

Volume 3, No. 7 July 2024 (1628-1637)

p-ISSN 2980-4868 | e-ISSN 2980-4841

<https://ajesh.ph/index.php/gp>



The Effect of Hygiene and Sanitation Levels on the Health Level of Prisoners

Aziz Imam Hanafi

Ministry of Law and Human Rights of the Republic of Indonesia, DKI Jakarta, Indonesia

Email: mountlawu95@gmail.com

ABSTRACT:

Prisoner health is a crucial aspect of the correctional system. Unhygienic environmental conditions and poor sanitation can have fatal consequences for prisoners' health, particularly in terms of the spread of infectious diseases. This research aims to analyze the impact of hygiene levels on prisoners' health. This study employs quantitative research methods, collecting data through surveys using questionnaires and literature reviews. The collected data were analyzed using regression tests with the SPSS program. The results indicate a significant relationship between the level of hygiene and sanitation and the health status of prisoners. Prisoners living in more hygienic environments with better sanitation have better health levels. This study emphasizes the importance of improving hygiene and sanitation conditions in prisons to enhance prisoners' health.

Keywords: Hygiene, Sanitation, Prisoner Health.

INTRODUCTION

Correctional Institution (LAPAS) is a correctional business unit that accommodates, treats and fosters inmates. Health problems in inmates in correctional institutions can be estimated by several factors that affect them, one of which is the problem of hygiene and sanitation. Hygiene is a health effort to maintain and protect the hygiene of the subject, such as washing hands with clean water and soap to protect hand hygiene, washing dishes for dish cleanliness, and removing damaged food parts to protect the overall integrity of food (Rahmawati et al., 2018). Hygiene is a disease prevention effort that focuses on individual or human health efforts and the environment in which the person is located (Bagiastra & Damayanti, 2019).

Meanwhile, sanitation is a disease prevention effort that focuses on human environmental health efforts (Andayani, 2020). Sanitation is a health effort to maintain and protect the cleanliness of the environment from its subjects. For example, providing clean water for hand washing purposes and providing garbage cans to accommodate garbage so that it is not thrown

carelessly (Blongkod & Paute, 2022). Hygiene and sanitation cannot be separated from each other because they are closely related. For example, hygiene is good because you want to wash your hands, but the sanitation is not supportive because there is not enough clean water available, so washing your hands is not perfect (Fajriansyah, 2017).

The factor of excess occupancy capacity in prisons increases the risk of infectious diseases. The Hearing Report of Commission III of the House of Representatives of the Republic of Indonesia said that currently, the number of prisons and correctional facilities is 457 units, most of which are in over-capacity conditions; in the last 6 years, the growth of the occupancy rate in prisons/detention centers has increased quite rapidly. The number of residents in 2008 was 135,985 people, while at the moment, it is 155,914 people. The current occupancy capacity is 108,186 people, so it is over-capacity by 44% or 47,728 people (Humananda et al., 2014).

The impact of overcapacity/excess inmates in prisons/prisons, such as poor health conditions of prisoners/prisoners, deterioration of the psychological atmosphere of prisoners/prisoners, easy conflicts between residents, increased dissatisfaction of residents, coaching not running according to regulations, and there is a waste of budget due to increased consumption of water, electricity, food, and clothing (Humananda et al., 2014). As a sample of pain rate data in Class IIA Ambarawa correctional institution in the last three months of 2013, there are several diseases, namely ISPA, as many as 340 cases with an average per month of 113 (40.5%) cases from 279 inmates and prisoners, scabies as many as 265 cases with an average per month of 88 (31.5%) cases, hypertension as many as 14 cases with an average per month of 4 (1.4%) cases, gastritis was 24 cases with an average of 8 (2.8%) cases per month and toothache was 15 cases with an average of 5 (1.7%) cases per month (Ketaren et al., 2016).

