Description of Farmer's Clean and Healthy Living Behavior in the Workplace Order

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ABSTRACT

Introduction: Clean and Healthy Living Behavior is one of the government programs that aims to encourage people to increase knowledge and apply healthier life behaviors in various workplace settings. This study aims to describe the clean and healthy living behavior of farmers in the workplace setting**.**

Methods: This study uses an observational quantitative method with a descriptive-analytical research design and a *cross-sectional study approach*. The sampling technique used *quota sampling* with the number of samples that met the inclusion and exclusion criteria, namely 80 respondents. Collecting data using the Questionnaire for the Assessment of Clean and Healthy Life Behavior in the Workplace Arrangement from the Ministry of Health of the Republic of Indonesia.

Results: The results showed that 44 farmers (55%) had a smoking habit while at work, 63 farmers (78.8%) did not consume or buy food sources from the workplace, and 44 farmers (55%) did not do a physical activity outside. working hours, 46 farmers (57.5%) did not wash their hands in running water, 69 farmers (87.5%) did not try to eradicate larvae at work, 52 farmers (65%) did not use clean water facilities, 62 farmers (77 .5%) perform defecation and defecation in healthy latrines/toilet, 67 farmers (83.8%) dispose of waste in its place, and 54 farmers (67.5%) have used the appropriate PPE.

Conclusion: Clean and healthy living behavior needs to be done in a disciplined manner and there needs to be an evaluation that can be started from local health workers.

Keywords: Clean and Healthy Lifestyl; Farmers; Workplace.

Introduction

Behavior is an effort or action that can be observed and learned. Health behavior is a form of individual response to disease stimuli, health care systems, food, and also the environment (Elisabeth M., 2017). There are several factors that can influence individual health behavior, one of which is due to predisposing factors which include individual knowledge and attitudes towards the world of health, socio-culture, and also beliefs held. In addition to predisposing factors, individual health behavior is also influenced by other factors which include the environment and infrastructure facilities and is strengthened by other factors which include attitudes and behavior of religious leaders and also includes the attitude of health workers themselves including nurses can also be influenced related to their knowledge (Putri et al., 2022). Most people are not aware of health behavior so many people are not aware of the health problems that occur. The impact of unclean health behavior can affect individual behavior so that it can lead to a high spread of disease (Apriliani et al., 2021). Early treatment is also needed in determining problems caused by unhealthy behavior (Putri et al, 2021).

The clean and Healthy Lifestyle in Indonesia itself is currently very low, this is evidenced by the increasing number of health problems and the high spread of disease. According to data from the Ministry of Health, 3,000 villages in 440 districts in Indonesia have very poor environmental sanitation. The prevalence of the population who smokes over the age of 10 years in Indonesia is 29.3%. In addition, there is a lack of activity in the Indonesian population, namely 33.5% and 95.5% of the Indonesian population consume less fruit and vegetables and the prevalence of waste management is still minimal, which is 36.8% (Fadila & Rachmayanti, 2021).

The Minister of Health of the Republic of Indonesia has made guidelines regarding PHBS as outlined in the Regulation of the Minister of Health of the Republic of Indonesia Number: 2269/MENKES/PER/XI/2011 which regulates efforts to improve clean and healthy living behavior. Clean and Healthy Living Behavior is also one of the government programs as a form to create a constituency of individuals, families, groups, and communities in order to develop knowledge and healthier life behaviors (Adliyani et al., 2021). Each order has behavioral indicators that must be applied and if the implementation of Clean and Healthy Behavior is not carried out properly it will cause various health problems. One of the causes of health problems that occur in farmers is poisoning due to pesticides, this is because farmers do not apply *personal*

hygiene after spraying these pesticides. Wahyuni's research results (2015) that the occurrence of pesticide poisoning can occur due to direct contact due to not using complete personal protective equipment and inappropriate use of pesticides. In addition, behavior such as smoking can also cause comorbidities such as tuberculosis and can affect the health of farmers (Afandi, 2016).

The high health problems in farmers are caused by a lack of knowledge, attitudes, or behavior that are less supportive, low levels of education, and the lack of available facilities and infrastructure. With these limitations, individuals are less concerned about the importance of health. Therefore, researchers are interested in researching the Description of Clean and Healthy Living Behavior (CHLB) in the setting of the farmer's workplace.

