

**ESA UNGGUL UNIVERSITY  
THE PUBLIC HEALTH PROGRAM  
SKRIPSI, JANUARI 2019**

**MELIZA HANA PERTIWI**

**DESCRIPTIVE ANALYSIS OF PERSONAL HYGINE OF THE ELDERLY  
PEOPLE AND ENVIRONMENTAL SANITATION IN THE ELDERLY  
SOCIAL PANTI TRESNA WERDHA BUDI MULIA 3 MARGAGUNA  
SOUTH JAKARTA IN 2018**

#### **ABSTRACT**

Elderly in general have a less endurance, physical changes, mental changes with gradually. This conditions have potentially healht risk as skin disorder. Some factors affecting the skin complaints are characteristics of elderly, personal hygiene, and sanitation of living environment. This research conducted to find out personal hygiene of the elderly people (cleanliness of skin, hairs, hands and nails, clothes) and environmental sanitation (clean water facilities, bathrooms, garbage disposal facilities, bed and linen). This research is a descriptive quantitative study with cross sectional approach. Population of this study was elderly people who lived in the institution. The sample for this study was obtained by using Simple Random Sampling with size of 141 respondents. Instrument of this study was questionnaire. The result of this study found that the some the respondents of cleanliness of skin (55.3%), and hands and nails (60.3%) were bad category, whereas cleanliness of hairs (63.1%), clothes (60.3%) were good category. The results of observations on environmental sanitation include clean water facilities, bathrooms and garbage disposal facilities that are declared to be eligible, and some beds and linen do not fulfill the requirements of drying mattresses and pillows. Considering the results of the study it was suggested to the intitution to increase the quality of service for elderly, especially personal hygiene and the role of officers in tend for elderly beds to prevent skin disorder.

Key words : Personal Hygiene of Elderly, Environmental Sanitation, Skin Disorder  
xii+75 pages ; 2 Pictures; 8 tables  
References : 43 (1990-2016)