Then, one of the samples is 176 inmates in the Semarang Women's Prison who had a history of suffering from herpes simplex in 2009; 80% of them were affected by the disease (Wirawan et al., 2020). There is data that displays the sanitary hygiene of food processing personnel and the production environment as well as the acceptability of the menu, aspects of appearance (color, texture, portion size, and serving) and taste aspects (temperature, aroma, and level of doneness) in accordance with the guidelines for the implementation of food in correctional institutions and state prisons that have not met the requirements such as in the Tasikmalaya Class II B Prison in December 2015 with data from the results of the Statistical test using the Chi-Square test (Kustipia & Pakpahan, 2015).

Overall, the food delivery system at the Class II B Tasikmalaya Prison has not met the standards. The variables that stated that there was a relationship between the acceptability of the menu of appearance aspects (education with color, education with portion size, age with color, and age with texture) and the acceptability of the menu with taste aspects which stated that there was a relationship (age with temperature, age with maturity level, and gender with temperature) because $p > (\alpha) 0.05$. The rest is no relationship because $p < (\alpha) 0.05$.

Hygiene and sanitation of food or the environment, such as clean water and air, that are not in accordance with health provisions, have violated Permenkumham No. M.HH.01.PK.07.2 of 2009 concerning Guidelines for the Implementation of Food for Correctional Assisted Citizens in Correctional Institutions and State Prisons as well as Government Regulation No. 32 concerning Procedures and Conditions for the Implementation of WBP Rights. Government Regulation No. 58 of 1999 concerning Conditions and Procedures for the Implementation of Authority, Duties, and Responsibilities for Prisoner Care.

Based on the above background explanation, the formulation of the problem must be reviewed starting from a number of problems ranging from buildings or buildings that are still relics of the Dutch colonial era which are loaded with prison portraits that do not attach importance to the rights of prisoners who need food sanitation and the environment that is as good as the provisions of health, as well as the excess capacity of prisoners in residential rooms and the presentation of inappropriate food, will cause various problems of disease transmission in correctional institutions. The purpose of this writing is to find out how the level of health services and the provision of food clean water, and clean air affect the health level of inmates in correctional institutions.

RESEARCH METHODS

This study uses a quantitative research method. Quantitative research methods are research approaches that use numerical data to measure and analyze the variables involved in a phenomenon. This method aims to test hypotheses, explain the relationships between variables, and produce generalizations that can be applied to a wider population (Unaradjan, 2019). Data was collected through a survey using a questionnaire measured by a Likert scale and a literature study obtained from Google Scholar. The population of this study is inmates in City X. The data collection technique in this study is a random sampling technique. The data that has been collected is then analyzed using regression tests using the help of the SPSS program.

RESULTS & DISCUSSION

Result

Validity Test

The validity test aims to ensure that the research or measuring instrument used actually measures what it intends to measure.

Table 1. Validity Test Results

		X1	X2	Y
X1	Pearson Correlation	1	.527**	.477**
	Sig. (2-tailed)		<.001	<.001

	N	100	100	100
X2	Pearson Correlation	.527**	1	.668**
	Sig. (2-tailed)	<.001		<.001
	N	100	100	100
Y	Pearson Correlation	.477**	.668**	1
	Sig. (2-tailed)	<.001	<.001	
	N	100	100	100

** . Correlation is significant at the 0.01 level (2-tailed).

Based on the results of the research, the validity test results show that all variables get a sig. <0.005 so that it can be stated that the questionnaire used is valid and research can be carried out.

Reliability Test

Reliability tests aim to measure the consistency and reliability of a research instrument, such as a questionnaire or other measuring tool, in producing similar results under the same conditions.

Table 2. Reliability Test Results

Reliability Statistics

Cronbach's Alpha	N of Items
.784	3

The reliability test results are obtained if the Cronbach's Alpha value of 0.784 is greater than 0.600, which means that the questionnaire is reliable and can be used for further research.

Normality Test

A normality test is a statistical procedure used to determine whether the collected data follows a normal distribution.

