

Clean Healthy Living Behaviours (Phbs) Household Order Kampong Sarmi Regency Bonggo Subdistrict Armopa Papua in 2017

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Abstract: *Public health experts agreed that for the implementation of the health care efforts in the community, these efforts should be implemented through community organizing. This idea is then developed in a variety of health programs and most are activities through the health program community outreach (PKM). The main goal of the program is to change the behavior of the PKM society becomes unhealthy behavior that is healthy (Trangkoso, 1984). From the background of these problems arises the question of the proposed research are: "how the description (profile) of the PHBS household services in kampung Armopa. The Purpose of research is to find out an overview of the health problem in Kampung Armopa and special-purpose is to know the profile of life health behavior in kampung Armopa Papua's Sarmi. Research methodology can be described as follows: phases of this research include: (1) the preparatory Stage, (2) the stage of data retrieval (3) data processing. This research in terms of time is cross sectional study. Researchers want to see conditions a life clean and healthy Behaviors (PHBS) in Kampung Armopa. Research Time conducted for 3 months from preparation up to his percentage. A place or location of Sarmi of research conducted at Kampung Armopa around 150 Km from the provincial capital Jayapura. A technique used to gather the data is (1) interview and (2) and recording of observations . There are two kinds of data sources, namely (1) primary Data and secondary data (2) . This research is only one Variable which is free healthy life behavior which includes 2 sub variables namely (1) the order of household and school order (2). Analysis of the statistics used in the processing of data is to use a statistical analysis is quantitative. This research only a survey descriptive.*

Keywords: Clean Healthy Living Behavior, Household

1. Introduction

Health status is influenced by four (4) major components, namely: environment, health services, behavioral, and genetic. Of the four components is virtually simultaneously yet rendered its full potential. Indicators used in health status improvement still reflect a situation that is conducive to realizing the optimal health status (Blum, 1977).

On health issues, while this transition occurs in the form of health, demographic transition, transition, transition epidemiology nutrition, and transition behaviors. The health transition gives a double load (*double burden*) health problems. Rising life expectancy, on the other hand the problem of babies and toddlers are still piling up, infectious diseases chronic disease hadn't while increasing dramatically, nutrition less everywhere, while increasing more nutritional problems anyway.

Health problems in Indonesia, quantitatively estimated around 15% of the population have the disease, while those between the healthy and sick about 85%. It is these conditions occur during the development of this inequality. Almost the entire allocation of government budget devoted to minority group (15%). While the group that did not get a lot more promotional services. This situation must be changed, with the budget and giving greater attention to more groups, as a human rights enforcement efforts and investments in the field of health.

The issue of clean and healthy living behaviors (PHBS) is a very serious problem especially in countries that are

increasingly in Papua due to the classic problem of low education level. Statistical data on Large shows that 70% of the population did not finish elementary school (Arwam, 2015).

2. Method

This research in terms of time is survey descriptive. Researchers want to see conditions a life clean and healthy Behaviors (PHBS) in Kampung Armopa. Research Time conducted for 3 months from preparation up to his percentage. A place or location of Sarmi Regency research was at Kampung Armopa kl. The distance is 150 Km from the provincial capital Jayapura.

3. Result

a) PHBS household order

On respondents Living clean and healthy Behaviors (PHBS) order of the household respondents are interviewed who was also in pregnant women and housewives are there in Kampung Armopa.

1) The birth of a Baby in you please by health workers and the exclusive breast feeding.

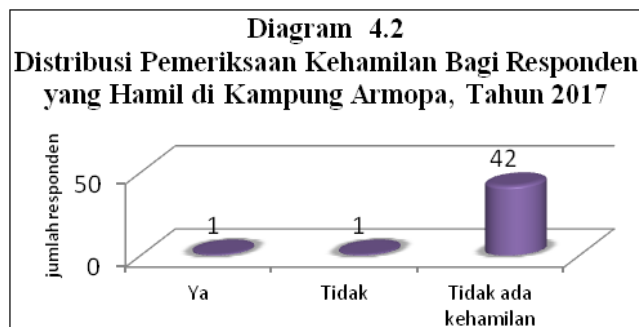
Diagram 4.1. the below shows that the origin of the 44 respondents know not having a baby so not done early initiation and birth are rescued by health workers. When we perform data retrieval, many of the residents who are following TRC in Sarmi and stay stay at house Brothers so there is some data on mothers and babies who had NO

response because until we get back the family yet again of sarmi.



