

EFEKTIVITAS PROGRAM STBM BERBASIS PEMBERDAYAAN MASYARAKAT DALAM UPAYA PENCEGAHAN PENYAKIT BERBASIS LINGKUNGAN

ABSTRAK

Latar belakang: Sanitasi yang buruk berdampak langsung terhadap peningkatan beban penyakit, terutama penyakit berbasis lingkungan seperti diare, infeksi saluran pencernaan, penyakit kulit, dan stunting. Studi EHRA merupakan salah satu survei primer yang memberikan gambaran faktual dan ilmiah mengenai kondisi sanitasi dan higiene masyarakat pada skala kabupaten/kota hingga desa. Kondisi ini mendorong perlunya pelaksanaan Program Sanitasi Total Berbasis Masyarakat (STBM) yang menekankan pada perubahan perilaku secara berkelanjutan melalui pemberdayaan masyarakat. Tujuan Menganalisis efektivitas Program Sanitasi Total Berbasis Masyarakat (STBM) yang berbasis pemberdayaan masyarakat dalam menurunkan risiko dan mencegah terjadinya penyakit berbasis lingkungan di tingkat rumah tangga dan komunitas.

Hasil penerapan: Sumber Air: Mayoritas masyarakat menggunakan air isi ulang DAMIU untuk minum (36,73%) dan memasak (27,44%), serta air sumur bor untuk mandi, mencuci, dan menyikat gigi (±31%). Air Limbah Domestik: Sebanyak 86% tangki septik tidak aman dan 50% tidak pernah dikuras, diperparah dengan belum tersedianya Instalasi Pengolahan Lumpur Tinja (IPLT), sehingga pembangunan IPLT menjadi kebutuhan mendesak. Pengelolaan Sampah: Sebanyak 97% masyarakat belum melakukan pengelolaan atau pemilahan sampah rumah tangga, menandakan perlunya peningkatan kapasitas dan penyediaan sarana pendukung. Genangan Air dan Banjir: Sekitar 21% masyarakat tinggal di wilayah berisiko genangan atau banjir, terutama pada strata sosial menengah, yang meningkatkan risiko penyakit berbasis lingkungan. Perilaku Hidup Bersih dan Sehat (PHBS): Sebanyak 73,51% masyarakat telah menerapkan cuci tangan pakai sabun (CTPS), namun 26,49% belum melaksanakannya, dengan ketidakpatuhan tertinggi pada strata 2.

Saran: meningkatkan kesadaran dan komitmen terhadap praktik-praktik sanitasi dan higienitas, terutama dalam hal pemilahan sampah rumah tangga, pengurusan tangki septik secara berkala, serta penerapan perilaku cuci tangan pakai sabun (CTPS) pada lima waktu penting.

Kata kunci: Sanitasi Total Berbasis Masyarakat, pemberdayaan, pencegahan penyakit

Ngudi Waluyo University
Community Health Program
Final Project
Rahmad Fahri
027231044

**THE EFFECTIVENESS OF COMMUNITY-BASED TOTAL
SANITATION (STBM) PROGRAM IN THE PREVENTION OF
ENVIRONMENT-RELATED DISEASES**

ABSTRACT

Background: Poor sanitation has a direct impact on the increased burden of disease, particularly environment-related illnesses such as diarrhea, gastrointestinal infections, skin diseases, and stunting. The Environmental Health Risk Assessment (EHRA) study is a primary survey that provides factual and scientific insights into the sanitation and hygiene conditions of communities at the district/city to village level. This highlights the need for implementing the Community-Based Total Sanitation (STBM) Program, which emphasizes sustainable behavior change through community empowerment. Objective: To analyze the effectiveness of the Community-Based Total Sanitation (STBM) Program in reducing risks and preventing environment-related diseases at the household and community levels.

Implementation Results: Water Source: The majority of the community uses DAMIU refill water for drinking (36.73%) and cooking (27.44%), and borehole water for bathing, washing, and brushing teeth ($\pm 31\%$). Domestic Wastewater: About 86% of septic tanks are unsafe, and 50% have never been desludged. The absence of a Fecal Sludge Treatment Plant (IPLT) further highlights the urgent need for its development. Waste Management: 97% of households have not implemented waste separation or proper domestic waste management, indicating a need for increased capacity and supporting facilities. Flooding and Standing Water: Approximately 21% of residents live in areas at risk of flooding or stagnant water, particularly among the middle socioeconomic strata, increasing their exposure to environment-related diseases. Clean and Healthy Living Behavior (PHBS): While 73.51% of the population practices handwashing with soap (HWWS), 26.49% still do not, with the highest non-compliance in strata 2.

Recommendations: Increase awareness and commitment to sanitation and hygiene practices, particularly in household waste separation, regular septic tank desludging, and proper handwashing with soap at the five critical times.

Keywords: Community-Based Total Sanitation, empowerment, disease prevention