

Original Research

Overview Of Personal Hygiene and Health Complaints to Garbage Carrier Officer at TWS Medan Sunggal District

Putri Syahrani^{1*}, Fatimah Azzahra¹, Dinda Azria Nasution¹, Ninis Lestari¹, Yosita Hazrin¹, Syafran Arrazy¹

¹Public Health Science, North Sumatra State Islamic University, Medan, Indonesia

ABSTRACT

Background: Waste haulers are at high risk of various diseases due to direct contact with waste. Good personal hygiene is very important to prevent diseases. This research aims to identify personal hygiene practices and health complaints of waste transport workers at TWS Medan Sunggal District.

Methods: This research used a qualitative triangulation method by combining three techniques, namely in-depth interviews, observation and documentation. There are 3 informants in this research.

Results: The results of observations and interviews conducted with 3 informants conducted at Medan Sunggal TWS. This shows that most workers have not implemented optimal personal hygiene practices while working, such as maintaining personal hygiene by washing hands with soap and using gloves, has not been done consistently. Some workers experienced health complaints in the form of skin disorders, such as irritation of the scalp and itching of the hands.

Conclusion: Lack of awareness of waste transport officers and inadequate facilities such as no hand washing facilities are the main factors causing the lack of implementation of personal hygiene among waste transport officers. Training needs to be carried out regarding the importance of personal hygiene, providing adequate facilities, socialization, and enforcing discipline to increase awareness and compliance of officers in maintaining personal hygiene.

ARTICLE HISTORY

Received :27 October 2024
Revised :10 December 2024
Accepted :20 December 2024
Available Online :20 January 2025
Published :28 January 2025

KEYWORDS

Personal hygiene; Waste collection officers; TWS

CONTACT

✉ Putri Syahrani

psyahrani979@gmail.com

Public Health Science, North Sumatera State Islamic University, Medan, Indonesia¹²

Cite this as: Syahrani, P., Azzahra, F., Nasution, D. A., Lestari, N., Hazrin, Y., & Arrazy, S. (2025). Overview Of Personal Hygiene And Health Complaints To The Garbage Carrier Officer At The TPS Medan Sunggal District. Gaster, 23(1), 51–59. <https://doi.org/10.30787/gaster.v23i1.1651>

INTRODUCTION

According to the World Health Organization (WHO), personal hygiene is cleanliness behavior to maintain health and prevent the spread of diseases. Personal hygiene includes various activities to maintain body cleanliness. Several things you can do to maintain daily personal hygiene include maintaining clean skin, eyes, hair, nails, hands and feet. By maintaining personal hygiene you can maintain comfort (Putra, 2024).

Personal hygiene is an important thing for waste officers to pay attention to because the cleanliness of their skin and the clothes they wear has an impact on health problems. If officers do not pay attention to their personal hygiene, they will be more susceptible to skin disorders. By using good PPE when working, such as using gloves and boots for waste workers, you can prevent exposure to disease from the environment. The use of PPE also minimizes waste workers' direct skin contact with dangerous substances while working (Yudha & Azizah, 2023).

Based on its high frequency, skin disease is the third most common outpatient disease in Indonesia. Based on the 2018 Indonesian Health Profile, there were 64,557 new cases of skin diseases and 115,000 outpatient visits. The prevalence of skin diseases has increased, as seen in this image, underscoring the major impact these diseases have on health. Skin conditions such as bacterial, fungal and parasitic infections can be caused by poor environmental and skin hygiene. Lack of personal hygiene, such as rarely washing hands, can encourage the growth and spread of disease microorganisms that cause skin infections, irritation and allergies (Ginting et al., 2024).

Medan Mayor Regulation Number 18 of 2021 concerning the delegation of part of the authority for waste management, where the waste management personnel consist of drivers, kenek, bestari, jasmine, coordinators, cleaning personnel. Meanwhile, waste collection officers are waste transportation crew whose duties include compacting, tidying and unloading waste into and from waste operational vehicles. Transporting waste by waste transport officers is an effort to handle waste which is carried out by bringing waste from the source to a temporary storage area or to an integrated waste processing site, then to the final processing site (Pemko Medan, 2021)

