negative knowledge as much as 59 (19,1%). From attitude variable, respondents have positive attitude as much as 264 (85,2%) and who have negative attitude as much as 46 (14,8%). While viewed from the aspect of action, respondents who have good actions as much as 261 (84,2%) and respondents with bad category acts as much as 49 (15,8%).

#### **4. Discussion**

Coastal region is the crossroads between land and sea. There are many health problems in coastal areas that are divided into three main causes, namely environmental factors, behavior and socio-cultural. Some coastal communities have the idea that the sea is an ideal place to dispose of waste. The vast sea is thought to be destroying or dissolving the disposed of marine material, whereas the sea has an ecological system that has limited decomposition capabilities. Public health expert stated that there are four things that become determinants of public health include: environment, behavior, health and genetic services [3]. From an ecological point of view, the human being is a life and a part of the world. In his life, humanity needs resources around the world to support his life.

Interaction results with the environment allow the management to be good, including the effects of health problems. Public health is a desirable condition of good and prosperous conditions for all societies to achieve a socioeconomic life quality. Public health is very important to maintain and sustainably improved because high levels of public health will positively affect other aspects of life. The birth of a low public health condition is generally triggered by a poor environment, low community behavior, pollution, and environmental degradation created by human beings, so that environmental hygiene of the inaccessible public will be difficult for the community to achieve prosperity. Reference [4] The findings show that global climate change, rising surface temperatures, melting of ice and snow, and increased climate variability as a result of human activities in coastal areas have a major impact on human health. Community health approaches to climate change through community health empowerment by coordinating with government agencies, academics, private sector, and non-governmental organizations.

##### **4.1 Knowledge**

Everyone has different knowledge about things related to life including knowledge relating to the management

and utilization of environmental health facilities as well as clean and healthy living behavior (clean and health behavior). From the research result showed that the environmental health behavior of coastal community of Kendari City, viewed from the aspect of knowledge generally people have positive knowledge (80,9%), meaning from aspect of knowledge availability, society expected to have high awareness in exploiting their knowledge in their life, because knowledge gained from past experience, education, print / electronic media information, training and social interaction, will in itself shape a person's behavior to take action on health and environmental health behaviors. Result of research [5] found that there is a positive relationship between knowledge about environmental conservation and its behavior in maintaining environmental hygiene. [6] found a very significant relationship between the knowledge level of housewives and the behavior of managing plastic waste. Reference [7] There is a positive and significant relationship between environmental knowledge with environmental care attitude to housewife. Reference [8] There is a positive relationship between environmental knowledge and pro-environment behavior. Reference [9] Community knowledge about waste management is much better on the problem and the spread of diseases due to solid waste.

From the results of research also obtained that the environmental health behavior of coastal communities Kendari, a small number of respondents have negative knowledge as much as (19.1%). This is in line with the results of the study [10] that a small number of people in Mendalan village Winongan District Pasuruan have less knowledge of 19.1%. Socio-demographic characteristics affect the knowledge, belief, perception of risk and acceptance of the development of emerging scientific technology [11].

This study does not measure public health problems as a result of human activities, but with the percentage of people's knowledge and the rapid growth of society is the main cause of pollution in the sea and causing coastal community health problems. Reference [12] If the sea is contaminated with pollutants, the marine ecosystem will be disrupted. The same water is also used by coastal communities for the purposes of cooking, drinking and bathing, causing skin and diarrhea health problems.

Indicators of clean and healthy living behavior include hand-washing habits as one of the transmission media of disease transmission. Such conditions are caused by low knowledge. The study found that hand washing with soap and clean water behavior is closely related to education level. Households with low education, low economic conditions include ethnic minorities, resulting in low access to clean and healthy living behaviors. Therefore, improved hand washing practices and practical teaching programs should be improved [13].

Previous research has also shown that households with low education levels and limited access to water and sanitation facilities tend to be low in their hand washing behavior [14]. Therefore, education and training for coastal communities is necessary. Community-based health empowerment training, making cadres for health educators and evaluating to see citizen's level of knowledge about environmental health.

#### **4.2 Attitude**

Theoretically, a healthy attitude is the result of an emotional response in a person about healthy behavior as a result of the psychological interactions that arise. A healthy attitude that exists within a person will shape

behavior toward an accepted object. The quality of emotions and psychological conditions will determine a person's attitude toward his actions in clean and healthy living behavior. In every person, healthy attitude varies. This is due to the level of acceptance, emotional condition and motivational quality that is believed. From result of research indicate that behavior of coastal community health of Kendari City, seen from attitude aspect generally people have positive attitude (85,2%), meaning from attitude aspect believed, hence society expected to have high awareness in utilizing their knowledge in behave healthy. Result of research [5] found that there is a positive relationship between attitude in environmental conservation with its behavior in maintaining environmental hygiene, there is a positive relationship between knowledge and attitude about environmental conservation with its behavior in maintaining environmental health. Reference [7] There is a positive and significant relationship between environmental knowledge on environmental attitudes on housewives. Reference [15] That there is a relationship attitude and knowledge of waste management. Reference [9] Better attitude towards solid waste collection management.