Table 3. Normality Test Results

Tests of Normality

	Kolmogorov-Smirnova			Shapiro-Wilk		
	Statistic	Df	Sig.	Statistic	Df	Sig.
X1	.224	100	<.001	.862	100	<.001
X2	.115	100	.002	.935	100	<.001
Y	.120	100	.001	.945	100	<.001

a. Lilliefors Significance Correction

The normality test results were obtained if the significance value of all variables was <0.005 so that it could be concluded that the data obtained was normally distributed.

Regression Test

Regression testing is a statistical method for analyzing the relationship between one dependent variable (dependent) and one or more independent variables (predictors).

Table 4. Regression Test Results
Coefficients^a

Type		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	4.308	2.464		1.748	.084
	X1	.247	.125	.173	1.982	.050
	X2	.542	.082	.577	6.630	<.001

a. Dependent Variable: Y

The results of the regression test found that the significance value was <0.001 so it was less than 0.005. Thus, it can be concluded that the level of hygiene and sanitation has a positive and significant effect on the level of health.

Discussion

The Influential Hygiene Level Has a Positive and Significant Influence on the Health Level of Inmates

The results of the study show that individual hygiene in prisons can affect the health level of inmates. Supported by research conducted by Haryana et al., (2021) inmates' personal hygiene significantly influences dermatitis, which can be associated with bathing habits, soap use, clothing hygiene, and personal and bed hygiene. Poor personal hygiene, including irregular showering and not using soap properly, can lead to a buildup of dirt and bacteria on the skin. In addition, unclean clothes and dirty bedding can be a hotbed of bacteria and irritants that have the potential to trigger or worsen the condition of dermatitis. Therefore, maintaining good personal hygiene in prison environments is essential to prevent skin diseases such as dermatitis.

An inmate is an individual who has been sentenced to prison by the court for a violation of the law he committed. They serve their sentences in correctional institutions as part of the criminal justice system. Inmates can serve sentences for a wide variety of crimes, ranging from minor offenses to serious crimes. During their sentences, they are under the supervision of prison authorities and are required to comply with the regulations that apply in the institution (Firmansyah, 2020).

Health is an important aspect that must be taken care of by every individual, including inmates. Maintaining the health of inmates is not only a human right, but it is also important to prevent the spread of disease in a crowded and often unhealthy prison environment. Good health can improve the well-being of inmates, allow them to participate in rehabilitation and education programs, and reduce the cost of medical care that the prison system must bear. Additionally, healthy inmates are more likely to successfully reintegrate into society after their sentences are over, thereby reducing the risk of recidivism and improving overall community security (Pane & Iskandar, 2023).

To improve the health of inmates, it is very important to pay attention to and promote personal hygiene. Personal hygiene includes personal hygiene practices such as washing hands regularly, bathing, maintaining dental hygiene, and wearing clean clothes. In a crowded and confined prison environment, personal hygiene is the main key in preventing the spread of infectious diseases such as skin infections, respiratory diseases, and digestive diseases (Rochmah, 2020). The provision of adequate facilities such as clean water, soap, and other hygiene tools is also very necessary to support personal hygiene practices. By implementing and promoting personal hygiene, the health of inmates can be significantly improved, which in turn will improve their quality of life and create a healthier and safer prison environment (Engdaw et al., 2023).

Personal hygiene has a variety of benefits, including maintaining physical health by preventing infections and diseases which can be caused by poor hygiene. In addition, personal hygiene also plays a role in maintaining mental health because feeling clean and tidy can increase confidence and comfort (Silaban et al., 2020). Habits of maintaining personal hygiene, such as taking regular showers, washing hands with soap, and keeping clothes and bedding clean, also help create a healthier and more comfortable environment, both for yourself and those around you. In addition, good hygiene practices can reduce the spread of infectious diseases, thereby contributing to overall public health (Normila & Mashar, 2021).

