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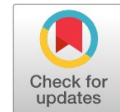


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# WORKERS BEHAVIOR IN MAINTAINING HEALTH MANAGEMENT WASTE IN THE FINAL DISPOSAL

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**Abstract.** Healthy behavior in the workplace is an attempt to empower workers to know, be willing, and practice healthy behavior. Environmental Landfill has a condition that is incompatible with the workplace that meets the highest standards of comfort for workers. This study uses a descriptive study with qualitative approach descriptive research methods. The sampling technique used purposive sampling with the research subjects who were working on the final disposal. Data were processed through the collection, reduction, and presentation of data collected and grouped into several sections according to the type of problem. Results showed that workers waste management had not been based on a lot of health information; attitudes of extension workers were considered essential to improve the understanding of the workings of the correct and healthy Department of Sanitation, Parks and Fire Sintang. Practice is not to shower before work, but with wet hair, brush your teeth, sometimes use boiled water betel, and change clothes. In conclusion, most workers do not have enough knowledge, generally accept any policy or activity carried out by the Department of Sanitation, Parks, and Fire. Most are already practicing healthy behavior and have been maintaining health.

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## INTRODUCTION

Individual behavior is described as a person's actions. "Behavior is a single, observable action performed by an individual". Singly behavior is the action of someone that could be observed. Healthy behavior in the workplace is an attempt to empower workers to know, be willing and able to practice healthy behavior and play an active role in creating a healthy workplace [1].

Workers who work in rubbish dumps and as a waste management could pose health risks. Final Disposal has an area of 6 hectares landfill, since 1994 is managed by the Department of Sanitation, Parks and Fire (DSPF) Sintang. The entrance to the site directly faces the highway. Final Disposal as landfills of various kinds of waste is in various landfills in Sintang [2].

Workers at Landfill amounted to 6 every day to work in direct contact with garbage, when the garbage trucks come then the workers take the trash that can still be used. Starting from second-hand goods even junk food they think can be utilized. Another fact found that their stalls are around piles of garbage, which is becoming a place to buy food for the workers. Health workers are also increasingly threatened by a waste management system that is less precise, with exposure to pollution around workplaces. Maintaining the health of workers is necessary to maintain the health of workplace. Based on obser-

vations of the final disposal site conditions and the unhealthy environment, the facilities and infrastructure that exist in the workplace are very limited in favor of workers for a healthy life. Behavior in waste management is the most important at the stage of sorting of waste at the household level, it greatly affects the success of further management [3].

Environmental Landfill has a condition that is incompatible with the workplace that meets the highest standards of comfort for the workers, both in health facilities and infrastructure. Workers also have not been supported by healthy behavior. To understand healthy behavior requires knowledge of the concept of healthy behavior. The general concept of health, is based on the following categories: health for all (health is the need of every individual), all for health (all human activities related and health effects), Several for one (multiple measures of treatment for a disease), one for more than one meaning (one action may be able to have more than one meaning), social law (social behavior or social law is relative and contextual), variations in disease and treatment techniques [4].

Individuals must understand the concepts of health that in turn can shape the attitudes and behavior of individuals for a healthy lifestyle. Health behavior according to [5] is an act of a person or organism that is a reaction to the stimulus or object associated with illness and disease, health care systems,

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food and beverage, as well as the environment. [4] adds that health behaviors are related to: 1) behavioral prevention, cure of disease and recovery from illness; 2) behavioral health improvement; 3) behavioral nutrition (food and drink). Factors that play a role in public health are physical and non-physical. In physical category, factors discussed are regarding the health infrastructure and treatment of disease. Non-physical factors are associated with the health behavior of individuals and society. These non-physical factors play an important role in the health status of individuals and communities [6].

Worker's behavior becomes the focus of study with regard to the characteristics of the job, worker's understanding of health seeking behavior in Final Disposal (FD) and efforts to maintain health. Researchers conducted a study on the problem that is focused on healthy behaviors and maintaining the health of the workers in the FD Nenak Street, Sintang-Pontianak Km 7 local government-owned Sintang. The landfill is located in Nenak Street, Sintang-7 Km Pontianak, Sintang [2].

## METHOD

Design of this research used descriptive research with qualitative approach with descriptive method. Researchers chose qualitative research methods to obtain accurate data on the description of the behavior in maintaining health of workers in Landfill in Sintang.

The sampling technique used purposive sampling with the subjects of this research who were working on FD, which amounted to 6 people. Primary Data were obtained from informants who were in the field and came from workers in Disposal of End Points through interviews and other basic data. Secondary Data were obtained through the supporting data, such as documents obtained from the DSPF Sintang.