Based on data from the National Waste Management Information System (SIPSN) of the Ministry of Environment and Forestry (KLHK) in 2023, as of July 24 2024, input results from 290 districts/cities throughout Indonesia stated that the amount of national waste stockpiled had reached 31.9 million tons. Data obtained from shows the 10 countries with the highest production of macroplastic waste in the world. India is in first position with 9.3 million tonnes of macroplastic waste, followed by Nigeria with 3.5 million tonnes and Indonesia in third position with 3.4 million tonnes. China produced 2.8 million tonnes, while Pakistan produced 2.6 million tonnes. Bangladesh and Russia both produced 1.7 million tons, while Brazil contributed 1.4 million tons. Thailand and Congo both produce 1 million tons of macroplastic waste. This data shows that developing countries with large populations dominate the production of macroplastic waste. Meanwhile, B3 waste (hazardous and toxic materials) is part of inorganic waste which also contributes to environmental pollution. In 2021, Indonesia will produce B3 waste reaching 60 million tons (*BRIN - 11,3 Million Tons of Garbage in Indonesia Are Mismanaged*, n.d.)

Some health complaints commonly experienced by waste haulers include skin disorders, respiratory problems, musculoskeletal disorders, digestive disorders and others. Therefore, for the comfort, health and safety of waste handling officers, prevention can be carried out by implementing personal hygiene maintenance, namely paying

attention to personal hygiene (cleanliness of skin, hair, nails, hands and feet). In connection with the work carried out by waste collection officers, it is very important to pay attention to these things (Rokhiya et al., 2021).

Temporary Waste Shelter (TWS) are the first place where waste is collected before being sent to another place to be processed or recycled. In this research, the author examined the personal hygiene of waste transport officers at the TWS in Medan Sunggal District, where the TWS is very close to the Environmental Service. Bearing in mind that waste transport workers are very vulnerable to contracting disease due to almost daily direct contact with waste. Based on previous research of a total of 144 respondents, 63.2% (91 people) experienced contact dermatitis, while 36.8% (53 people) did not experience it. Most respondents, namely 63.2% (91 people), had no history of skin disease, while 36.8% (53 people) had experienced skin disease before. In terms of work experience, the majority of respondents (60.4% or 87 people) have worked ≤ 5 years, and the remainder (39.6% or 57 people) have worked more than 5 years. Apart from that, 63.9% (92 people) practiced personal hygiene, while 36.1% (52 people) did not. These results describe the characteristics of respondents regarding the incidence of contact dermatitis and the factors that influence it (Syafar & Putera, 2024).

In accordance with the explanation above, the aim of this research is to provide a clear picture of the personal hygiene practice conditions and health conditions of waste transport officers at TWS Medan Sunggal District, so that appropriate action can be taken to improve the welfare of waste transport officers.

MATERIALS AND METHOD

This research used qualitative approach with in-depth interviews as the main instrument for data collection, observation and documentation. This research will explore further the personal hygiene carried out by waste collection officers. The sampling technique was carried out using heterogeneous sampling, where researchers select samples that have various characteristics.

This research uses a triangulation method by combining three techniques, namely in-depth interviews, observation and documentation. In-depth interviews are used to obtain in-depth information about hygiene practices, observation is used to directly see hygiene behavior in the field, and documentation is used to collect written or visual evidence. Apart from that, this research also applies source triangulation by selecting informants who have different combinations of years of work.

RESULTS

With a combination of different working periods. The total number of informants was three people, with details, one waste collection officer was chosen as a key informant with a service period of 24 years, and two other people as supporting informants with a service period of five years. There is one person with more than 20 years of service and two people with five years of service. Thus, this research can provide a more comprehensive view of hygiene practices from the perspective of varying working periods, so as to provide more relevant and effective recommendations to improve the quality of life and health of waste carrier workers in TWS Medan Sunggal Sub-district regarding personal hygiene and health issues of waste carrier workers.

Informant	Informant's Age	Length of Work Period	Occurrences During Work
Informant 1 (Key Informant)	51 Years	24 Years	Once pierced by a nail
Informant 2 (Supporting Informant)	55 Years	5 Years	Once pierced by a nail
Informant 3 (Key Informant)	45 Years	5 Years	Once pierced by glass

Table 1. Informant Identity

Working as a waste transporter who constantly interacts with solid waste is very risky for exposure to various disease-causing pathogens. Aspects of personal hygiene such as cleanliness of skin, hair, nails, hands and feet are very crucial for maintaining the health of officers (Rokhiya et al., 2021).

If officers tasked with collecting waste fail to pay attention to the use of Personal Protective Equipment (PPE), it is very risky considering the potential dangers arising from direct contact with waste which can cause work accidents such as falls, scratches and punctures by sharp objects, or the introduction of various diseases. Waste collectors can prevent this by using personal safety equipment (PPE) such as tools, protective clothing, hand protection and head protection. protection of the respiratory system. Many officers continue to operate without wearing all their personal protective equipment (PPE). The majority of them only wore boots and did not wear other safety clothing, such as gloves, masks, safety helmets and safety clothing. They said that they were used to not wearing PPE because it was more comfortable (Lolowang et al., 2020).

