

ANALYSIS OF QUALITY LEVEL HEALTH OF OCCUPATIONAL HEALTH SCAVENGERS AT ALAK LANDFILL IN KUPANG CITY IN 2021

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Abstrac

Quality of occupational health is an effort to maintain and improve the degree of physical and mental health, which is as high as possible for workers. Scavengers are people who scavenge and make a living by picking up used goods, such as plastic, used cardboard, canned drinks, and so on, then selling them to entrepreneurs who will process them back into useful goods. The job of scavengers will be at great risk of exposure to disease because they always interact with garbage. In this study, the indicators or dimensions that make up the quality of occupational health can be seen from two aspects, namely physical and mental. The purpose of this study is to analyze the level of occupational health of scavengers at the Alak TPA in Kupang City in 2021. This research is a descriptive quantitative research type, with a sample of 37 people. The results showed that most of the Alak TPA scavengers had low quality of occupational health. This study shows that it is important to improve the quality of occupational health through efforts to manage time and workload well and maintain cleanliness at work.

Keywords: Quality of Occupational Health; landfill scavenger

I. Introduction

Scavengers are informal workers who make a living from scavenging every day and usually will live in the Final Disposal Area (TPA). Scavengers are people who scavenge and make a living by picking up used goods, such as plastic, used cardboard, canned drink, and so on, then selling them to entrepreneurs who will process them back into useful goods. The scavenger community has different job characteristics from other communities, namely the characteristics that are formed from life in landfills by looking for things garbage, where scavengers work without knowing the time, working from morning to night, they do continuous work with little rest time. In addition, working as a scavenger is full of risks that come from environmental factors including exposure to unfresh air, sunlight, and dealing with piles of garbage that smells bad every day. These types of activities and work environment are potential sources of health problems which in turn affect the health status of scavengers.

Quality of occupational health is a physical and psychological condition that allows workers to work optimally. Many indicators are used to measure the quality of workers' occupational health. Ratu (2016)

determines the quality of workers' occupational health based on physical parameters such as the level of work fatigue, musculoskeletal complaints, and energy use. In this study, the indicators or dimensions that make up the quality of occupational health can be seen from two aspects, namely physical and mental. Physically, the quality of work can be affected by fatigue, muscle complaints, and skin diseases, while mentally it is influenced by stress and sleep quality. Work fatigue is one of the indicators or dimensions that make up the quality of occupational health which is characterized by a decrease in physical performance, a feeling of fatigue, a decrease in motivation, and a decrease in work productivity. Fatigue due to scavenger work can be caused by heavy activities, a lot of workloads, work attitudes that are not following body posture, static or repetitive movements, extreme or inadequate work environments, and insufficient rest time. Muscle complaints are one indicator of the quality of occupational health which is characterized by a series of pains in the tendons, muscles, and nerves. Activities with a high repetition rate can cause tissue damage so that which can cause pain and discomfort in the muscles. The musculoskeletal complaints of scavengers occur when the scavengers take too long. Skin disease is also an indicator of the quality of occupational health with conditions when the outer layer of the body experiences problems, either irritated or inflamed. One of the diseases that are often experienced by scavengers is skin disease/disorder because it is influenced by work environment factors such as exposure to sunlight, often working in wet and humid places. Job stress is an indicator or dimension of the quality of occupational health, namely a condition of tension that affects a person's thought processes, emotions, and conditions. The work stress of scavengers can occur when scavengers get a workload that exceeds their capabilities, the environment is dirty, and smells bad. The scavenger is unable to fulfill or complete his task. Sleep quality also affects the health of workers, where lack of rest time can cause a decrease in the health status of workers. This condition causes scavengers to experience illness/health problems so that they do not work optimally because their health quality has decreased.

II. Method

This research is a type of descriptive quantitative research. The population in this study were all scavengers at the Alak TPA Kupang City, amounting to 62 people. The sample in this study amounted to 37 people and was taken using a simple random sampling technique. There is 1 variable in this study, namely the variable of occupational health quality. The instrument in this study used a questionnaire on the quality of occupational health, the questions posed to the respondents had been tested for validity with a significant level of 0.05 and reliability with Cronbach's Alpha 0.70. The way to test it is by testing the questionnaire on other respondents, namely 15 Alak TPA scavengers who have almost the same characteristics as the respondents studied. Validity and reliability tests were carried out with the help of a computer using the SPSS program to analyze the data.