The main instrument in this study are the researchers themselves who made observations or unstructured interviews using a notebook, tape recorder, camera and more. The validity and reliability of data sources were determined using triangulation techniques, methods and theory. Primary and secondary data collection was done in several ways, namely: interviews, observation and documentation.

Data processing was done through data collection, data reduction, and the presentation of the collected data and was grouped into several sections according to the type of problems.

The data presented are the result of a structured interview. Inferences are the new findings that do not previously exist, the findings could be a picture or description of an object that clarified the truth.

Analysis of the data was done by compiling and aggregating the data into patterns, categories and themes derived from the research, choosing important information and making

a clear conclusion to be easily understood.

## RESULTS

### Knowledge

Knowledge of workers on healthy behavior should change their lifestyle in a way that is healthy and clean, this is due to a lot of health information other than the DSPF Sintang. Working full-time makes it difficult to access information that is worsened by the absence of government institutions and civil society organizations that deliver health information.

### Attitude

The attitude of the workers can be changed by counseling given by the DSPF and is considered important to improve understanding of the workers of the right way to maintain health, if a person is healthy on work, work without the burden of disease etc. Sometimes leaving for work in the morning without shower can leave a person unclean for the whole day. Almost no human being is capable of not bathing in one day, before going to sleep beforehand. So a person should take a bath regularly to keep the body in the healthy state.

Personal hygiene and cleanliness of hair can cure a headache, if the hair is dirty it would be rough because there is dirt in the head. Personal hygiene also includes hygiene of mouth and teeth so that the mouth does not get affected by diseases, such as sprue disease, tooth pain etc. that will make it difficult to eat. There are differences in clothes that are used on work and clothes that are used everyday; clothes for work are usually dirty clothes and at home using a clean shirt is generally preferred. Dress for work must be distinguished from that used in the home because it is used to break, so it should be comfortable to use. Maintaining health is very important to reduce the cost of treatment for people who work for money. If sick, the money is used for treatment only, while maintaining health is not too difficult.

### Practice

Workers always take a shower after work because they can not smell the stench, including their own body odor. If they notice the rubbish and smell the body itself they would get uncomfortable. The mouth is often kept clean in addition by always brushing your teeth, sometimes using boiled water betel so the bacteria can be killed, because it is a habit developed from childhood.

Clothing should be replaced between clothing used for work with clothes for casual everyday use. Besides, one also should pay attention to nutritious foods, avoiding alcohol, but one should be willing to exercise regularly.

## DISCUSSION

### Knowledge Workers in Maintaining Personal Health

The knowledge level of key informants about healthy behavior revealed that most workers do not have enough knowledge. A total of 6 key informants answered almost all the questions of knowledge about healthy behaviors with less precision, this is shown by the answers of the following informants “in my opinion a healthy lifestyle is a lifestyle that is healthy and clean, absolutely yes answer? If the problem of health information does not ever be apart of the Department, it’s a matter of the finished work that rarely goes anywhere, so uninformed ”(informant 5). Health knowledge will affect the behavior as a result of mid-term (intermediate impact) of health education [5]. Knowledge is an important factor that affects a person’s attitudes and behavior. Lack of knowledge can affect the actions taken since knowledge is a predisposing factor for the occurrence of the behavior [7].

Influencing the behavior with the knowledge is important; without knowledge, the behavior can not be realized. Knowledge is a predisposing factor for workers for proper hygiene behaviors. Thus this factor triggers the behavior on the basis or motivation for his actions due to the traditions or customs, beliefs, level of education and socio-economic level [5]. Knowledge is an important domain for the behavior. Some theories clearly illustrate the relationship of knowledge with the behavior that have a significant correlation [8].

Based on the question of healthy behavior, some informants also did not understand what is the meaning of healthy behavior, it is shown from the answers of the following informants: “if I know, healthy behavior is routine performed to abstain from diseases, its what I do every day so I am always healthy he ...he ...he... ”(informant 4). One effort to increase knowledge is by providing training or counseling as a means of providing education in particular [9].



Fig. 1 . Landfill in Nenak Street, Sintang

Based on the interview, informant was doing healthy behavior, which is indicated by the answer of the informant “healthy behavior should be practiced every day so that health is maintained, because I think health is the most precious treasure”, while only a small proportion of informants knows how to maintain and improve health, as seen from the answers of the informant as follows: “Anyways if you want to maintain the health of workers, you always have to see the lives of health workers, do they definitely live a healthy life because they know their manners, although all health workers do not heck applying healthy behavior to their life ”(informant 5).

