

GAMBARAN PERILAKU HIDUP BERSIH DAN SEHAT PADA PEKERJA PABRIK TEMPE DI BERBAH YOGYAKARTA

INTISARI

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Latar Belakang: Perilaku Hidup Bersih dan Sehat (PHBS) di tempat kerja merupakan upaya untuk memberdayakan pekerja agar memahami, mau, dan mampu menerapkan perilaku PHBS serta berperan aktif dalam menciptakan lingkungan kerja yang sehat.

Tujuan: Mengetahui Gambaran Perilaku Hidup Bersih dan Sehat Pada Pekerja Pabrik Tempe di Berbah Yogyakarta.

Metode: Penelitian ini menggunakan desain deskripsi kuantitatif. Pengambilan data dengan teknik total sampling 32 responden karyawan Pabrik Tempe. Data pengambilan menggunakan kuesioner. Analisis menggunakan uji Distribusi Frekuensi.

Hasil: Gambaran perilaku hidup bersih dan sehat pada pekerja pabrik tempe di Berbah Yogyakarta didapatkan nilai (75%) dengan kategori baik, sedangkan gambaran perilaku merokok dilingkungan kerja didapatkan nilai (87,5%) dengan kategori buruk, gambaran perilaku mengonsumsi makanan sehat di tempat kerja didapatkan nilai (100%) dengan kategori buruk, dan gambaran perilaku mencuci tangan dengan air bersih yang mengalir memakai sabun didapatkan nilai (71,9%) baik, dan gambaran kebiasaan pemberantasan jentik nyamuk didapatkan nilai (59,4%) baik, dan gambaran pekerja menggunakan air bersih yaitu (84,4%) baik, gambaran penggunaan jamban sehat didapatkan nilai (59,4%) baik, gambaran perilaku membuang sampah didapatkan nilai (59,4%) baik, gambaran kebiasaan olahraga dan aktivitas fisik didapatkan nilai (100%) buruk, dan gambaran penggunaan alat pelindung diri didapatkan hasil (100%) buruk.

Kesimpulan: Perilaku hidup bersih dan sehat di tempat kerja kategori baik 24 orang (75%).

Kata Kunci: Pabrik Tempe, Perilaku Hidup Bersih dan Sehat pada Pekerja.

OVERVIEW OF CLEAN AND HEALTHY LIVING BEHAVIORS OF TEMPE FACTORY WORKERS IN BERBAH YOGYAKARTA

ABSTRACT

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Background: Clean and Healthy Living Behavior (PHBS) in the workplace is an effort to empower workers to understand, be willing and able to implement PHBS behavior and play an active role in creating a healthy work environment.

Objective: To find out the description of clean and healthy living behavior among tempe factory workers in Berbah, Yogyakarta.

Method: This research uses a quantitative description design. Data were collected using a total sampling technique of 32 Tempe Factory employee respondents. Data collection uses a questionnaire. Analysis uses the Frequency Distribution test.

Results: The description of clean and healthy living behavior among tempe factory workers in Berbah Yogyakarta was scored (75%) in the good category, while the description of smoking behavior in the work environment was scored (87.5%) in the bad category, the description of the behavior of consuming healthy food in the workplace work obtained a score of (100%) in the bad category, and a description of the behavior of washing hands with clean running water using soap obtained a score of (71.9%) as good, and a description of the habit of eradicating mosquito larvae obtained a score of (59.4%) as good, and The description of workers using clean water was (84.4%) good, the description of using healthy latrines was (59.4%) good, the description of waste disposal behavior was (59.4%) good, the description of sports habits and physical activity was obtained. (100%) was poor, and the description of the use of personal protective equipment was obtained (100%) was poor.

Conclusion: Clean and healthy living behavior in the workplace is in the good category for 24 people (75%).

Keywords: Tempe Factory, Clean and Healthy Living Behavior among Workers