

SOCIALIZATION OF PHBS ABOUT HOUSEHOLD SANITATION IN TULUNG KAKAN, BUMIRATU NUBAN, LAMPUNG TENGAH

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ABSTRACT

Purpose of this community dedication is present the significancy of household sanitary hygiene in public settlement environment. Sanitary hygiene as one of public health aspect to create health public environment. This activity in the formed of socialization formerly did generally in public hall, lalu dilanjutkan with socialization personally door to door of people who do not yet good sanitation facilities. Formerly data was get from officials who had been did survey to people in this village who have not been sanitation facilities like toilet for defecation until food residual and other rubbish from household waste. This activity community dedication is expected to give education to community for more police sanitation in people household.

Keywords: Sanitation, Sanitary Household

INTRODUCTION

Health affects personal productivity that makes people able to work well through superfina phisical and healthy mental. Things seem from people lifestyle or daily activity, how to police the environment and house, from the smallest part, it is sanitation. Most of people who lived in urban area, and especially in rural area still unrealized the importance of own good sanitation facilities. Sanitation be judged as significant thing just for certain kind of people, does not need to reck and it is caused troublesome. Each people should realize that sanitation as primary thing, does not secondary thing or less significant untuk diperhatikan. It's unignored fact that public health level categorized that juga terkategori rendah karena most of the people that komunal lived in settlement area.

Condition of poor sanitation facilities in settlement area affect to poor public health. People access toward tools and infrastructure of cesspool settlement related to health aspect, life environment, social education, cultural and poverty. If the availability of toward tools and infrastructure of cesspool easy to be accessed, and people who lived in certain settlement area have education of hygienical, disease spread case being fewer because

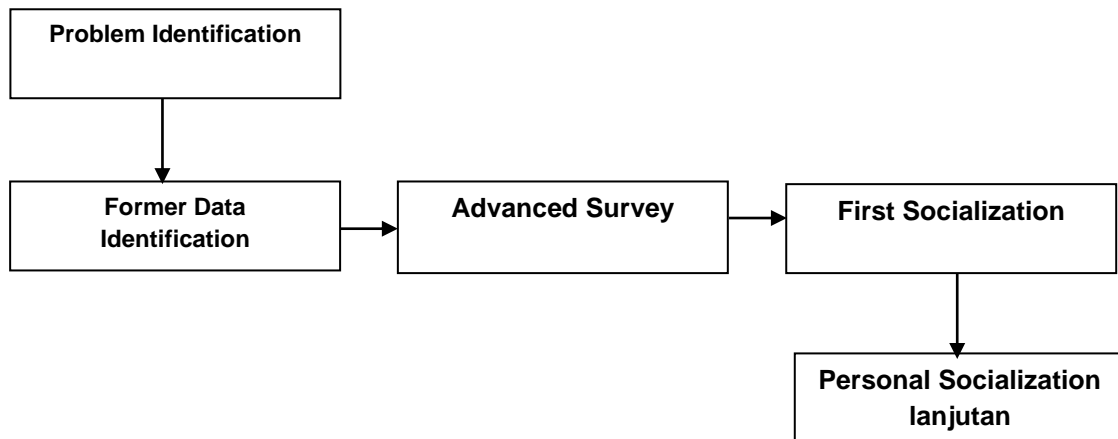
these factors are directly proportionate. Other problems come up to the surface are people education about police sanitation signifficancy is low caused do not have will to build own household sanitation tools, like build a toilet and its septictank, also police sanitation facilities. People participation as the main subject are expected to analyze area situation with lift up social condition bring out need of troubled sanitation based of people solution and have healthy lifestyle. There are settlement area with poor sanitation, one of them is Tulung Kakan.

This village is one of area in the middle of Lampung Tengah regency, its location very close to capital of regency, it is Gunung Sugih. Theoritically, people should have good education about sanitation because of information about health convenient to be accessed concomitant with officials who proclaim about importance healthy lifestyle. But, in the fact, there are people in this village do not have sanitary access that unavailability toilet or defecate directly to the clearing backside of house or indeed be far from house, its name cesspool or people usually call it "water closet cemplung". Ironically, the reality show that most of house in Tulung Kakan still do not have own toilet or they defecate in neighbor or sib house next door. The percentage of this condition is 25% house in Tulung Kakan used cesspool. This village was categorized as troubled sanitation village.

