

Open Defecation Free in Improving Clean and Healthy Lifestyle Behavior in Parakan Hamlet Kertaharja Village Cimerak Sub-District

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ABSTRACT

Ownership and use of healthy latrines is one of the indicators of the Clean and Healthy Behavior (PHBS) program in the household environment. Based on the results of the PHBS study, nationally the percentage of households using healthy latrines (39%), in urban areas (60%) is much higher than in rural areas (23%). The percentage of households using healthy latrines in West Java Province is slightly above the national average of 39.6%. The use of latrines is an important health problem both in rural areas and in Kertaharja Village. In the development of healthy latrines in Parakan Hamlet, two points were built, namely in the Karang loa block RT 08 Rw 03 and the Gatah block RT 12 RW 05. However, even though the latrines have been built, their utilization is still not optimal. where people still carry out open defecation activities such as in open land. Therefore, KKN UMTAS students carry out counseling activities on clean and healthy living behavior in every household along with Open Defecation Free (ODF) activities, where counseling is given to the people of Kertaharja Village, especially in the Parakan Hamlet area. The purpose of this activity is to improve clean and healthy living behavior (PHBS) in Kertaharja Village, especially in Parakan Hamlet by building healthy latrines after socialization, site surveys, triggering and pre-development, then developing a declaration from the local community about the use of latrines that have been built. . The declaration of Open Defecation Free (ODF) was held on September 7, 2022, which was attended by the community, village officials, students and was attended by the Deputy Regent of Pangandaran and the Camat of Cimerak.

Keywords: Healthy Latrine, PHBS, Household.

INTRODUCTION

Sanitation is one of the efforts to overcome several physical environmental factors needed by the main creatures which have a detrimental impact on physical development, health and survival (Mukhlasin, Fitri, & Elengoe, 2020). The term sanitation also refers to the maintenance of hygienic conditions through efforts to provide facilities and services for the disposal of human waste such as urine and feces. Sanitation is related to environmental health which affects the degree of public health. Poor sanitation conditions will have a negative impact on many aspects of life, starting from the decline in the quality of the community's environment, contamination of drinking water sources for the community, increased incidence of diarrhea and the emergence of several diseases (Zenni, 2020). Ownership of a latrine is included in basic sanitation,

so everyone should already have a latrine, if the ownership of a latrine in the community is low, the number of people who practice open defecation (BABS) will increase, which can be detrimental to health and can cause environmental pollution. Based on the concept and definition of the MDGs, a household has access to proper sanitation if the sanitation facility used meets health requirements, including equipped with a gooseneck or plengsengan type toilet with a lid and has a septic tank or waste water treatment system. SPAL), and is a defecation facility that is used alone or together (Ministry of Health, 2017).

Open defecation behavior or also known as open defecation is one of the unhealthy lifestyle behaviors. What is meant by open defecation (BABS) is the behavior/action of disposing of human excrement/feces in the open such as in rice fields, fields, bushes, rivers, beaches, forests and other open areas and allowed to spread contaminating the environment, soil, air , and water. Disposal of feces indiscriminately will have a negative effect on health. Various diseases that are the result of poor sanitation in Indonesia include diarrheal disease of 72%, helminthiasis 0.85%, hepatitis A 0.57%, scabies 23%, trachoma 0.14%, hepatitis E 0.02% and malnutrition 2 .5%.

WHO states that health is one of the rights of individuals to be able to carry out all forms of activities or daily routines. In order to live a healthy life, everyone must be able to have good behavior, namely Clean and Healthy Behavior. PHBS is a strategy used to create independence in creating and achieving health and is a behavior that is implemented based on awareness which is the result of learning that can enable individuals or family members to improve their health level in the field of public health (Dekes RI, 2010). PHBS is one of the essence and human rights to maintain its survival. The PHBS program can be grouped into 5 environmental settings, namely PHBS in the school environment, PHBS in the household environment, PHBS in the health institution environment, PHBS in public places, and PHBS in the workplace environment (Maryunani, et al, 2012).

Clean and healthy living behavior of the community is one of the important factors to support improving the health status of the population. According to the 2010 public health development index, the average national PHBS presentation was only 35.68%, meaning that only 35.68% of the total Indonesian population had PHBS. One indicator of households with PHBS is the availability of latrines. Every member of the household must use the latrine to defecate or urinate. The use of latrines will be beneficial to maintain a clean, healthy and odorless environment. Activities carried out by students namely providing counseling related to clean and healthy living habits (PHBS) to the people of Kertaharja Village, especially in Parakan Hamlet which is intended as an effort to improve sanitation and clean and healthy living habits (PHBS) in the hamlet. This is intended as a curative effort to reduce bad habits such as open defecation or lack of awareness in maintaining a clean and healthy environment.