It is inversely proportional to the behavior associated with a person’s efforts to maintain and improve their health. This behavior may include a balanced diet, regular exercise, not smoking, not drinking and taking drugs, adequate rest, controlling stress and behavior or lifestyle that is good for the health [5].

### Attitudes of Workers in Maintaining Personal Health

The attitude of the workers in the FD generally accept any policy or activity carried out by the DSPF as can be seen in the answers of the following informant; “If I still agree-disagree, sir, anyways counseling has its many benefits, especially for our workers so the better in the way of work, the more able to maintain their own health, and others who are useful” (informant 3), and vice versa.

The DSPF has been conducting outreach to workers who demonstrated on the answer of informant triangulation: “Training of extension activities about personal hygiene after work is given at the time of recruitment or admission of non-permanent employees” (informant triangulation). Manifestations of this attitude cannot be seen directly, but can only be interpreted in advance of behaviors that are closed. Attitude clearly shows the reaction connotation and reviews their suitability to specific stimuli [5].

This is in accordance with L. Green theory which states that the attitude is one that predisposes to the appearance of behavior as can be proved in this study. It is also consistent with the statement, [5] states that a person’s behavior will be influenced by trust, confidence, emotional life, and the tendency to behave in that it is a component of attitude [5].

Interviews of informants regarding attitudes regarding the cleanliness of the body, including in the shower, clean hair, clean mouth and teeth, changing clothes, actions to maintain and improve health have been done, because the workers consider it necessary to maintain personal hygiene, both at work and after work, it is shown to us in answers of informants, “do not you let us clean the body, especially for this kind of work in the trash where the like shower was not able to finish the work pack

, might be a nest of flies ..... He .... He.... bodies. .... He .....”(informant 4).

The attitudes of workers in agreeing with the personal hygiene activities are in accordance with the efforts to maintain good health so that a person can stay healthy. Health maintenance can be done by keeping ourselves clean. Maintaining personal hygiene was actually not easy nor too difficult to implement. Maintaining optimal hygiene in oneself is not possible without being planted as a clean living, and a shining example of a family and the surrounding community. Interest in having hygiene in oneself is that one knows will benefit his own personal hygiene and is able to clean the parts of the body, and is able to apply his own personal hygiene care in an effort to increase healthy life. Cleanliness health base is a slogan that cannot deny the truth, so should everyone must always strive to maintain and improve the standard of cleanliness itself [5]. Knowledge basically includes a number of facts and theories that allow a person to solve the health problems faced, the knowledge gained from direct experience and the experiences of others [10].

Measures to maintain and improve health, most informants consider necessary to maintain and improve the health which is shown in the answers of the following informant: “yes sir necessary, if alive sickly it is too difficult to do anything, let alone work, so maintain important health issues” (Informants 3), the informant has been considered necessary to maintain and improve health and is in conformity with one’s efforts to preserve or maintain health in order to remove illness and efforts to cure when sick.

### Labor Practices in Maintaining Personal Health

Workers already implementing healthy behavior at the final disposal (landfill) are mostly already done, only a small portion is there that has not been regularly practicing healthy behavior. This is evident from the answers of the informant: “Sure

shower Sir, it lets you get refreshed after work, it’s a matter of when you hit the water you will feel fresh again, especially it removes sleepiness” (Informant 2). A small portion of the informants is still regular in practicing healthy behavior, this happens because the attitude is not automatically established in the practice. Attitudes can be transformed into a necessary practice contributing factor or a condition that allows, among others, the facilities and the support of other factors [5].

Health practice aims for healthy living are all activities of a person in maintaining good health, such as measures against infectious diseases that are not contagious, the action of the factors associated with or which affect the health, measures of health care facilities, and measures to avoid accidents [11].

### CONCLUSION

Based on the research that has been done on workers about healthy behavior and efforts to maintain health in the FD Nenak Km 7 Sintang a number of conclusions can be drawn as follows: The level of knowledge of the informant about healthy behavior in FD Nenak Km 7 Sintang is largely based on knowledge, but only by reasoning which they think is right. The attitude of most worker informant agreed to all the activities that have been or will be carried out by the DSPF, workers will accept and agree to perform personal hygiene. The practice of the majority of the workers was already according to healthy behavior, albeit in a way that is not quite right but they are already practicing healthy behavior.

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