

Universitas Ngudi Waluyo  
Program Studi Kesehatan Masyarakat, Fakultas Kesehatan  
Skripsi, Januari 2024  
Aprilia Aula A'lina Putri  
021201025

## HUBUNGAN PERSONAL HYGIENE DAN PENGGUNAAN ALAT PELINDUNG DIRI DENGAN KELUHAN GANGGUAN KULIT PADA PEMULUNG DI TPA BLONDO KABUPATEN SEMARANG

### ABSTRAK

**Latar Belakang :** Keluhan gangguan kulit adalah rasa gatal-gatal, muncul bintik merah/bentol/bula-bula berisi cairan bening/nanah pada kulit dan ruam. Personal hygiene dan penggunaan alat pelindung diri yang kurang baik menjadi sumber munculnya keluhan gangguan kulit. Penyakit akibat kerja pada kulit termasuk jenis penyakit nomor 2 di Indonesia. Pemulung berisiko tinggi terkena gangguan kulit dikarenakan lingkungan kerja yang kotor. Berdasarkan survei pendahuluan, ditemukan dari 3 pemulung, terdapat 1 pemulung mengalami keluhan gangguan kulit kemerahan dan gatal. Tujuan penelitian untuk mengetahui hubungan personal hygiene dan penggunaan alat pelindung diri dengan keluhan gangguan kulit pada pemulung di TPA Blondo Kabupaten Semarang.

**Metode :** Desain penelitian yang digunakan analitik observasional melalui pendekatan *cross sectional*. Populasi penelitian ini 71 responden pada Oktober–Desember 2023, teknik pengambilan *purposive sampling*, jumlah sampel 64 responden. Instrumen penelitian menggunakan kuesioner. Data dianalisis dengan melakukan uji *fisher*.

**Hasil :** Hasil penelitian menunjukkan terdapat hubungan antara *personal hygiene* dengan keluhan gangguan kulit  $p = (0,000) < \alpha (0.05)$  dan terdapat hubungan antara penggunaan alat pelindung diri dengan keluhan gangguan kulit  $p = (0,004) < \alpha (0.05)$ .

**Simpulan :** Bahwa terdapat hubungan yang signifikan antara *personal hygiene* dan penggunaan alat pelindung diri dengan keluhan gangguan kulit pada pemulung di TPA Blondo. Disarankan bagi pemulung untuk memperhatikan perilaku hidup bersih dan sehat dengan menjaga *personal hygiene* dan selalu menggunakan alat pelindung diri.

**Kata Kunci :** Keluhan Gangguan Kulit, Personal Hygiene, Alat Pelindung Diri

Ngudi Waluyo University  
Public Health Study Program, Faculty of Health  
Project Final, January 2024  
Aprilia Aula A'lina Putri  
021201025

**THE RELATIONSHIP BETWEEN PERSONAL HYGIENE AND THE USE OF PERSONAL PROTECTIVE EQUIPMENT WITH COMPLAINTS OF SKIN DISORDERS AMONG WASTE PICKERS IN BLONDO LANDFILL, SEMARANG REGENCY.**

**ABSTRACT**

**Background:** Complaints of skin disorders are itching, red spots / bumps / pustules filled with clear liquid / pus on the skin and rashes. Personal hygiene and poor use of personal protective equipment are sources of skin disorders. Occupational diseases of the skin are the number 2 disease in Indonesia. Scavengers are at high risk of developing skin disorders due to the dirty work environment. Based on a preliminary survey, it was found that out of 3 waste pickers, 1 waste picker experienced complaints of skin redness and itching. The purpose of the study was to determine the relationship between personal hygiene and the use of personal protective equipment with complaints of skin disorders among waste pickers at Blondo Landfill, Semarang Regency.

**Methods:** The research design used was observational analytic through a cross sectional approach. The population of this study was 71 respondents in October-December 2023, purposive sampling technique, sample size 64 respondents. The research instrument used a questionnaire. Data were analyzed by doing fisher.

**Results:** The results showed that there is a relationship between personal hygiene with complaints of skin disorders  $p = (0.000) < \alpha (0.05)$  and there is a relationship between the use of personal protective equipment with complaints of skin disorders  $p = (0.004) < \alpha (0.05)$ .

**Conclusion:** There is a significant relationship between personal hygiene and the use of personal protective equipment with complaints of skin disorders in waste pickers at Blondo Landfill. It is recommended for waste pickers to pay attention to clean and healthy living behavior by maintaining personal hygiene and always using personal protective equipment.

**Keywords:** Skin Disorders, Personal Hygiene, Personal Protective Equipment