(Source: primary Data, 2017)

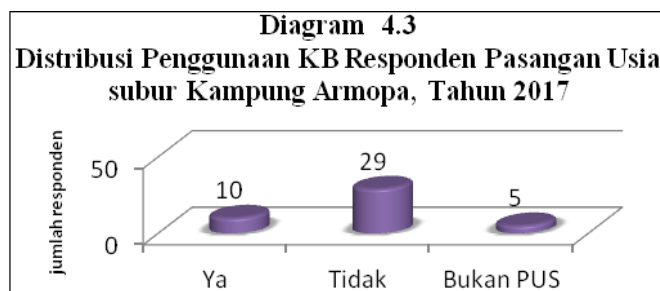
2) Pregnancy Checkups for Pregnant Women.



(Source: primary Data, 2017)

Based on the diagram 4.2 above, shows that of the 44 Respondents found the respondent as much as 2 pregnancy women in a State of pregnancy and as many as 1 (2.3%) of respondents checked the uterus during pregnancy, whereas 1 (2.3%) of the respondents of pregnant women without checked content and as many as 42 (95.5%) of respondents found no members who are a pregnancy.

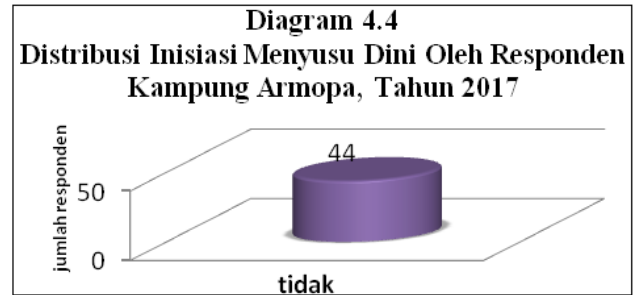
3) Use Family Planning for couples Ages fertile



(Source; Primary Data, 2017)

Based on the diagram 4.3 above, shows that of the 44 respondents, a total of 10 (22.7%) of respondents Age fertile Couples use KB, as many as 29 (65.9%) of the respondents in the fertile age Couples don't use KB and 5 respondents (11.4%) is not a fertile women.

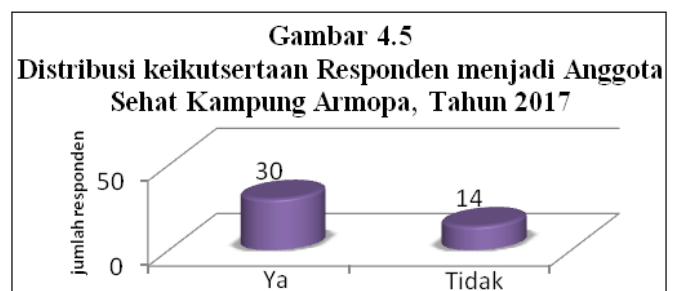
4) The Initiation Of Early After The Baby Is Born To Suckle.



(Source: primary Data, 2017)

Based on the diagram 4.4 above, shows that of the 44 Respondents, a total of 44 (100%) of the respondents did not do an initiation suckle after her baby was born due to not having a baby.

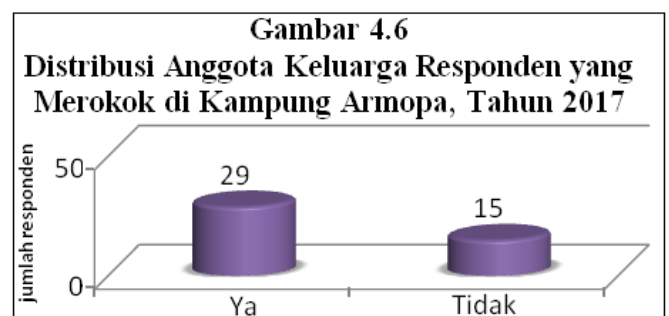
5) Members of the Fund Healthy (JKPM).



(Source: primary Data, 2017)

From the diagram 4.5 the above shows that the origin of the 44 respondents, a total of 30 (68.2%) KK became a member of the Fund is healthy, and as many as 14 (31.8%) KK don't become members of the Fund healthy.

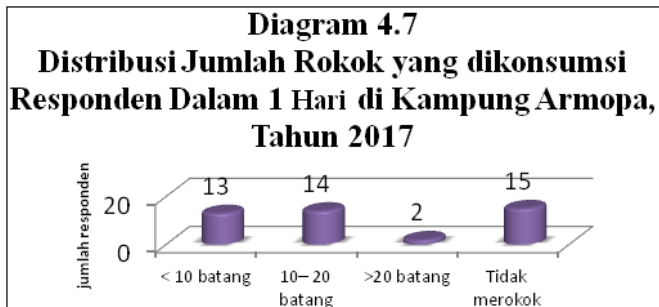
6) Members who smoke.