Syukaisih et al. (2022) stated that it is important to carry out health promotion to be used to maintain health through a passive and active learning education system. It aims to increase awareness and knowledge about the importance of maintaining health. A concrete example of health promotion is to maintain personal and environmental hygiene. Active education can be carried out through counseling programs, training, and group activities that teach inmates how to maintain personal hygiene, such as washing their hands properly, bathing regularly, and maintaining oral hygiene. Passive education, on the other hand, can be done through the installation of posters, brochures, and other media that convey health messages around the prison environment. By combining a passive and active approach to health promotion, inmates can better understand and implement good hygiene practices, thereby preventing diseases and improving their overall well-being.

Thus, a high level of cleanliness has a positive and significant influence on the health of prisoners. Good hygiene in the prison environment, such as adequate sanitation, access to clean water, and maintenance of personal hygiene and facilities, can prevent the spread of infectious diseases and infections. This is important given the often overcrowded and unhygienic prison conditions, which can increase the risk of disease. By ensuring good hygiene, the risk of infection and disease is reduced so that the health of inmates can be better maintained. Improving the health of inmates not only improves their quality of life, but it can also reduce the cost of health care that the prison system has to bear.

Sanitation Levels Have a Positive and Significant Influence on the Health Level of Prisoners

Based on the results of the study, it was found that sanitation has a positive and significant influence on the health level of inmates. Supported by research by Junaedi (2022), which states that good environmental sanitation is the key to improving health in Indonesia because it can prevent the spread of infectious diseases, such as diarrhea and respiratory infections, which are often caused by poor sanitation conditions. By improving access to clean and safe sanitation facilities, such as proper toilets, efficient waste management systems, and a guaranteed supply of clean water, we can reduce the burden of disease, improve the quality of life, and support people's economic growth. In addition, public education and awareness about healthy sanitation practices also play an important role in creating a cleaner and healthier environment.

Sanitation is an effort and practice carried out to maintain environmental cleanliness and prevent the spread of diseases by managing waste and providing adequate sanitation facilities. This includes wastewater management, provision of clean and proper toilets, waste management, and provision of access to clean water. Good sanitation plays an important role in preventing infectious diseases such as diarrhea, cholera, and respiratory infections, especially in crowded environments such as prisons. By ensuring adequate sanitation, the risk of spreading diseases can be minimized, so that the health and well-being of individuals and communities can be maintained (Sa'ban et al., 2020).

The state of environmental sanitation and the health of inmates is not only dependent on individual efforts but is also greatly influenced by the facilities available in the cells. Facilities such as sewage systems, access to clean water, toilet hygiene, and adequate ventilation play a key role in creating a healthy environment (Indri M. Riwu Djata et al., 2022). If the facility is inadequate or poor in its maintenance, the risk of disease transmission may increase, even if individuals make good personal hygiene efforts. Therefore, to ensure the health of inmates, it is important to improve and maintain sanitation facilities within cells, so that the prison environment can support effective hygiene practices and reduce health risks (Aviani et al., 2023).

Healthy environmental conditions significantly support healthy living behaviors, which in turn improves the health of individuals. A clean and well-maintained environment not only

directly affects the quality of life but also encourages individuals to adopt healthy habits, which contributes to improved overall health (Ningsih et al., 2019).

Thus, a good level of sanitation has a positive and significant influence on the health level of inmates. Adequate sanitation, such as the provision of clean water, clean toilet facilities, and effective waste management, play an important role in preventing the spread of infectious diseases in overcrowded prison environments. Good sanitation helps prevent gastrointestinal infections, skin diseases, and respiratory infections, which often arise as a result of unhygienic conditions. By improving sanitation, the risk of infectious diseases can be significantly reduced, so that the health of inmates can be better maintained, reduce the need for medical care, and improve their overall quality of life.

