

**POLITEKNIK KESEHATAN TANJUNGPURUSAN
KESEHATAN LINGKUNGAN**

Laporan Tugas Akhir, Mei 2025

Salsha Aqueilera Ardhiana Mertha

Gambaran Perilaku Hidup Bersih dan Sehat (PHBS) Tataan Rumah Tangga Di
Desa Labuhan Ratu I Wilayah Kerja Puskesmas Rawat Inap Way Jepara
Lampung Timur Tahun 2025

XV+ 69 halaman, 9 tabel, 2 gambar dan 25 Lampiran

RINGKASAN

Perilaku Hidup Bersih dan Sehat (PHBS) dalam tataan rumah tangga merupakan salah satu indikator penting dalam mewujudkan kesehatan masyarakat. PHBS mencakup berbagai kebiasaan dan tindakan individu serta keluarga untuk menjaga kebersihan dan kesehatan lingkungan. Penelitian ini bertujuan untuk memberikan gambaran mengenai perilaku hidup bersih dan sehat (PHBS) tataan rumah tangga di Desa Labuhan Ratu I, Wilayah Kerja Puskesmas Rawat Inap Way Jepara, Lampung Timur pada tahun 2025.

Metode penelitian yang digunakan adalah deskriptif dengan pendekatan survei. Data dikumpulkan melalui kuesioner yang mencakup indikator-indikator PHBS rumah tangga seperti kebiasaan mencuci tangan dengan sabun, ketersediaan sarana cuci tangan, penggunaan air bersih, penggunaan jamban sehat, pemberantasan jentik nyamuk dan tidak merokok di dalam rumah.

Hasil penelitian mendapatkan kategori berpengetahuan baik sebanyak 84,3% , responden di nyatakan berpengetahuan cukup sebanyak 9,3% dan responden dengan pengetahuan kurang sebanyak 6,25%. Masyarakat Labuhan Ratu I Kecamatan Way Jepara Lampung Timur paling banyak yaitu sikap dalam kategori positif sebanyak 87,5% dan sikap dalam kategori negatif yaitu sebanyak 13 12,5%.Kategori perilaku masyarakat desa Labuhan Ratu I Kecamatan Way Jepara Lampung Timur paling banyak yaitu kategori baik sebanyak 64%, perilaku dalam kategori cukup yaitu sebanyak 19,7% dan kategori kurang yaitu sebanyak 16,6%.

Kata Kunci : Perilaku Hidup Bersih dan Sehat, Pengetahuan, Sikap, Perilaku.

Daftar bacaan : 16 (2013-2024)

TANJUNGKARANG HEALTH POLYTECHNIC
ENVIRONMENTAL HEALTH
Final Project Report, May 2025

Salsha Aqueilera Ardhiana Mertha

Overview of Clean and Healthy Living Behavior (PHBS) of Households in Labuhan Ratu I Working Area of Way Jepara Inpatient Health Center East Lampung in 2025

XV+ 69 pages, 9 tables, 2 pictures and 25 appendices

ABSTRACT

Clean and Healthy Living Behavior (PHBS) in the household setting is one of the important indicators in realizing public health. PHBS includes various habits and actions of individuals and families to maintain environmental hygiene and health. This study aims to provide an overview of clean and healthy living behavior (PHBS) in household settings in Labuhan Ratu I Village, Way Jepara Inpatient Health Center Working Area, East Lampung in 2025.

The research method used was descriptive with a survey approach. Data were collected through a questionnaire that included indicators of household PHBS such as the habit of washing hands with soap, availability of hand washing facilities, use of clean water, use of healthy latrines, eradication of mosquito larvae and not smoking in the house.

The results of the study obtained a good knowledge category as much as 84.3%, respondents declared knowledgeable enough as much as 9.3% and respondents with less knowledge as much as 6.25%. The community of Labuhan Ratu I, Way Jepara Subdistrict, East Lampung has the most attitudes in the positive category as much as 87.5% and attitudes in the negative category as much as 13 12.5%. The behavior category of the Labuhan Ratu I village community, Way Jepara Subdistrict, East Lampung has the most in the good category as much as 64%, behavior in the sufficient category is as much as 19.7% and the less category is as much as 16.6%.

Keywords: Clean and Healthy Living Behavior, Knowledge, Attitude, Behavior.

Reading list: 16 (2013-2024)