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ABSTRAK

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GAMBARAN SANITASI LINGKUNGAN DAN *PERSONAL HYGIENE* IBU BALITA DI WILAYAH KERJA PUSKESMAS CIGEUREUNG

Sanitasi lingkungan dan *personal hygiene* merupakan faktor yang mempengaruhi terjadinya penyakit berbasis lingkungan seperti diare. Penelitian ini bertujuan untuk mendeskripsikan gambaran sanitasi lingkungan dan *personal hygiene* ibu balita di wilayah kerja Puskesmas Cigeureung. Penelitian ini merupakan penelitian deskriptif kuantitatif dengan sampel ibu balita yang mengalami diare pada bulan Oktober–Desember 2023 sebanyak 48 responden. Teknik pengambilan sampel menggunakan *purposive sampling*. Pengumpulan data dilakukan melalui wawancara dan observasi, sedangkan analisis data menggunakan analisis univariat. Hasil penelitian menunjukkan bahwa pada sarana air bersih, sebagian besar responden memiliki konstruksi sumur tidak lengkap (62,5%), ketinggian bibir sumur <0,8 meter (70,8%), kondisi radius lantai sumur <1 meter (77,1%), jarak sumur ke SPAL <10 meter (78%), serta penutup sumur (64,6%). Pada penyediaan air minum, sebagian besar responden menggunakan galon isi ulang (56,3%) dan tidak melakukan pengolahan air minum (60,4%). Pada sarana jamban sehat, sebagian besar responden memiliki lantai jamban rapat (100%), kloset leher angsa (93,8%), SPAL (85,4%), rumah jamban dan atap (100%), bahan lantai jamban yang kedap air (100%), namun jarak resapan ke sumur masih <10 meter (78%). Pengelolaan sampah menunjukkan sebagian besar responden tidak melakukan pemilahan sampah (72,9%), tempat sampah terbuka (83,3%), tidak membuang sampah setiap hari (91,7%), terdapat sampah di dalam rumah (75%), tempat sampah kedap air (58,3%), sampah diangkut oleh petugas (72,9%). Pada sarana saluran pembuangan air limbah, sebagian besar responden tidak terdapat bau (81,7%), genangan (89,6%), tidak ditemukan vektor (100%), dan limbah kaman mandi dan dapur terpisah (66,7%), namun sebagian besar SPAL tidak terhubung dengan saluran pembuangan umum atau sumur resapan (73,2%). Dari aspek perilaku higiene, sebagian besar responden memiliki kebiasaan cuci tangan pakai sabun kategori buruk (58,3%), sedangkan kebiasaan memotong kuku menunjukkan proporsi yang sama antara kategori baik dan buruk (50%). Maka dari itu, masyarakat disarankan untuk memperbaiki kondisi fisik sumur, meningkatkan *personal hygiene*, melakukan pengolahan air minum yang aman, serta meningkatkan pengelolaan sampah guna menjaga kualitas sanitasi lingkungan.

Kata Kunci : Sanitasi Lingkungan, *Personal Hygiene*, Diare Balita

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ABSTRAK

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OVERVIEW OF ENVIRONMENTAL SANITATION AND PERSONAL HYGIENE OF MOTHERS WITH TODDLERS IN THE WORKING AREA OF THE CIGUREUNG HEALTH CENTER

Environmental sanitation and personal hygiene are factors that influence the occurrence of environment-based diseases such as diarrhea. This study aims to describe the environmental sanitation and personal hygiene of mothers of toddlers in the working area of the Cigureung Health Center. This study is a quantitative descriptive study with a sample of 48 mothers of toddlers who experienced diarrhea in October–December 2023. The sampling technique used purposive sampling. Data collection was conducted through interviews and observations, while data analysis utilized univariate analysis. The results showed that in terms of clean water facilities, most respondents had incomplete well construction (62.5%), well rim height <0.8 meters (70.8%), well floor radius <1 meter (77.1%), distance from the well to the SPAL <10 meters (78%), and well covers (64.6%). In terms of drinking water supply, most respondents used refillable gallons (56.3%) and did not treat drinking water (60.4%). In terms of healthy toilet facilities, most respondents had sealed toilet floors (100%), swan neck toilets (93.8%), SPAL (85.4%), toilet houses and roofs (100%), waterproof toilet floor materials (100%), but the infiltration distance to the well is still <10 meters (78%). Waste management showed that most respondents did not sort waste (72.9%), had open trash bins (83.3%), did not dispose of waste every day (91.7%), had waste inside their homes (75%), had waterproof trash bins (58.3%), and had their waste transported by officials (72.9%). Regarding sewage facilities, most respondents reported no odor (81.7%), no flooding (89.6%), no vectors (100%), and separate bathroom and kitchen waste (66.7%). However, most SPALs were not connected to public sewage systems or infiltration wells (73.2%). In terms of hygiene behavior, most respondents had poor hand washing habits with soap (58.3%), while nail cutting habits showed equal proportions between good and poor categories (50%). Therefore, the community is advised to improve the physical condition of wells, enhance personal hygiene, ensure safe drinking water treatment, and improve waste management to maintain environmental sanitation quality.

Keywords : Environmental Sanitation, Personal Hygiene, Diarrhea in Toddlers