CONCLUSION

The results showed that there was a significant relationship between the level of hygiene and sanitation and the level of inmate health. Inmates who live in more hygienic environments and have better sanitation have better health levels. These findings confirm that good hygiene practices and adequate sanitation play an important role in maintaining the health of inmates. In correctional institutions, good hygiene and sanitation can reduce the risk of infectious diseases and various other health problems, thereby improving the quality of life of inmates. Therefore, improving hygiene and sanitation must be a priority in efforts to improve health in the correctional environment.

BIBLIOGRAPHY

- Andayani, H. (2020). Hygiene dan Sanitasi Makanan Jajanan. *Jurnal Kedokteran Nanggroe Medika*, 3(4), 26–30.
- Aviani, F., Abdullah Mashabi, N., & Mulyati, M. (2023). Pengetahuan Higiene Sanitasi Terhadap Perilaku Hidup Bersih dan Sehat (PHBS) Pelaku Usaha Makanan di Desa Wisata Edukasi Cisaat. *Jurnal Pendidikan Dan Perhotelan (JPP)*, 3(2), 28–34. <https://doi.org/10.21009/jppv3i2.05>
- Bagiastra, I. K., & Damayanti, S. L. P. (2019). Pemahaman Dan Penerapan Personal Hygiene Dan Sanitasi Pada Anak-Anak Sekolah Minggu Di Banjar Tri Parartha Perumnas Tanjung Karang Mataram. *Media Bina Ilmiah*, 13(7), 1343–1352.
- Blongkod, F. R., & Paute, V. Y. J. (2022). Pendampingan dalam Pemanfaatan Content Marketing Guna Meningkatkan Kesadaran Masyarakat tentang Manfaat Hygiene Sanitasi dan Bahaya Dislipidemia. *Journal of Hulonthalo Service Society (JHSS)*, 1(2), 95–104.
- Engdaw, G. T., Masresha, A. G., & Tesfaye, A. H. (2023). Self-Reported Personal Hygiene Practice and Associated Factors among Prison Inmates in Gondar City, Northwest Ethiopia: An