Based on the results of research basically most have a positive attitude, there will still be negative behavior as much as 14.8% which is specifically related to the attitude of the community about the order of healthy homes still exist. This is due to social demography, especially people with low economic levels. The results of this study are not in line with other studies that the attitude of the community more than some have a negative attitude [16]. There are several reasons that cause to behave negatively for example throwing out the garbage is out of place and throwing the stools out of place. This is due to individual characteristics play a role in the formation of one's health behavior, but also by environmental factors such as the presence or absence of supporting facilities for healthy behavior [17].

One of the scopes of this research is sanitation issues, especially the use of latrines, wastewater storage, landfills. There are differences in community attitudes in urban and rural areas characterized by latrine ownership and utilization. Reference [18]Based on the results of Riskedas 2013 shows that the proportion of households using the facilities of latrines ownership in urban areas is higher (89.4%) compared with rural (67.3%). This is closely related to the behavior of people with different levels of knowledge and socio-economic determinants with urban areas. So it is necessary to increase the role of health behavior promotion, especially disposing of feces in latrines, maintaining clean water conditions, disposing of waste in place and clean sewerage.

The challenge for the development of people living in slums with inadequate facilities such as food, shelter, sanitation, high malnutrition rates, population density, infectious diseases, exposure to violence, health care makes their lives worse. In other words, referring to informal areas suffering from accessibility problems, narrow roads, lack of vacant land and open space, very high occupancy density, inadequate infrastructure and services, lack of adequate water supply and sanitation, low-income groups with education Inadequate, unhealthy environments, to increase poverty, under the nutrition of the population [19].

#### **4.3 Action**

Health action is a form of treatment or health efforts undertaken by a person to prevent maintain and improve

health so free from disease and other adverse health effects. Healthy behavior or clean and healthy living behavior has a close relationship between attitude and knowledge. Health maintenance measures such as a person's efforts to maintain or maintain health so as not to be sick and to cure illnesses. In each person, healthy actions vary by knowledge, attitude, education, social culture, character and belief. From the result of research indicate that the behavior of coastal community health of Kendari City, seen from aspect of action generally people have positive action (84,2%), meaning that action is done is a form of high awareness in utilizing their knowledge in healthy behavior. The result of research of [5] found that there is a positive relationship between attitude in environmental conservation and its behavior in maintaining environmental hygiene, there is a positive relationship between knowledge and attitude about environmental conservation with its behavior in maintaining environmental health. Reference [20] The behavior of a person is a matter that is influenced by several aspects including customs, attitudes, emotions, values, ethics, power, persuasion, and / or genetics. Behavior itself is important and influential in health, especially about healthy living behavior. Positive behavior will have a positive impact on individual health. Healthy behavior greatly affect the quality and standard of life for someone to be better and prosperous. Reference [6] states that there is a very significant relationship between the knowledge level of housewives with the behavior of managing plastic waste. From the result of the research, it is found that the respondent has negative action as much as 15,8%. The act of a person to certain stimulus will be determined by how the belief and feeling to the stimulation [21]. The research result in Manado, moderate level of perception to improve the environmental management is hampered by Less community action to prevent and reduce the problem of liquid waste, so the condition recommends that the role of government is needed to increase community participation [22]. Strategies and actions are urgently needed to solve environmental impacts and implement sustainable coastal development [23]. This research shows the significance of action as an implication of knowledge and attitude. It can be seen from the level of knowledge, attitude and action with percentage  $\geq 80\%$ . So, the role of health workers to increase health counseling about the use of latrines, wastewater disposal, the use of clean water, clean and healthy living behavior, and waste management training. Constraints that are often found in people with low socioeconomic factors are the ability to process the provision of facilities that support the health. Reference [24] Factors that determine health behavior can be seen in a variety of contexts such as physical, socioeconomic, cultural and political. Therefore, the approach that needs to be done is the base community. Stakeholders need to design integrated health promotion efforts through inter-sector collaboration that focused on coastal communities. More research shows that the community environment is closely related to the physical activity of the individual [25]. The environment is heavily influenced by the physical activity of the citizens which in turn will affect their health [26]. Factors of physical, socio-cultural, economic and political activity to address public health concerns [25]. The Limitation of the study is the respondents are difficult to find, because they are busy with their jobs

## **5. Conclusions and Recommendations**

Generally the knowledge, attitude and actions of the community in the management and utilization of environmental health facilities in the good category, but in the implementation there is still bad behavior of the people who build garbage into the sea, and smoking behavior. Recommendations: The need for socialization, education, education and training for community based community empowerment, advocacy and cross-sector cooperation of government agencies in the formulation and improvement of policies through the management of

environmental resources and institutional health facilities, as well as ongoing supervision.

## **6. Conflict of Interest**

Author declare no conflict interest.

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