

CLEAN AND HEALTHY LIVING BEHAVIOR BY CLEANING SERVICE WORKERS AT GRHASIA MENTAL HOSPITAL

Violin Ayu Fajarwati¹, Heru Subaris Kasjono², Sugianto³
^{1,2,3} Jurusan Kesehatan Lingkungan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
email: violinayu8@gmail.com, heru.subarisk@poltekkesjogja.ac.id,
sugianto1166@gmail.com

ABSTRACT

Background: *Cleaning service staff in hospitals play a crucial role in maintaining environmental hygiene and preventing nosocomial infections. In performing their duties, cleaning service staff need to practice Clean and Healthy Living Behaviors (PHBS) to protect themselves and their environment from various health risks. The practice of PHBS is influenced by knowledge, attitudes, actions, hospital support, and various challenges encountered while working.*

Objective: *This study aims to determine the Clean and Healthy Living Behaviors of cleaning service staff at Grhasia Mental Hospital.*

Method: *This study employed a mixed-methods approach (quantitative and qualitative) using data collection techniques such as surveys, interviews, and documentation.*

Result: *The findings indicate that the majority of cleaning service staff demonstrate good levels of knowledge, attitudes, and behaviors regarding the implementation of PHBS. The hospital plays a role in supporting the implementation of PHBS through the provision of work facilities, the implementation of standard operating procedures (SOPs), supervision, and training for staff. Challenges still faced in implementing PHBS include delays in restocking hand soap, high workloads, limited working hours, and sudden work situations, resulting in PHBS implementation not always being optimal.*

Conclusion: *Most cleaning service staff have successfully implemented PHBS. Hospital support through facilities, SOPs, training, and supervision plays a role in facilitating the implementation of PHBS. However, there is still a need to improve the availability of supporting facilities and to strengthen supervision and education so that the implementation of PHBS can be carried out more optimally and sustainably.*

Keywords: *Healthy Living Practices (PHBS), cleaning service, hospital, knowledge, attitude, behavior.*

PERILAKU HIDUP BERSIH DAN SEHAT OLEH TENAGA KERJA *CLEANING SERVICE* DI RUMAH SAKIT JIWA GRHASIA

Violin Ayu Fajarwati¹, Heru Subaris Kasjono², Sugianto³
^{1,2,3} Jurusan Kesehatan Lingkungan Poltekkes Kemenkes Yogyakarta
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
email: violinayu8@gmail.com, heru.subarisk@poltekkesjogja.ac.id,
sugianto1166@gmail.com

INTISARI

Latar Belakang: Tenaga kerja *cleaning service* di rumah sakit memiliki peran pening dalam menjaga kebersihan lingkungan dan mencegah terjadinya infeksi nosocomial. Dalam menjalankan tugasnya, tenaga kerja *cleaning service* perlu menerapkan Perilaku Hidup Bersih dan Sehat (PHBS) untuk melindungi diri sendiri maupun lingkungan dari berbagai risiko kesehatan. Penerapan PHBS dipengaruhi oleh pengetahuan, sikap, tindakan, dukungan rumah sakit, serta berbagai kendala yang dihadapi selama bekerja.

Tujuan: Penelitian ini bertujuan untuk mengetahui Perilaku Hidup Bersih dan Sehat oleh tenaga kerja *cleaning service* di RS Jiwa Grhasia.

Metode: Penelitian ini menggunakan pendekatan kuantitatif dan kualitatif dengan teknik pengumpulan data melalui survey, wawancara, dan dokumentasi.

Hasil: Hasil penelitian menunjukkan bahwa sebagian besar tenaga kerja *cleaning service* memiliki tingkat pengetahuan, sikap, dan tindakan dalam kategori baik terhadap penerapan PHBS. Rumah sakit berperan dalam mendukung penerapan PHBS melalui penyediaan fasilitas kerja, penerapan SOP, pengawasan, serta pelatihan bagi tenaga kerja. Kendala yang masih dihadapi dalam penerapan PHBS antara lain keterlambatan pengisian sabun cuci tangan, beban kerja yang tinggi, keterbatasan waktu kerja, dan situasi pekerjaan yang mendadak sehingga penerapan PHBS belum selalu optimal.

Kesimpulan: Sebagian besar tenaga kerja *cleaning service* telah menerapkan PHBS dengan baik. Dukungan rumah sakit melalui fasilitas, SOP, pelatihan, dan pengawasan berperan dalam mendukung penerapan PHBS. Namun, masih diperlukan peningkatan ketersediaan sarana pendukung serta penguatan pengawasan dan edukasi agar penerapan PHBS dapat dilakukan secara lebih optimal dan berkelanjutan.

Kata Kunci: Perilaku Hidup Bersih dan Sehat (PHBS), *cleaning service*, rumah sakit, pengetahuan, sikap, tindakan.