(Source: primary Data, 2017)

From the diagram respondents, a total of 29 (65.9%) of the respondents 4.6 above, shows that of the 44 have family members who smoke, and as many as 15 (34.1%) of respondents have family members who do not smoke.

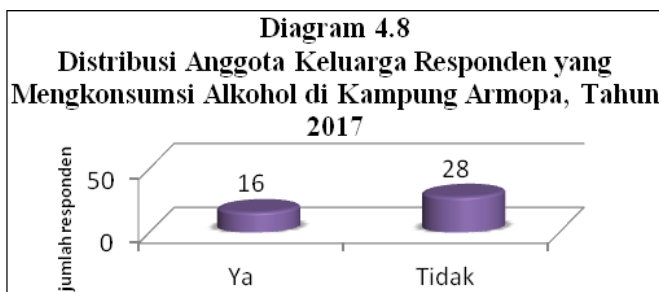
7) The number of Cigarettes consumed in 1 day.



(Source: primary Data, 2017)

From the diagram 4.7 above, shows that of the 44 Respondents, a total of 13 (29.5%) respondents in 1 day can be spent < 10 cigarettes, as much as 14 (31.8%) of the respondents can spend 10-20 cigarettes, as much as 2 (4.5%) respondents can spend > 20 cigarettes in 1 day, and as many as 15 (34.1%) have family members who do not smoke.

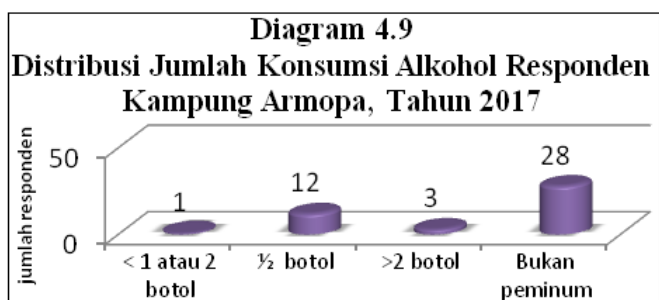
8) Members who consume alcohol.



(Source: primary Data, 2017)

From the diagram 4.8 the above shows that the respondents, 44, of as many as 16 (36.4%) of respondents had family members who consume alcoholic beverages, and as many as 28 (63.6%) of respondents have family members who do not consume alcoholic beverages.

9) The amount of Alcohol consumed in 1 day



(Source: primary Data, 2017)

From the diagram 4.9 above, shows that of the 44 Respondents, a total of 1 (2.3%) of the respondents had a family member that consume alcohol as much as < 1 or 2 bottles, as many as 12 (27.3%) of respondents have a member of family who consume alcohol as much as 1/2 bottle, as much as 3 (6.8%) of the respondents had a family member consume alcohol as much as > 2 bottles, and as many as 28 (63.6%) of respondents did not consume alcohol (not a drinker).

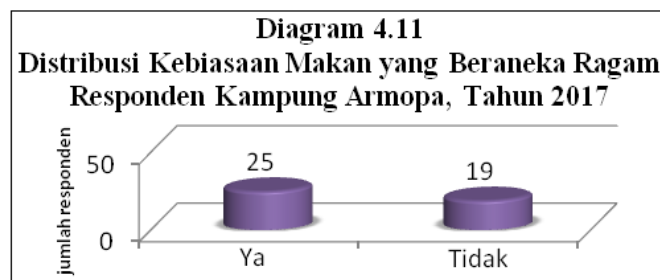
10) Physical activity or sport on a regular basis.



(Source: primary Data, 2017)

From the diagram 4.10 above, shows that of the 44 respondents (KK), as many as 20 (45.5%) KK in Kampung Armopa do physical activities, and as many as 24 (54.5%) KK more physical activities do not several residents interviewed in time about doing physical activity, they said that either a working in the farm is also a physical activity. When lifting the result field is also the replacement exercise physical activity.

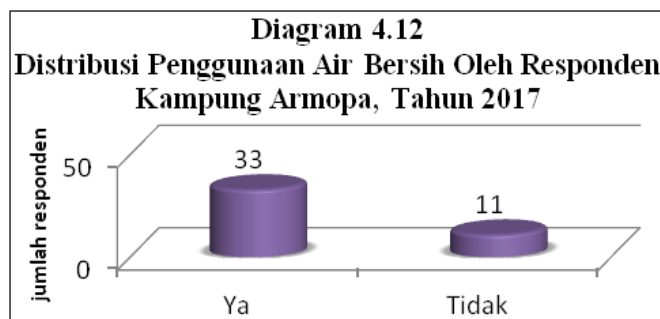
11) Diversified eating habits.