Observation results at the Medan Sunggal District Waste Disposal Site (TWS) indicate that the majority of cleaning staff have not implemented optimal personal hygiene practices. Basically, the use of Personal Protective Equipment (PPE) is the most effective preventive measure to reduce exposure to contaminants in waste transport workers. There are still many waste transporters who are trivial about using PPE, even though using PPE is an effort to maintain personal hygiene.

Lack of awareness of the importance of personal hygiene and the availability of adequate facilities also contribute to this problem. Many officers do not yet understand the health risks they face, and waste collection officers have become accustomed to not using protective equipment when working.



Figure 1. Location of TWS Medan Sunggal District

Lack of awareness of the importance of personal hygiene and the availability of adequate facilities also contribute to this problem. Many officers do not yet understand

the health risks they face, and waste collection officers have become accustomed to not using protective equipment when working.

DISCUSSION

Skin Hygiene

Skin cleanliness (personal hygiene) for waste collection workers refers to efforts to maintain body cleanliness, especially the skin. Working as a garbage collector carries a high risk for skin health. Direct exposure to various types of waste, chemicals and viruses makes the skin of waste haulers vulnerable to various health problems. The waste collection officers at TWS Medan Sunggal District have made personal hygiene efforts by showering three times a day, namely in the morning before going to work, in the afternoon after completing the task of transporting waste and showering in the afternoon before resting, as per the following interview quote: *"Yes, I shower three times, when I'm going to work, when I come home from work in the afternoon, it's just before sunse"* (Informant 1).

In the aspect of changing work clothes, it was found that waste collection officers always change their clothes after finishing work, dirty clothes are washed immediately to avoid spreading germs and bacteria through unwashed work clothes and contaminating the skin. The habit of changing work clothes after each duty is an important routine for officers as a form of professionalism and an effort to maintain personal hygiene.

Based on previous research, waste collection officers in Gorontalo City have poor personal hygiene. While some officers still shower twice a day, some officers also do not shower when working in the morning and shower after finishing work (Maksum & Sahari, 2023).

Hair Hygiene

Hair cleanliness is the condition of hair that is free from dirt, excess oil, dead skin cells, and microorganisms such as bacteria or fungi. Hair cleanliness is very important to maintain a healthy scalp and attractive hair appearance.

Aspects of personal hygiene apart from skin cleanliness are hair and scalp cleanliness. In an interview with Mr Sopriadi as a key informant who has worked for 24 years, he often experiences scalp problems, such as red irritation, itching and sores on the scalp. Excerpts from Mr. Sopriadi's interview are as follows: Excerpts from the interview are as follows: *"My scalp is often irritated, it's red, and then it peels off, even though I've used shampoo, I don't know why it still hurts"* (Informant 1).

There are several factors that could be the cause of this, namely direct exposure to sunlight, exposure to pollution in the form of dust, and wind speed which causes hair to become dry. At the Medan Sunggal District TWS, it was found that some of the waste hauling officers wore head coverings. From previous research, it was found that all officers in Kupang city waste collectors understood the use of PPE in accordance with operational standards (SOP), such as wearing hats, filtered masks, gloves, protective clothing and boots when working, but during observations the officers did not wear PPE (Zaenab Ahmad et al., 2022).

Nail Hygiene

Nail cleanliness is the condition of nails that are free from dirt, germs and fungus. Clean nails not only make your appearance more attractive, but also prevent various health problems. Cleanliness of the nails of waste collectors is one aspect of personal hygiene that needs to be paid attention to, as quoted in the following interview text: *"Yes,*

if they are long, cut them, it's also difficult to eat if your nails are long, right" (Informant 3).

Several studies have proven that not maintaining clean nails can cause nail fungus infections in officers. This is also very crucial, especially when waste collectors want to eat and drink with long and dirty nails, which will of course cause contamination. However, the results of observations and interviews that have been carried out show that the nails of waste transport officers at the TWS in Medan Sunggal District are good and short.

From the results of research conducted by previous studies, it was found that the frequency of nail hygiene in masid waste workers was in the bad category (Manalu & Nainggolan, 2022). One of the most important elements in maintaining personal hygiene is nail care, as nails can allow various pathogens to enter the body. Therefore, it is important to keep nails clean and healthy, and nail care can also have an impact on nail development (Ramadani et al., 2022).