This activity includes activity guard this rural people by counseling activity. Prupose of this way with directly community guidance is people will realize the importance of own sanitation facilities and police in household, because of the importance education about sanitation that do not undestand yet by people. Based on case, people should be given education about importance sanitation police in the household. This activity tittle is "Socialization PHBS about Household sanitation in Tulung Kakan, Bumi Ratu Nuban, Lampung Tengah". Community dedication did by lecturer team of Universitas Nahdlatul Ulama Lampung aim did socialization and guidance to the people of Tulung kakan about importance police household sanitation.

METHOD

First step of this community dedication was problem identification of household sanitation in Tulung Kakan, Bumiratu Nuban. Next, advanced survey based on result of the official. Then, team with officials did first socialization and team introuction to the people in the hall. After that team visited people house to house of people who do not have proper sanitation facilities yet and less educated about importance police household sanitation.



. **Picture 1.** Implementation method of Socialization Household sanitation in Tulung Kakan

RESULTS AND DISCUSSION

Community dedication did by Lecture of UNU Lampung Team in Tulung Kakan on February 20th until March 2018. Several things did in sequence steps referred planned method. On problem identification step, team arranged some sanitation problems happened in some hamlet of Tulung Kakan area. Team found that most of people have sanitation facilities but partly still be unproper facilities. Beside of that, people have cesspit flew to ground carelessly habit. On former identification until advanced survey step, team had been compared data get from survey to the people house, who do not have sanitation facilities yet and found the most of them were poor people.

Last step Tahap of activity community dedication sequences was former socialization and advanced socialization. On this, team just give socialization about PHBS to people and guided people about proper sanitation. This community dedication planned to form the good habit of sanitary and healthy life behaviour includes: childbirth was aid by health workers, give eksklusive breast, baby balanced each month, used clean water, hand wash with clean water and soap, and availability sanitary water closet that built by village community and aid by government as the part of public health programme.



Picture 2 Former Socialization



Picture 3 Advanced Socialization

Sanitation

Sanitation as an effort public health that point to environment factor that affect health level mastery (Azwar,1990). Household sanitation is an effort public health that point to phisical factor where people used as shelter place that affect health human level mastery. Basic sanitation is environment health minimum requisite that should own by each family to fullfill daily needs. Scope of basic sanitation were clean water supply tool, water closet family tool, rubbish decomplishment tool, and cesspit water tool.

A study did by world bank that spread on August 2008 found that lack in access to sanitation caused finance and economic cost very difficult for Indonesia economy, not only for personal but for public and trading sector. Poor Sanitation includes poor sanitary caused about 120 million case of illness and 50.000 early mortality each year, with economic impact amount more tha 3,3 billion dollar AS each year. Poor sanitation also be significant contributor of water that increase water costtt that safe for household, and decrease fishery production in river and lake.

Economic cost that related to water pollution because of poor sanitation have been reached 1,5 billion dollar AS each year. On 2006, Indonesia lose 2,3 percentage of domestic product bruto that because of by poor sanitation and sanitary. Effort sanitation based on Dictum of Menteri of Sanity RI Number 852/Menkes/SK/IX/2008 that mentioned about Total Sanitation Based on Community (STBM), they are did not defecate at random place, washed hand used soap, food and drink securedly processing, rubbsih management well, household liquid cesspit management securedly. Effort health environment as one of way that did to create healthy environment quality as phisical, chemical, biological, and social that possibly each people reach high health level. Healthy Environment includes settlement, workplace, tour place and public place environment. Recent sanitation development be significant part in urban to rural area.

National policy to organize sanitation in form of Clean water supply and Sanitation Environment Berbasis Masyarakat policy gave possibly work frame. That policy used experience that get in clean water sector and sanitation in Indonesia and other countries. This policy followed strong principal that responsive to request, used based community approach, and point to participation of woman and focused to operational principal, maintenance and financing that continuously. National Program about Total Sanitation Based Community (STBM) and five pillars as significant work frame. They are rasure of outer defecate, hand wash with soap, household eater processing, solid rubbish management. and liquid cesspit management.

Sanitation and bad sanitary behaviour and unsecured water gave contribution to 88% children mortality because of diarrhea in the world. Children who able to survive, they tend to through malnutrient, till children reached maximum potence. This inflict serious implication to human resource quality and productive nation skill in future. Previously decades, Indonesia indicated advance significancy in increase of clean water and pelayanan sanitation access.