Method

This research is an observational quantitative study with a descriptive-analytic research design and uses a cross-sectional study approach. The population of this research is working farmers in East Java in four districts, namely Bondowoso, Lumajang, Pasuruan, and Blitar. The sampling technique used double sampling, namely quota sampling, and purposive sampling. Quota sampling is a sampling technique where researchers determine the number of targets that must be met from a finite population to be used as samples in research (Ahyar, 2020). In this study, the researcher determined that the sample used for research was 80 farmers with details of 20 farmer workers from each selected district. While purposive sampling is a sampling technique that is carried out based on the considerations of the researcher or commonly referred to as inclusion and exclusion criteria (Ahyar, 2020). The inclusion criteria of this study were (1) farmers with land worker status, (2) > 18 years old, having a working period > 2 years, while the exclusion criteria from this study were (1) farmers with severe mental disorders, and (2) farmers illiterate. There were 80 samples that met both the inclusion and exclusion criteria. The data collection technique in this study was using a questionnaire with the research instrument, namely the Questionnaire for the Assessment of Clean and Healthy Life Behavior (CHLB) Workplace Orders sourced from the Ministry of Health in 2011.

Results

The following are the results of research data from the characteristics of farmer respondents.

Table 1. Characteristics of Research Respondents Based on Gender, Age, and Education

Characteristics	n	%
Gender		
Male	55	68.8
Female	25	31.2
Age		
13-25 years	6	7.5
25-37 years	8	10
37-49 years	24	30
49-61 years	33	41.3
61-73 years	9	11.2
73-85 years	0	0
85-97 years	0	0
education		
Elementary	49	61.2
Junior high school	19	23.8
High school	8	10.0
D3/S1	2	2.5
Not in school	2	2.5
Total	80	100

Based on table 1, it can be seen that the highest sex interval in the male group is 68.8%. According to Dyussenbayev (2017), age characteristics are divided into several categories, namely children (1-13 years), adolescents (13-25 years), early adulthood (25-37 years), middle adulthood (27-49 years), late adulthood (49-61 years), presenile (61-73 years), senile (73-85 years), and old period (85-97 years). In this study, the highest interval was obtained in the 49-61

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year age group, which was 41.3%. Then for the last response characteristic, the highest interval in the education category is SD at 61.2%.

Table 2. Characteristics of Respondents Based on Clean and Healthy Life Behavior

Characteristics	n	%
Question 1		
Yes	36	45
No	44	55
Question 2		
Yes	17	21.3
No	63	78.8
Question 3		
Yes	25	45
No	44	55
Question 4		
Yes	34	42.5
No	46	57.5
Question 5		
Yes	10	12.5
No	70	87.5
Question 6		
Yes	28	35
No	52	65
Question 7		
Yes	62	77.5
No	18	22.5
Question 8		
Yes	67	83.8
No	13	16.3

Question 9

Yes	54	67.5
No	26	32, 5
Total	80	100

The description of farmers' CHLB in the workplace setting can be seen in table 2. Question 1 related to smoking habits in the workplace by 55%. Then for question 2, 78.8% did not get food at work. Question 3 55% of farmers do not do physical activity or sports outside of working hours. Then, in question 4, 57.5% of farmers do not use clean water and soap at work. In question 5 of 87.5%, there is no effort to eradicate mosquito larvae. Question 6 65% of the unavailability of clean water facilities in the workplace. Question 7 of 77.5% indicates that farmers perform defecation and defecation in healthy latrines/toilets. Question 8, amounting to 83.8% indicates that farmers dispose of their waste in the right place. In question 9, 67.5% of farmers have used the appropriate PPE (Personal Protective Equipment).

Table 3. Classification of respondents based on the number of CHLB fulfilled

Category	n	%
Classification 1	18	22.5
Classification 2	44	55
Classification 3	18	22.5
Classification 4	0	0
Total	80	100

Based on table 3, the results of CHLB in the workplace in the agricultural sector are classified into 4 classifications, namely classification 1 (healthy Pratama), in this classification the criteria for CHLB in the workplace are met as many as 1-3 indicators, classification 2 (healthy middle) is fulfilled 4- 6 CHLB indicators, classification 3 (mainly healthy) fulfills 7-8 PHBS indicators, and classification 4 (completely healthy) fulfills 9 PHBS indicators. In the results of table 3, it is shown that the highest PHBS classification category is in classification 2 (middle healthy) at 55% with 4 to 6 clean and healthy living behaviors being met. Then,

classifications 1 (primary health) and 3 (mainly healthy) have the same percentage, which is 22.5%.

Discussion

Characteristics of Respondents'

Gender

The gender of the respondents in this study is known to be mostly male farmers with a percentage of 68.8%. Gender is one of the factors that can influence the behavior of clean and healthy living. Various public assumptions related to gender and clean living, one of which is that women tend to behave more cleanly than men. This is based on research by Ozy Saputra and Dyah Suryani (2021) which shows that gender has a significant influence on clean and healthy living habits.