Hand Hygiene

The cleanliness of the hands of waste collection workers is the next important thing, because if you don't maintain hand hygiene you will of course be at risk of experiencing health complaints. Three informants who were interviewed, waste collection officers admitted that they had carried out personal hygiene related to hand hygiene, such as washing their hands after work, but the officers still did not use soap to wash their hands, and it was found that some waste collection officers at the Medan Sunggal District TWS still did not use gloves, as in the following interview answer: *"Even if you wear gloves, your hands are wet, so you don't use them"* (Informant 2).

Based on previous research, the majority of officers use cloth gloves and don't wear them up to their arms. The use of rubber gloves is also recommended for waste collection officers as a preventive measure to maintain personal hand hygiene (Fajariani et al., 2022).

Foot Hygiene

In an interview with Mr. Emin, he said, *"Wearing boots and it's hot, our feet are just as dam"* he said. In fact, foot cleanliness is the condition of feet that are free from dirt. Clean feet are very important for maintaining overall body health. During observations and interviews at the TWS in Medan Sunggal District, it was discovered that the waste collection officers still did not wear boots to keep their feet clean so that they did not come into direct contact with the waste.

Various efforts have been made to prevent waste transport workers from being injured, one of which is the use of Personal Protective Equipment (PPE). It is very important to wear PPE boots when working, you must also pay attention to the choice of shoes because the boots you use must have anti-slip properties to prevent slipping while working (Sohail et al, 2021).

Health Complaints

From several officers interviewed at the Medan Sunggal District TWS, it was found that there was one officer who had health complaints since working as a waste collector for five years. The following is an excerpt from the interview text: *"Ah, this disease can't be cured, I've used a lot of medicine but it's still like this. It's been like this for five years"* he said. The complaint was that the officer felt very itchy on his hands when the rash occurred, which made it very difficult for the officer to carry out his work as a waste collection officer.



Figure 2. Health problems among waste workers

This research is in line with previous research which revealed that as many as 58.6% of officers experienced symptoms of skin disease, where the most common skin diseases were itching, redness of the skin, red spots, bumps, scaly skin and peeling skin. It was found that the majority of waste collection officers did not wear personal protective equipment for reasons of being distracted and uncomfortable (Nahrajanti & Sudiadnyana, 2020).

The risk of irritating contact dermatitis is significantly influenced by the cleanliness of the hands, feet, and nails. Maintaining the cleanliness of one's hands, feet, and nails is essential and inextricably linked to maintaining the cleanliness of one's surroundings; if one lacks these skills, it will be evident. Skin conditions like irritating contact dermatitis are likely to be impacted by the cleanliness of the hands, feet, and nails. skin conditions like dermatitis caused by irritating touch. Hand cleaning with soap and water is one way to maintain good hand, foot, and nail hygiene. By clipping long, filthy nails with running water, cleaning hands with soap and running water, and washing feet with soap and running water (Apriliani et al., 2022)

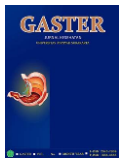
CONCLUSION

Based on the results of research conducted on waste collection officers at TWS Medan Sunggal District, it can be concluded that the majority of officers have not implemented optimal personal hygiene practices. Even though there are efforts to maintain cleanliness such as bathing regularly and changing work clothes, there are still aspects that need to be improved, such as cleanliness of hair, nails and hands. The use of Personal Protective Equipment (PPE) which has not been implemented in accordance with Standard Operating Procedures (SOP) is also a significant problem. Lack of awareness about the importance of personal hygiene and limited adequate facilities also worsen this situation. This condition can increase health risks, such as skin and respiratory disorders and other infectious diseases.

To increase awareness of the importance of personal hygiene among waste collection workers, training and regular supervision regarding personal hygiene, correct use of PPE, and effective hand washing techniques are needed. Apart from that, providing adequate facilities such as hand washing facilities with clean water and soap, as well as clean changing rooms, is very necessary to make it easier for officers to maintain personal hygiene. Intensive outreach regarding the health risks posed by poor hygiene practices and the benefits of implementing proper personal hygiene also needs to be improved so that the quality of life and health of staff can be better maintained.