(Source: primary Data, 2017)

From the diagram 4.11 above, shows that the origin of the 44 Respondents, a total of 25 (56.8%) respondents said they eat rich food every day, and as many as 19 (43.2%) of respondents said that they did not eat the food varied each day.

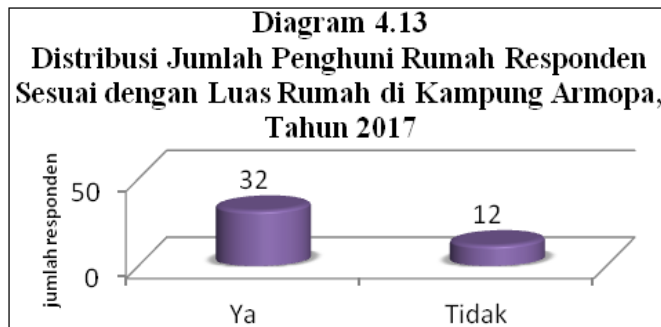
12) The Use of Clean Water.



(Source: primary Data, 2017)

From the diagram 4.12 above, shows that of the 44 respondents, as many as 33 (75.0%) of respondents use clean water for daily needs and a total of 11 (25.0%) did not use clean water for daily necessities.

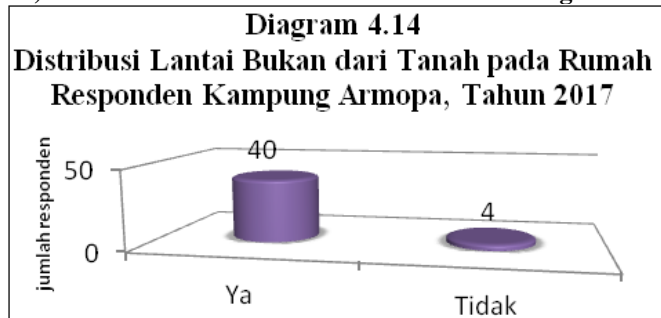
13) The Number of Occupants Fit Wide Home.



(Source: primary Data, 2017)

The number of residents in accordance with an area of the House is for 2 adults and 1 baby people require spacious 8 m². Diagram of 4.13 above, shows that of the 44 Respondents, a total of 32 (72.7%) of respondents (KK) number of residents of her home in accordance with the floor area of the House and as many as 12 (27.3%) of respondents (KK) number of residents of her home not according to the floor area of the House.

14) The floor of the House rather than from the ground.



(Source: primary Data, 2017)

From the diagram above, 4.14 shows that of the 44 Respondents, a total of 40 (90.9%) respondents to the floor of his home is not made from the ground and as many as 4 (9.1%) respondents to the floor of his house made of ground.

15) In The State House Yard Clean.



(Source: primary Data, 2017)

Based on the diagram 4.15 above, shows that of the 44 Respondents, a total of 28 (63.6%) of respondents in the Court of the conditions of her house is clean and as many as 16 (36.4%) of respondents in the State Court of the condition of her home is not clean.

16) Garbage Dumps



(Source: primary Data, 2017)

Based on the diagram 4.16 above, shows that of the 44 Respondents, a total of 24 (54.5%) of respondents have a landfill in his house and as many as 20 (45.5%) respondents have no landfills.

4. Discussion

Based on the study, we could simplicity explain that:

- From 44 respondents, a total of 10 (22.7%) of respondents Age fertile Couples use KB, as many as 29 (65.9%) of the respondents in the fertile age Couples don't use KB and 5 respondents (11.4%) is not fertile women.
- As many as 29 (65.9%) of the respondents have family members who smoke, and as many as 15 (34.1%) of respondents have family members who do not smoke.
- Of the 16 respondents, 44 (36.4%) of respondents had family members who consume alcoholic beverages, and as many as 28 (63.6%) of respondents have family members who do not consume alcoholic beverages.
- From the 44 respondents (KK), as many as 20 (45.5%) KK in Kampung Armopa do physical activities, and as many as 24 (54.5%) KK more physical activities do not.
- The origin of the 44 Respondents, a total of 25 (56.8%) respondents said they eat rich food every day, and as many as 19 (43.2%) of respondents said that they did not eat the food varied daily.
- Of the 44 Respondents, a total of 33 (75%) of respondents use clean water for daily needs and a total of 11 (25%) did not use clean water for daily necessities.
- Of the 44 Respondents, a total of 28 (63.6%) of respondents in the Court of the conditions of her house is clean and as many as 16 (36.4%) of respondents in the State Court of the condition of her home is not clean.
- Of the 44 Respondents, a total of 24 (54.5%) of respondents have a landfill in his house and as many as 20 (45.5%) respondents have no landfills.

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