- Institution-Based Cross-Sectional Study. *The American Journal of Tropical Medicine and Hygiene*, 109(1), 174–181.
- Fajriansyah, F. (2017). Kondisi Industri Tahu Berdasarkan Hygiene dan Sanitasi Di Kota Banda Aceh. *Action: Aceh Nutrition Journal*, 2(2), 149. <https://doi.org/10.30867/action.v2i2.69>
- Firmansyah, I. R. (2020). Analisis Personal Hygiene dan Kondisi Sanitasi Narapidana pada Lapas Kelas lib Cianjur. *Jurnal Kesehatan Masyarakat*, 6(1), 64.
- Humananda, N. A. D., Pranowowati, P., & Siswanto, Y. (2014). Analisis permasalahan kesehatan pada narapidana di lembaga pemasyarakatan kelas IIA Ambarawa. *Artikel Penelitian. Ambarawa: Stikes Ngundi Waluyo*.
- Indri M. Riwu Djata, Agus Setyobudy, & Indriati A. Tedju Hinga. (2022). Gambaran Sanitasi Lingkungan dan Hygiene Perseorangan dengan Kejadian Penyakit Kulit di Lapas Anak Kota Kupang. *SEHATMAS: Jurnal Ilmiah Kesehatan Masyarakat*, 1(4), 486–496. <https://doi.org/10.55123/sehatmas.v1i4.842>
- Junaedi, M. (2022). SANITASI, PENGELOLAAN DAN AKSES AIR BERSIH UNTUK PENINGKATAN KESEHATAN DI INDONESIA. *JURNAL TAMPIASIH*, 1(1), 6–10.
- Ketaren, O., Ahda, R., & Sitorus, M. E. J. (2016). HUBUNGAN IMPLEMENTASI KEBIJAKAN KEPEMIMPINAN DENGAN PEMELIHARAAN KONDISI LINGKUNGAN DI LP PULAU SIMARDAN TANJUNG BALAI. *JURNAL KESEHATAN MASYARAKAT DAN LINGKUNGAN HIDUP*, 1(2), 32–36.
- Kustipia, R., & Pakpahan, T. H. (2015). ANALISIS SISTEM PENYELENGGARAAN MAKANAN DANDAYA TERIMA MENU (PERSEPSI) YANG DISAJIKANDI LAPAS KELAS II B TASIKMALAYA. *Fakultas Ilmu-Ilmu Kesehatan–Universitas Esa Unggul, Jakarta*.
- Ningsih, A. S., Budiman, B., & Alief, A. R. (2019). ANALISIS KONDISI SANITASI DAN PERSONAL HYGIENE NARAPIDANA DI LEMBAGA PEMASYARAKATAN KLAS IIA KOTA PALU. *Jurnal Kolaboratif Sains*, 2(1).
- Normila, N., & Mashar, H. M. (2021). Edukasi Personal Hygiene pada Remaja sebagai Upaya Pencegahan Penyakit Infeksi pada Siswa SMA di Kota Palangka Raya: Personal Hygiene Education for Adolescents as an Effort to Prevent Infectious Diseases in High School Students in Palangka Raya City. *PengabdianMu: Jurnal Ilmiah Pengabdian Kepada Masyarakat*, 6(5), 530–535.
- Pane, D. I. M., & Iskandar, I. S. (2023). PELAYANAN KESEHATAN BAGI NARAPIDANA DENGAN PENYAKIT MENULAR HIV/AIDS DI LEMBAGA PEMASYARAKATAN KELAS II A BINJAI (Healthcare Services for Prisoners with Infectious Disease HIV/AIDS in Correctional Institutions Class II A Binjai.). *Jurnal Pendidikan Kewarganegaraan Undiksha*, 11(3), 7–19.
- Rahmawati, D., Handayani, R. D., & Fauzzia, W. (2018). Hygiene dan sanitasi lingkungan di obyek wisata kampung tulip. *Jurnal Abdimas BSI: Jurnal Pengabdian Kepada Masyarakat*, 1(1).

- Rochmah, N. N. (2020). HUBUNGAN USIA DAN TINGKAT PENDIDIKAN DENGAN PERILAKU PERSONAL HYGIENE DI LAPAS KELAS II B BANYUWANGI. *Majalah Kesehatan Masyarakat Aceh (MaKMA)*, 3(1). <https://doi.org/10.32672/makma.v3i1.1462>
- Sa'ban, L. M. A., Sadat, A., & Nazar, A. (2020). Jurnal PKM Meningkatkan Pengetahuan Masyarakat Dalam Perbaikan Sanitasi Lingkungan. *Dinamisia : Jurnal Pengabdian Kepada Masyarakat*, 5(1). <https://doi.org/10.31849/dinamisia.v5i1.4365>
- Silaban, V. F., Silalahi, K. L., & Saragih, E. F. M. (2020). Pemanfaatan Personal Hygiene Untuk Menurunkan Tingkat Kejadian Keputihan. *Jurnal Ilmu Keperawatan*, 8(1), 106–112.
- Syukaisih, S., Kursani, E., Alhidayati, A., & Novia, D. (2022). Pengabdian Masyarakat Tentang Personal Hygiene Di Lembaga Pemasyarakatan Kelas II A Pekanbaru. *COMSEP: Jurnal Pengabdian Kepada Masyarakat*, 3(2), 223–228. <https://doi.org/10.54951/comsep.v3i2.190>
- Wirawan, A., Nurullita, U., & Astuti, R. (2020). Hubungan Higiene Perorangan dengan Sanitasi Lapas Terhadap Kejadian Penyakit Herpes di Lapas Wanita Kelas II A Semarang. *Jurnal Kesehatan Masyarakat Indonesia*, 7(1).

Copyright holder:

Aziz Imam Hanafi (2024)

First publication right:

Asian Journal of Engineering, Social and Health (AJESH)

This article is licensed under:

