

# Personal Hygiene of Farmers in Besuk Village Gurah District Kediri Regency

Reny Nugraheni<sup>a,1,\*</sup>, Siska Kusuma Wardani<sup>a,2</sup>

<sup>a</sup> Institut Ilmu Kesehatan Bhakti Wiyata Kediri  
<sup>1</sup> reny.nugraheni@iik.ac.id  
\* corresponding author

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## ABSTRACT

**Background:** In carrying out their work, farmers in Besuk Subdistrict, Gurah District, do not wear footwear and work in the fields without using gloves. Personal hygiene is still lacking. This can be seen from the habits of farmers who after working do not wash their hands before eating. Such conditions can facilitate the emergence of helminthiasis in farmers. **Objective:** Personal hygiene of farmers in Besuk Subdistrict, Gurah District, Kediri Regency **Method:** The type of research used is analytical survey method using cross sectional approach data collection using questionnaires and in-depth interviews. **Results:** Based on interviews and direct observations made in the village of Besuk, that the Personal Hygiene of the Besuk Village Farmers is not good as many as 58 respondents (96.67%). **Conclusions and suggestions:** Personal hygiene of Besuk Village farmers is not good. So it is necessary to conduct counseling for farmers to maintain personal hygiene especially after work and before eating by washing their hands and feet.

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## I. Introduction

Defecation habits on the soil / river and the use of dirt as an important fertilizer in the spread of infection. Transmission STH nematodes are not only transmitted through the soil but can be done through dirt. STH transmission mechanism relates to poor hygiene and environmental sanitation, socio-economic aspects and level of one's knowledge (Widoyono, 2011).

Based on the preliminary survey in May 2017, in carrying out their work, farmers in Besuk Village, Gurah District, were not wearing footwear and working in the fields without using gloves. Personal hygiene is still lacking. This can be seen from the habits of farmers who after working do not wash their hands before eating. Such conditions can facilitate the emergence of helminthiasis in farmers.

Based on the description above, the author wants to do research on "Personal Hygiene in Farmers in the Village of Besuk, Gurah District, Kediri".

## II. Method

The research design used in this study is a method of observation with analytical surveys using a cross sectional approach, namely researchers studying personal hygiene (Notoatmodjo, 2010). As well as the population that has been determined by researchers, namely farmers in the village of Besuk. The number of samples in this study was 60 respondents.



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E : [jurnal.grph@gmail.com](mailto:jurnal.grph@gmail.com)

### III. Results and Discussion

#### Results

##### Personal Hygiene of the Village Farmers in Besuk

Based on the results of the study, the total score of personal hygiene on farmers in Besuk Village, Gurah District, Kediri Regency ranged from 1 - 8 with an average score of 3.37 while the standard deviation was 1.97. If the results of the scoring are grouped into 2 categories: not good and good, it can be seen in the following table.

Table 2.1 Personal Hygiene of Besuk Village Farmers

Personal Higiene	Frequency (F)	Presentase (%)
Not Good	58	96,67
Good	2	3,33
Total	60	100

Source: primary data, 2018

The most proportion is not good as many as 58 respondents (96.67%) compared to those who have good personal hygiene as many as 2 respondents (3.33%).

#### Discussion

From the results of the research that has been obtained, the following discussion can be done:

##### Personal Hygiene of Besuk Village Farmers

From the research data obtained were respondents who had a good level of personal hygiene with a negative incidence of Soil Transmitted Helminth infection as many as 3 respondents (5%) more than the incidence of positive infection with Soil Transmitted Helminth as many as 57 respondents (95%). This gives a picture that good personal hygiene will reduce the occurrence of Soil Transmitted Helminth infection in people's bodies. So to reduce the occurrence of the Soil Transmitted Helminth infection it can be done by always maintaining personal hygiene

#### Conclusion

From the results of research conducted in the village of Besuk, namely:

The most proportion is not good as many as 58 respondents (96.67%) compared to those who have good personal hygiene as many as 2 respondents (3.33%).

#### Suggestion

Suggestions that can be submitted based on the results of this study are:

1. Providing information or counseling to farmers about personal hygiene to prevent the risk of infection with helmint soil transmitted worms.
2. For farmers to always maintain personal hygiene, especially feet and hands after working from the rice fields and before eating.

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