Clean water and sanitation as target of seventh Purpose Millenium Development (MDG) and on 2015 expected reach half of whole population without access to clean water that good to drink and basic sanitation been reduce. For Indonesia, it means Indonesia need to reach increase number of clean water until 68,9% and 62,4%, for sanitation. Since 1993, Indonesia have been indicated twice increase of household percentage with access to better sanitation facilities, but still be on direction that incorrect to reach target of sanitation MDG 2015. The way to reach national target of sanitation MDG, need advance 26 million people with sanitation that better than 2015. Long term plan need larger accomplishment number. Riskesdas Data on 2010 indicated that entirety, about 116 million people still in less adequate sanitation condition.

Importance Sanitary Household sanitation

Household sanitation as an effort of public health that point to cotroll of phisical structure where people used it as shelter house that affect health human level. Sanitation facilities like ventilation, term, saturity, settlement density, natural lighting, banforn construction, trash bansihment tool, defecate tool, and supply clean water (Azwar, 1990). Settlement as one of factor that determined hygiene and sanitation environment. Based on UU RI No. 4 tahun 1992, house functioned as family education. House that proper is adequate building for health members inside (Sanropie,1989).

Based on Suparmin (2002) household cesspit water consist of 3 significant faction, one of them is feces. Feces as faction that most dangerous because contains microbe pathogen,

because feces as facilities microba disease breed like microbe, virus and worm place. Based on Suriawiria (1996), one of feces human processing way was used *septic tank* and infiltrationnya. This way made the filth fall into laver/tank would be sedimented , partly between liquid element with solid element. Solid element that sedimented in based of tank in without air condition, would be proceed anaerobicly by bakteri until organic contain inside unravelled. After certain period, generally if septic tank have been full and its content be taken out, solid residual been no smell anymore, like condition if feces let in out of septic tank. Problem exist was liquid element after solid element been separated, because of liquid element still contains microbe, patogen (illness caused) possibility.

Defecated to river used brook that made by plumbing pipa because of line closed permanently. People who did not have water closet and bathroom, defecate and bath did in river as household cesspit in liquid or solid form. Cesspit water household especially feces did not allowed at random place because of defilement for around environment. Basically, cesspit banishment have purpose and it did to river did not fullfilled criteria of purpose cesspit water banishment. Defecated could kill biota-biota in river, as bacterium disease breed and infected human after contacted with river water like people that defecated in river, and caused appear stink because of of amoniac in feces and *excreta*. *Excreta* as main way transport for disease brought by water.

Sanitary and Healthy Life Behaviour (PHBS)

Behaviour is an activity did by organism that able to be observed directly or undirectly by pihak luar. Health behaviour is a response of someone to stimulus that related to illness, disease, health service system, food, drink, and environment (Notoatmodjo, 2007).

Sanitary and healthy life behaviour (PHBS) is whole of behaviour that did as self awareness as learning result made someone or family did self aid in health sector and actively roled to creat public health. Healthy condition could be reached with change unhealthy to healthy behaviour and created healthy environment in healthy household need to be cared, preserved, and increased by each household member and struggled by every one. Healthy household mean ability to care, increase, and protect health each member of household from disease nuisance, and less conducive for healthy life environment (Depkes, 2007).

PHBS adalah effort give learn way experience of someone, family, group, and community with open communication line, give information and education for increase education, sikap and behaviour through counseling, *social support*, and *empowerment* method to apply healthy life way in cared, preserved, and increased public health. Healthy life paradigm application can be seen from PHBS Programme (Depkes RI, 2006).

Behaviour sanitary life and healthy includes: birth aid by health workers, give exclusive breast, scale baby each month, used clean water, hand wash with clean water and soap, used sanitary water closet, exterminate wiggler in house once a week, consumed food and vegetable everyday, did physical activity everyday, did not smoke inside of house in. from ten poin mentioned before, dominant poin to affect health environment family was availability sanitary water closet.

sanitary and healthy life Behaviour (PHBS) rural people in increase health, birth aid by health workers where many birth did by every expectant mother aid by health workers. Rural people sudah should have trust that health workers as people that specialist in help birth, until mom and her baby being more secured.

CONCLUSION

Based on activity community dedication that did by team titled Socialization Sanitation to Tulung Kakan community conclude that:

1. Education about sanitation is very important to Tulung Kakan community
2. Education about importance household sanitation especially for health level

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