

## Personal Hygiene Relationship with Symptom of Skin Disease in Scavengers

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### Abstract

The objective of the research to find out the relationship between personal hygiene and symptom of skin disease in scavengers at TPA Mancani, Palopo City, in 2022. This study uses quantitative research methods with cross sectional research design, which analyzes the relationship between the dependent and independent variables while the dependent variable in this study is skin disease and the independent is personal hygiene. This research was conducted at the Mancani Final Disposal Site, Palopo City in 2022 from July to August 2022. The result of the research showed that there is a relationship between personal hygiene and symptom of skin disease in scavengers at the Mancani Landfill in Palopo City in 2022, with a p value = .005.

**Keywords:** Personal Hygiene, Symptom, Skin Disease

### Introduction

The skin is the largest organ in humans that has a protective function. In an adult weighing 70 kg, the skin can weigh up to 5 kg and cover the entire body surface area of 2 m<sup>2</sup>. The skin functions as a physical barrier, protection against infectious agents, thermoregulation, sensation, protection against ultraviolet (UV) rays, as well as regeneration and wound healing. These various functions of the skin are played by all layers of the skin (Murlistyarini et al., 2018).

Skin disease is a skin disorder caused by the presence of fungi, germs, parasites, viruses or infections that can affect anyone of any age. Skin diseases can attack all or certain parts of the body which can worsen health conditions if not treated seriously. Disorders of the skin often occur due to causative factors such as climate, environment, place of residence, unhealthy living habits, allergies and others (Adha, 2021).

Personal hygiene is one of the main prerequisites so that someone can avoid a disease. An understanding of personal hygiene is not just an understanding of dirty and clean principles, but how can we understand good and proper personal hygiene. For example, most people understand that washing hands with soap is a good behavior, but not everyone understands proper and correct hand washing techniques. Proper personal hygiene is able to prevent people from the dangers of germs and viruses that can cause disease. A person's knowledge of proper personal hygiene will certainly encourage appropriate personal hygiene attitudes and behavior (Barni & Saputri, 2021). Personal hygiene is self-cleaning which is done to maintain health, both physically and psychologically (Rejeki, 2015).

Based on Indonesia's 2018 health profile, it shows that the distribution of outpatients in Indonesian hospitals with skin disease causes was 115,000 with a total of 64,557 new cases (Kemenkes RI, 2018). This shows that cases of skin disease are growing and are dominant in Indonesia, especially in workers (Noviadi et al., 2021). Based on data obtained from the Palopo City Health Office (2022) the incidence of skin disease sufferers, namely dermatitis,

in 2019 there were 4802 cases, in 2020 there were 3898 cases and in 2021 there were 5752 cases.

Based on data obtained from the Bara Permai Health Center in Palopo City (2022), related to skin disease sufferers in 2020 there were 679 cases of skin disease, while in 2021 there was a quite drastic increase of 1,114 cases, and in the middle of 2018 2022 cases of skin disease as many as 258 cases. There is data regarding skin diseases at the Maroangin Health Center in Palopo City in 2022 from the last three years in 2020 there were 336 sufferers, in 2021 there were 104 sufferers and in 2022 in February there were 18 sufferers.

Occupational skin diseases are caused by several factors such as environmental factors, exposure characteristics, agent characteristics and individual factors such as age, gender and personal hygiene. When viewed from the aspect of occupational safety and health (K3), one of the preventive measures taken to reduce the occurrence of skin diseases is to use personal protective equipment (PPE) while working and pay attention to personal hygiene (Pramana & Utami, 2021).

Personal hygiene or what is commonly referred to as personal hygiene is self-care that is carried out to maintain both physical and psychological health. Personal hygiene includes skin hygiene, hair hygiene, dental hygiene, eye hygiene, ear hygiene, hand, foot and nail hygiene. Cleanliness of the skin is the main factor that can cause skin disease. The objective of the research to find out the relationship between personal hygiene and symptom of skin disease in scavengers at TPA Mancani, Palopo City, in 2022.