REFERENCES

- Apriliani, R., Suherman, S., Ernyasih, E., Romdhona, N., & Fauziah, M. (2022). Hubungan Personal Hygiene Dengan Kejadian Dermatitis Kontak Iritan Pada Pemulung Di Tpa Bantargebang. *Environmental Occupational Health and Safety Journal*, 2(2), 221. <https://doi.org/10.24853/eohjs.2.2.221-234>
- BRIN - 11,3 million Tons of Garbage in Indonesia are Mismanaged. (n.d.).
- Fajariani, R., Vidyaningrum, D. U., & Haryati, S. (2022). Penggunaan Alat Pelindung Diri Dan Keluhan Penyakit Kulit Pada Petugas Pengangkut Sampah. *Ikesma*, 18(2), 91. <https://doi.org/10.19184/ikesma.v18i1.26881>
- Ginting, J. B., Purba, A. B., Siregar, S. D., Suci, T., & Indonesia, P. (2024). *Jurnal Kesmas Prima Indonesia hubungan personal hygiene dan sanitasi*. 8(2), 111–115.
- Lolowang, M. R., Kawatu, P. A. ., & Kalesaran, A. F. C. (2020). Gambaran Personal Hygiene, Penggunaan Alat Pelindung Diri dan Keluhan Gangguan Kulit pada Petugas Pengangkut Sampah di Kota Tomohon. *Kesmas*, 9(5), 12.
- Maksum, T. S., & Sahari, R. M. (2023). Hubungan Personal Hygiene Dengan Keluhan Gangguan Kulit Pada Petugas Pengangkut Sampah. *Prosiding Seminar Nasional Mini Riset Mahasiswa (e-ISSN*, 2(1), 113–125.
- Manalu, S. M. H., & Nainggolan, I. Y. (2022). Personal Hygiene Dan Penggunaan Alat Pelindung Diri Terhadap Gejala Dermatitis Pada Petugas Pengangkut Sampah. *Jurnal Kesehatan Masyarakat & Gizi*, 5(1), 102–107.
- Nahrajanti, P. F. I., & Sudiadnyana, I. W. (2020). Pengetahuan Personal Hygiene Berhubungan Dengan Timbulnya Gejala Penyakit Kulit Pada Petugas Pengangkut Sampah. In *Jurnal Kesehatan Lingkungan (JKL)* (Vol. 10, Issue 2). <https://doi.org/10.33992/jkl.v10i2.1264>
- Pemko Medan. (2021). *10Perwal Nomor 18 Tahun 2021*. [https://jdih.pemkomedan.go.id/img_perundangan/10perwal nomor 18 tahun 2021.pdf](https://jdih.pemkomedan.go.id/img_perundangan/10perwal_nomor_18_tahun_2021.pdf)
- Putra, D. D. Y. (2024). Efektivitas Dalam Mencuci Tangan Menggunakan Sabun Sebagai Salah Satu Cara Dalam Menjaga Kebersihan Diri (Personal Hygiene): Literature Review. *Jurnal Kesehatan Tambusai*, 5(2), 3387–3396.
- Ramadani, A. D., Trisnawati, & Dwiryanti, R. (2022). Pengaruh Personal Hygiene, Penggunaan Apd Dan Lama Kerja Dengan Kejadian Diare Pada Petugas Pengangkut Sampah Di Kota Palembang. *Scientific Journal of Occupational Safety & Health*, 2(1), 50–58.
- Rokhiya, N. A., Asih, A. Y. P., & Setianto, B. (2021). Literature Review: Hubungan Personal Hygiene dengan Kejadian Penyakit Kulit Pekerja Pengangkut Sampah di TPA. *Media Kesehatan Masyarakat Indonesia*, 20(6), 443–450. <https://doi.org/10.14710/mkmi.20.6.443-450>
- Syafer, E., & Putera, R. E. (2024). *Analisa Partisipasi Masyarakat dalam Pengelolaan Sampah di Kota Payakumbuh*. 4, 4568–4583.
- Yudha, A. A., & Azizah, R. (2023). Kejadian Gangguan Kulit pada Petugas Sampah di Indonesia dan Faktor yang Mempengaruhinya: Studi Meta-Analisis Tahun 2016-2021. *Media Gizi Kesmas*, 12(1), 503–508.



Gaster, 23(1) 2025, 51-59

<https://journal.aiska-university.ac.id/index.php/gaster>

e-ISSN: 2549-7006; p-ISSN: 1858-3385

DOI: <https://doi.org/10.30787/gaster.v23i1.1651>

<https://doi.org/10.20473/mgk.v12i1.2023.503-508>

Zaenab Ahmad, S., Salmun, J. A. R., & Setyobudi, A. (2022). Description of Dustman's Behavior Using Personal Protective Equipment at The Environment and Cleaning Department of Kupang City. *Journal of Community Health*, 4(1), 11. <https://doi.org/10.35508/ljch>