Age

The results showed that of the 80 respondents according to the age group, the most that were in the age group 15-64 years was 91.3%. According to (the Ministry of Health of the Republic of Indonesia, 2014) Age is a unit of time to measure the existence of an object or creature from birth to an undetermined age. Humans can be said to be mature, have stability in thinking, and have a new lifestyle starting from the age of 21-40 years. up to 60 years and over (Sudijo & Alif, 2018).

A study has an assumption that the increasing age of a person will be able to influence behavior to implement CHLB(Clean and Healthy Living Behavior). In a study conducted by (Febryani, Rosalina, & Susilo, 2021) that at the age of 40-60 and above showed the highest behavior, namely moderate behavior with a total of 55.6%. The results of the study (Wawan & M, 2010) are that the older a person is, the more mature they will think and work. So it can be concluded that the description of a person's age can affect or can be a factor in the low CHLB, especially for farmers.

Education Level

Education is a way of learning to improve one's knowledge, abilities, values, habits, and development (UNESCO, 2022). Based on the results of Table 1. that the highest education level of farmers in the East Java region most took the highest education from Elementary School (SD)

as many as 49 people with a percentage of 61.2%. In accordance with the research of Haryanto et al (2021) that the majority of farmers' education is in elementary school. The level of education of farmers is still relatively low. In a research study by Katmawanti, Nikmatasari, and Nurrochmah (2020) it was shown that education has a significant influence on a person's clean and healthy living behavior. That is why, one's education is a factor in influencing one's level of understanding and awareness of Clean and Healthy Life Behavior (Ambarwati, 2014 in Katmawanti, Nikmatasari, & Nurrochmah, 2020). In this study, education can be said to influence farmers' knowledge about Clean and Healthy Life Behavior.

However, other research studies explain a different statement. According to Notoatmodjo, the level of knowledge becomes a very essential domain in shaping one's actions. Good knowledge can cause a person's assessment to be good about Clean and Healthy Behavior (PHBS) (Adliyani, Angraini, & Soleha, 2017). It is also possible that it is not the level of education but the level of knowledge that has an influence on a person's clean and healthy living behavior (PHBS).

Characteristics of Clean and Healthy Living Behavior of Respondents

Based on the results of the study in Table 2 show that as many as 44 people (55%) of farmers have the habit of smoking while at work. This is related to factors that support individuals to smoke, one of which is gender and education level. In this study, 68.8% of respondents were male farmers with the highest percentage of education levels being schools (61.2%). This is in line with the research of Sukma Derija, et al (2021) which states that gender has a significant influence on smoking habits, namely the male sex has a great potential to have a smoking habit.

The second indicator shows as many as 63 people (78.8%) describing the majority of farmers do not consume or buy food sources from the workplace. Food sources are factors that have the potential to cause health problems if the food processing process is not carried out properly. Farmers who mostly obtain food independently indicate that cleanliness and nutritional accuracy are determined and depend on each individual.

The third indicator shows that as many as 44 people (55%) describe farmers as not doing regular physical activity or sports outside of working hours. Exercise habits are one of the factors that support the creation of a healthy body. However, in this case, the lack of exercise habits for

farmers is related to fatigue related to the weight and length of time working which causes farmers to be reluctant to do sports. This is in line with the research of Narpati et al. (2019) which states that fatigue is related to a person's habits in doing regular exercise.

Based on the fourth indicator related to hand washing activities with clean water and soap, the results showed that the value of not washing hands with clean running water and soap was 57.5%. According to the results of research conducted by (Adem and Gustof, 2015), the results of research on respondents according to CHLB with daily activities, namely hand washing are in a good category, namely 60.0%, and the results show that the behavior of washing hands with soap can be categorized as low because it relates to daily habits. This behavior can occur which results in a number of factors that can influence motivational behavior, but environmental factors and the habits of the people around them can also affect individual behavior (Wahyuni & Fatmawati, 2020).

The fifth indicator, namely efforts to eradicate larvae in the workplace, showed results of 87.5%. One indicator of CHLB that is very important and is not paid attention to by the community, especially by farmers, is the eradication of mosquito larvae which is the cause of one of the diseases, namely DHF caused by the bite of the *Aedes Aegypti*. (Annisa Ayu Khusnul Khotimah Aji Wiedjayanto et al, nd). Based on the results of research on community behavior in eradicating mosquito nests, it was found that most of the respondents behaved poorly in mosquito control, namely 43.3% (Azizah et al, 2017). However, most of the people behaved well with the results of 56.7% eradicating mosquitoes. In this study, the results from table 2 show that it can be said to be less good.