## Methods

This study uses quantitative research methods with cross sectional research design, which analyzes the relationship between the dependent and independent variables while the dependent variable in this study is skin disease and the independent is personal hygiene. This research was conducted at the Mancani Final Disposal Site, Palopo City in 2022 from July to August 2022. The population in this study were all scavengers recorded at the Mancani Final Disposal Site, Palopo City, totaling 40 people. The sample in this study was 40 people. The sampling technique using total sampling.

## Results and Discussion

### Univariate analysis

#### *Personal Hygiene*

Table.1. Distribution of respondents based on personal hygiene to scavengers at TPA Mancani, Palopo City, in 2022 (N=40).

<b>Personal Hygiene</b>	<b>Frekuensi</b>	<b>Persen (%)</b>
Good	18	45,0
Not Good	22	55,0
<b>Total</b>	<b>40</b>	<b>100</b>

### Symptom of Skin Diseases

Table 2. Distribution of respondents based on symptom of skin disease in scavengers at TPA Mancani, Palopo City, in 2022 (N=40).

Symptom of skin disease	Frekuensi	Persen (%)
Yes	24	60,0
No	16	40,0
<b>Total</b>	<b>40</b>	<b>100</b>

### Bivariate analysis

The relationship between personal hygiene and symptom of skin disease in scavengers at TPA Mancani, Palopo City.

Table 3. The relationship between personal hygiene and symptom of skin disease in scavengers at TPA Mancani, Palopo City, 2022 (N=40).

Personal hygiene	Symptom of skin disease						$\rho$
	Yes		No		Total		
	n	%	n	%	N	%	
Good	6	33,3	12	66,7	18	100	,005
Not Good	18	81,8	4	18,2	22	100	

### The Relationship between Personal Hygiene and Skin Disease Symptom

Personal hygiene is an attempt by a person to maintain and enhance the degree of his own health. Personal hygiene can be done in a number of ways, including skin hygiene, foot and nail hygiene, bathing at least 2 times a day, bathing with soap, and keeping clothes clean.

Based on the results of statistical analysis using the chi-square test, it was obtained a value of  $p = .005$  ( $p < 0.05$ ) that there was a relationship between personal hygiene and symptom of skin disease in garbage scavengers at TPA Mancani, Palopo City. In this study of 40 respondents, the number of respondents who had good personal hygiene who experienced symptom of skin disease were 6 (33.3%) respondents, and those who had poor personal hygiene who experienced symptom of skin disease were 18 (81.8%) respondents.

Based on direct observation at the research location, it is known that the working conditions of the scavengers have hot enough environmental conditions which can make more sweat appear adhering to clothes which can cause fungi to multiply easily and also scavengers come into direct contact with the garbage, besides that some scavengers not paying attention to personal hygiene such as not changing clothes at least once a day while working, not washing hands before and after eating, not cutting fingernails and toenails regularly, this can lead to occupational diseases.

Based on the results of research conducted by (Kafit et al., 2021), based on the results of statistical tests, it shows that there is a relationship between personal hygiene and skin diseases at TPA Telaga Punggur Batam ( $p$ -value = .006). Of the 89 respondents, there were 53 (79.1%) scavengers in a state of poor personal hygiene who experienced skin disease. The theory that supports this research is the HL theory. Blum explained one that can affect health status, namely behavioral (lifestyle) factors consisting of personal hygiene (Adha, 2021).

Personal hygiene can be related to skin disease symptom because personal hygiene is a way of self-care for humans to maintain their physical and psychological health. In everyday life, cleanliness is very important and needs to be considered because cleanliness

affects a person's health and psychology, personal hygiene including skin cleanliness is very important in efforts to maintain health, such as using soap and clean water twice a day. One part of the body that is quite sensitive to various kinds of skin diseases. Basically maintaining personal hygiene can prevent skin symptom from scavengers, for example by getting used to washing feet, hands with soap in running water, changing clothes and bathing with soap after doing activities. This habit is very important to note because all day long activities at the landfill where scavengers have direct contact with waste every day (Amelia, 2019).

## Conclusion

There is a relationship between personal hygiene and symptom of skin disease in scavengers at the Mancani Landfill in Palopo City in 2022, with a p value = .005.

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