III. Result

Table 1
Analysis of the Occupational Health Quality of Alak TPA Scavengers in Kupang City

Variable	Frequency	%
Occupational Health Quality		
Tall	2	5,4
Currently	15	40,6
Low	20	5,4
Dimensions of Quality of Occupational Healthcareas follows		
Work Fatigue		
Tall	2	5,4
Currently	11	29,7
Low	24	64,9
Muscle Complaints		
Tall	1	2,7
Currently	23	62,2
Low	13	35
Work Stress		
Tall	0	0
Currently	3	8,1
Low	34	91,1
Sleep Quality		
Tall	2	5,4
Currently	1	2,7
Low	34	91,1
Skin disease		
Tall	5	13,5
Currently	0	0
Low	32	86,5

The table above shows that the results of the research on the quality of occupational health of landfill scavengers consist of 1 variable, namely the quality of occupational health. The results of the study on the quality of occupational health showed that most of the respondents had low health quality as many as 20 people (54.0%). The low quality of occupational health for scavengers is influenced by five dimensions, namely: The dimension of work fatigue is in the low category of 24 people (64.9%), the dimension of muscle complaints is in the medium category of 23 people (62.2%), the dimension of work stress is in the category 34 people (91.9%), the dimension of sleep quality was in the low category 34 people (91.9%), and the dimension of skin disease was in the low category 32 (86.5%) people.

IV. Discussion

Quality of occupational health is an effort to maintain and improve the highest degree of physical, mental, and social health for all workers (Joint ILO/WHO Commission, 1995 in Kurniawidjaja LM, 2017). The results of this study indicate that the quality of occupational health at Alak TPA scavengers has a low score of 20 people (54.0%). The high and low quality of occupational health at Alak landfill scavengers can be influenced by five dimensions, namely: The dimension of work fatigue which is in the low category of 24 people (64.9%), This study is in line with research conducted by Sutajaya I Made et al which states that community empowerment through local is very necessary as an effort to reduce the fatigue of the sculptor because after working the sculptor experienced an increase in fatigue of 46.8%. The dimensions of muscle complaints were in the moderate category of 23 people (62.2%), most of which workers complained of pain in the neck, back, thighs, and legs. This is in line with research conducted by Krisdianto (2015) on fishermen, which showed that the majority of respondents with moderate muscle complaints were 84%. The dimensions of work stress are in a low category as many as 34 people (91.9%). This research is in line with research conducted by Baskoro et al which states that work stress itself is a condition that arises from employees due to their work which makes employees act deviate from their normal functions, the level of work stress in tofu processing is quite low. The dimensions of sleep quality are in the low category as many as 34 people (91.9%), this is in line with research conducted by Hadiyanto (2014) on Undip medical students, that 142 respondents (80%) experienced sleep disturbances at night, sleep disturbances What many complain about is waking up at night making it difficult to start sleeping again. The dimensions of skin disease are in the low category of 32 people (86.5%), this is in line with research conducted by Sarfiah (2016) on fishermen, where there are 54.1% of respondents experience skin diseases, is due to their poor working environment. clean so they don't care about their cleanliness. This can be seen when scavengers work in a TPA, with a slum environment or a large amount of garbage scattered around which causes workers to process large piles of waste so they can be at risk of various kinds of health problems. Therefore, workers need to pay attention and improve the quality of their work health, which can be managed through their physical abilities, working time, and work environment.

V. Conclusion

The results of this study provide comprehensive information about the quality of occupational health. Scavengers at the Alak TPA have low health quality, this can be seen from the dimensions of the composition of the quality of occupational health. The scavengers are a small number who have high health qualities, namely: managing working hours well, paying

attention to cleanliness, paying attention to sufficient rest time, managing stress well, and maintaining physical endurance.

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Attachment