Based on the sixth indicator, namely the use of clean water facilities, the results showed that 65% of respondents did not use clean water facilities. The provision of clean water is not only in providing clean water, but the community can use the clean water optimally. Based on the research, there is 28.37 water in Sidoasih Village and this is one of the risk factors for the presence of microbes in the water. In this case, the use of clean water is very important for the community and can improve PHBS in the community (Aziza, Mega, Julia, & Abidin, 2020)

The seventh indicator shows the results of 62 people (77.5%) describing farmers doing defecation and defecation in latrines/ healthy toilets. In a research study by Wardani, Ismail, Anto & Asriwati (2019), it is explained that one of the public facilities and infrastructure in

implementing a Clean and Healthy Lifestyle is a healthy latrine facility. Meanwhile, the lack of healthy latrine facilities at home could be due to the low income of people who make a living as dairy farmers (Wardani, Ismail, Anto, & Asriwati, 2019). Thus, the behavior of defecating and defecating becomes an essential element in implementing a Clean and Healthy Lifestyle.

The eighth indicator shows the results of 67 people (83.8%) which describes farmers disposing of waste in its place. The importance of this behavior is explained by the Minister of Health Regulation No. 2269/Menkes/Per/XI/2011 that the primary target must be to implement behaviors that can realize a PHBS Workplace, such as washing hands with soap, eating healthy food and drinks, utilizing healthy latrines, throwing garbage in trash cans, not smoking, not using Narcotics, Psychotropics, and Addictive Substances, not spitting anywhere, eradicating mosquito larvae and others in the workplace (offices, factories, etc.) (Ministry of Health of the Republic of Indonesia, 2011). In this way, waste disposal becomes an element of a Clean and Healthy Lifestyle that must be considered in the daily workplace.

The ninth indicator shows that 54 people (67.5%) of farmers have used the appropriate PPE (Personal Protective Equipment). In a research study by Dewi, Nugraha, and Widjasena (2017), the practice of using PPE significantly affects workers' attitudes towards CHLB (Dewi, Nugraha, & Widjasena, 2017). The type of use of PPE (Personal Protective Equipment) is very supportive of farmers, including masks to prevent exposure to respiratory infections, gloves made of an impermeable material to protect hand skin contact with chemicals and direct insect attacks, and boots *made* of leather, synthetic rubber or plastic to protect direct foot skin contact from the risk of insect bites on agricultural land (As'ady, Supangat, & Indreswari, 2019). Therefore, the use of PPE (Personal Protective Equipment) is of concern to the importance of implementing a Clean and Healthy Lifestyle (CHLB).

Characteristics of Fulfilled CHLB Amount

Based on the results of the study showed that there were still many farmers with CHLB category I or red category as many as 18 people (22.5%) which indicated a low level of clean and healthy living behavior of farmers. So it is necessary to take further action to provide an understanding that can improve the clean and healthy living behavior of farmers (Ahmad et al., 2019; Direja & Febrimuliani, 2021; Narpati, Ekawati, & Ida, 2019; Rusdani & Esmiralda, 2019; Saputra & Suryani, 2021).

Classification category II based on the number of CHLB in classification 2 shows the results that 44 (55%) have a fairly good category in implementing Clean and Healthy Life Behavior. Meanwhile, category III obtained in the study were 18 people (22.5%) who tended to start implementing the Clean and Healthy Life Behavior (CHLB) of farmers well. The Ministry of Social Affairs of the Republic of Indonesia (2020) explained that implementing a good CHLB pattern in the workplace contains several benefits, namely that workers can manage and develop their health status so they don't get sick easily, and create a positive workplace image so as to support increased enthusiasm and work productivity. This behavior needs to be maintained and improved in the working order of agricultural land so that the condition of the farmer's working area becomes cleaner and the status of the farmer's condition is healthier (Ministry of Social Affairs of the Republic of Indonesia, 2020).

Conclusion

The research conducted shows that gender can influence smoking behavior with male sex data having a high potential to have a smoking habit, supported by previous research data that low education levels have an influence on high smoking habits in workers. Most of the farmers were judged to be independent in choosing the nutritional accuracy determined by each individual, characterized by preferring to bring food supplies from home. The application of the use of PPE (Personal Protective Equipment) which significantly influences the attitude of workers to carry out CHBL has also been fulfilled.

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