RESEARCH METHOD

This implementation was carried out in Parakan Hamlet, Kertaharja Village, Cimerak District Pangandaran Regency with 2 points, namely the Karang loa block RT 08 Rw 03 and the Gatah RT 12 RW 05 block on 01 - 07 September 2022. The method of carrying out the activities carried out was in the form of counseling activities for the people of Kertaharja Village, especially in Parakan Hamlet, which provided socialization regarding habituation clean and healthy living (PHBS) as a curative effort. The counseling activities carried out by these students collaborated with village officials and also several community leaders. This activity is carried out in several stages, namely:

1. Open Defecation Free (ODF) socialization activities, the first stage of which was the socialization which was carried out in the Kertaharja Village hall attended by village officials, heads of RT/RW, community leaders and UMTAS KKN students.
2. Location survey, the second stage is to conduct a survey to determine the location where healthy latrines will be built. This survey was carried out in conjunction with village officials and the Muspika of the Cimerak sub-district as well as some of the students.
3. Destroying the Pacilons, the third stage, namely the extermination of the pacilons in the vicinity of Parakan Hamlet, is carried out with the aim that the community does not defecate anywhere and an agreement is made for the construction phase to be carried out at two points.
4. Triggering Activities in Parakan Hamlet, the fourth stage, namely Triggering activities and pre-development discussions, is carried out in Parakan Hamlet with the aim of encouraging changes in individual or community hygiene and sanitation behavior on their own awareness.
5. Construction of healthy latrines, the fifth stage, namely the process of implementing healthy latrines that starts with making a septic tank hole with a depth of 1.5 meters which is 10 meters away from the water source. Where village officials, the community and KKN UMTAS students contributed to the construction of these healthy latrines.
6. Implementation of the Open Defecation Free Declaration (ODF) for Kertaharja Village, the sixth stage as the final stage, namely the implementation of the Open Defecation Free Declaration (ODF) which was attended by the community, village officials, students and attended by the Deputy Regent of Pangandaran and Cimerak Sub-District Head, which aims to motivate Kertaharja village community in owning healthy latrines and education in improving clean and healthy living behavior (PHBS).

RESULT AND DISCUSSION

The implementation of healthy latrines development activities in Parakan Hamlet as an effort to improve sanitation starting from the socialization stage to the ODF declaration stage has been carried out well. the first stage was the socialization which was held in the Kertaharja Village hall attended by village officials, heads of RT/RW, community leaders and UMTAS KKN students.



Figure 1. ODF outreach activities

Furthermore, a survey was conducted to determine the location points for healthy latrines to be built, the results of this survey found that most of the residents of Parakan Hamlet had closed toilets inside the house in the form of squat toilets but there was 1 open latrine with direct disposal into the balong which was used by 6 families and 5 families riding to the mosque. This condition is still classified as open defecation which can cause the spread of disease in the surrounding environment because according to the Regulation of the Minister of Health of the Republic of Indonesia Number 3 of 2014, standards and health requirements for sanitation buildings (latrines) consist of a building over the latrine (walls and roof), a building in the middle of the latrine (pits for disposal of excrement and urine), and buildings under the latrines (septic tanks or pits).



Figure 2. Site survey

After deliberation by village officials and Muspika Cimerak sub-district, it was agreed that the construction of healthy latrines would be carried out at two points, namely the Karang Loa block RT 08 RW 03 which was used for 6 families and the Gatah block RT 12 RW 05 which became a public latrines used for the community. about devoted to 5 families. The activity of exterminating the pacilons around Parakan hamlet was carried out with the aim that the community would not defecate anywhere else and they would be given healthy latrine facilities as an alternative to eliminating the behavior of defecating.



Figure 3. Pacilon Annihilation

Pre-development triggering and discussion activities are carried out in Parakan Hamlet with the aim of encouraging changes in individual or community hygiene and sanitation behavior on their own awareness by touching the feelings, mindset, behavior and habits of individuals or communities listed in the Regulation of the Minister of Health of the Republic of Indonesia No. 3 of 2014. The community itself is very enthusiastic in welcoming this program and feel helped by the construction of healthy latrines. On the other hand, the community can feel the difference in environmental conditions before and after the existence of proper sanitation facilities.



Figure 4. Triggering Activities in Parakan Hamlet

On September 4, 2022, a healthy latrines were built. Where village officials, the community and KKN UMTAS students contributed to the construction of healthy latrines which are located at two points, namely the Karang loa block RT 08 Rw 03 and the Gatah block RT 12 RW 05. The construction process starts from making a septic tank hole with a depth of 1.5 meters which is 10 meters to the water source. A septic tank is a mandatory facility for every household latrine according to Minister of Health Regulation (Permenkes) Number 3 of 2014. Meanwhile, according to the Indonesian National Standard (SNI) 2398:2017, septic tanks must be watertight, have control holes, ventilation, outlet pipes entered, and drained regularly. Furthermore, SNI 2398:2017 stipulates that septic tanks are equipped with storage and wastewater treatment that has a slow flow rate.



Figure 5. Development of Healthy Latrines

After carrying out various series from the socialization stage to the development stage, the Open Defecation Free (ODF) declaration was carried out which was attended by the community, village officials, students and was attended by the Deputy Regent of Pangandaran and the Cimerak Sub-District Head. With the

implementation of the ODF declaration, the people in Kertaharja Village, especially Parakan Hamlet, are committed to not open defecation in the open and switch to healthy latrines with septic tank facilities.



Figure 6. ODF Declaration of Kertaharja Village

CONCLUSION AND SUGGESTION

The conclusion of this activity is that the implementation of healthy latrine development activities in Parakan Hamlet as an effort to improve sanitation starting from the socialization stage to the ODF declaration stage has been carried out well. However, during defecation activities, most residents of Parakan Hamlet have closed toilets in their homes, in the form of squat toilets, but there is 1 open toilet with direct disposal to the balong, this can cause the spread of disease in the surrounding environment. After joint consideration, the village apparatus and the Muspika of the Cimerak sub-district agreed on the implementation of healthy latrine development.

The impact that occurs after the construction of Healthy Latrines is expected to be able to feel the difference in environmental conditions before and after the existence of proper sanitation facilities. Then the motivation of the Kertaharja Village community in owning healthy latrines must be increased. Therefore it is necessary to educate and mobilize the Puskesmas and the village head. So there are no more BABs.

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