

## The Effect of a Clean Environment on Health

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### Abstract

Clean Environmental is one of the most influential factors on the balance of ecosystems and human life. A clean and healthy environment greatly affects the health of the people around it. This study analyzes the effect of a clean environment on human health. Especially the relationship between environmental quality and public health with a focus on two main aspects, namely clean air and good sanitation. The results highlight how a clean environment must be in line with the activities of local residents and can show that a clean environment is very important for human health and respiration. Maintaining a clean and healthy environment requires high awareness for all groups, reducing waste disposal in its place, and high cleanliness productivity. In addition, poor sanitation contributes to the spread of infectious diseases, which can affect the quality of life and productivity of the community. Some suggestions that can be made to start and maintain this activity are implementing better environmental management strategies, such as improving waste systems and reducing industrial emissions. Then, there are several benefits that we can feel if we carry out clean environmental activities, namely preventing chronic diseases, smoother breathing, helping to improve focus, and producing long-term benefits for public health. Thus, this study emphasizes how important a clean environment is not only an individual responsibility, but also a collective effort for better health.

### Article History:

**Keywords:** Clean environment, Public Health, Sanitation, Air quality, Pollution

## 1. Introduction

Keeping everyone healthy is really important for countries because healthy people can work better and help their communities. A clean environment is one where there aren't many germs or dirt, making it a nice place to live. To keep our surroundings clean, everyone needs to work together and keep doing their part. Helping the community is key to promoting health. This can be done best through teamwork and using the right methods. Teaching people about health is a good way to remind them why it's important to stay healthy.

By reaching out directly to people, especially those who may not have easy access to health information, we can help everyone understand how to take care of themselves and their families better. People create waste in their daily lives, and as the number of people grows, the amount of waste they produce also increases. This waste can be solid, liquid, or even gases. With more people living close together, especially in cities, it leads to more trash being thrown directly into the environment, which is a big problem because it can pollute places like rivers. There are many health problems in our communities, and one good way to find out what they are is by visiting people's homes. Sometimes, people don't realize the health risks they face. Living a healthy life is important for everyone, including families, so they can enjoy life and work well together.

Basically, the health problems that exist in our community are very many and varied, through house-to-house searches is the most effective way to find out in real terms the health problems that are actually being faced by the community. However, in reality, some people are not aware of the potential health problems that will threaten their survival from time to time. Healthy living is something that should indeed be applied by everyone, considering the health benefits that are very important for every human being, starting from concentration in work and activities in daily life of course requiring health, both personal health and the health of children and families to achieve harmony. family (Apriani, 2018).

A clean and beautiful environment is a dream for every citizen who occupies a settlement. Problems that often disturb the health of residents of a settlement often come from the lack of hygiene quality from residents and their environment. The community's attitude in maintaining their environment to keep it clean is still often an obstacle that often interferes with the health of the community's environment. The public's attitude in maintaining cleanliness is still quite a lot done by the community, but in a small part of the community, the attitude in maintaining the cleanliness of the environment is still felt to be very lacking.

Keeping our surroundings clean is very important for everyone. It helps us stay healthy and prevents sickness. When we take care of our environment, it shows that we care about ourselves and others. A clean environment means there is nothing dirty or harmful around that can make people sick. Our lives are connected to nature and the people around us, so we need to keep everything tidy and safe for everyone.

There are many factors that cause the decline in environmental quality. Among them, which is the low level of public knowledge about the environment, so that they lack response to be able to receive information that is useful for themselves. In addition, the living habits of people who always throw garbage indiscriminately, are difficult to change and indifference to the environment causes the environment to be dirty and polluted.

The benefits of a clean environment can be felt around the residence to be more beautiful, free from air pollution, avoid diseases caused by dirty and unhealthy environment, water sources become cleaner and safer to consume. People who live in a clean and healthy environment are much happier and not easily attacked by diseases compared to those who live in slums. Considering the positive benefits of maintaining environmental cleanliness, from now on, start to instill high awareness and concern to maintain environmental cleanliness (Disperkimta, 2019).

## **2. Method**

In this research method, we use something called quantitative research. This means we focus on numbers and amounts. According to a dictionary, "quantitative" means it's about how many there are. In a book by Kasiram, it says that quantitative research is a way to learn new things by looking at data that is in the form of numbers. Sugiyono explains that this type of research is based on a way of thinking that believes in facts, and it looks at groups of people or samples. We collect information using special tools and then analyze the numbers to see if our ideas or guesses are correct. Creswell also says that quantitative research is all about working with numbers, like scores or how often something happens. The research location was in the several areas on the island of Java. Data collection techniques, data collection techniques can be done using questionnaires in the form of interview correspondents.

### **Tables**

Based on the results of community surveys from various regions, such as in East Jakarta, South Jakarta, Citayam, Bekasi, and others, they 100% agree with the opinion that a clean environment makes you feel comfortable, that a clean environment makes you healthy. On the other hand, the air quality in the area where they live is quite bad.

Here is a table of community survey results that responded with the answer "Yes"

Table 1

*Research Results Table*

Description	Presentase
Opinion about public awareness regarding the importance of a clean environment	100%
Opinions about comfort in a healthy environment	100%
Air quality in their neighborhood (fairly good)	56%
Opinion regarding the importance of health promotion in the community	100%
Environmental cleanliness has an impact on body health	100%
There are mountains of rubbish around the residence	16%
Availability of rubbish dumps at around where you live	96%
The habit of throwing rubbish carelessly	8%

### 3. Results and Discussion

#### 3.1 Results

Right now, there's a lot of carbon dioxide in the air, mainly because of human activities. This is causing the Earth to get warmer, which makes ice at the poles melt. When the ice melts, it makes the sea levels rise, leading to more floods. Also, when cars and motorcycles release gases like carbon monoxide, it makes it harder for our blood to carry oxygen, which is not good for our health. Other gases like sulfur dioxide can make people very sick, leading to problems like pneumonia or heart issues. Long-term exposure to certain pollutants, like lead, can also cause serious health problems. In the past, there have been serious problems caused by air pollution.

For example, in the 1930s, many people in Belgium got sick because of dirty air. Since then, many places around the world have seen similar problems, with air pollution leading to diseases that affect our lungs. Air is really important for all living things on Earth, just like water. The air we breathe is made up of a lot of different gases. Most of it is nitrogen (about 78%), and then about 21% is oxygen, which we need to live. There are also tiny amounts of other gases, like carbon dioxide and argon. When people do things that make the air dirty, like driving cars or making smoke, it can hurt the environment and make us sick. This is called air pollution. It happens when harmful things mix into the air, changing it and making it less healthy for us to breathe. Meanwhile, according to the Decree of the Minister of Environment No. 02/MENKLH/I/1993, air pollution is the entry or inclusion of living things, substances, energy, or other components into the air and changes in the air structure by human activities or natural processes, so that air quality drops to to a certain level, which causes the air to become deficient or unable to function as intended.

For example, we can reduce pollution from cars by using cleaner fuels, like electricity. We can also check that cars are working properly so they don't make too much smoke. Air pollution can cause a lot of different problems. It can affect many things, like how plants and animals live, how healthy we are, and even the weather. For example, dirty air can make people sick and can even lead to more accidents. It can also change how much sunlight reaches the ground, which is bad for plants because they need sunlight to grow. Air pollution can make the climate warmer and can ruin things like paint and metal items. Plus, it can fade our clothes.

#### 3.2 Discussion

Clean and Healthy Living Behaviour refers to all health-related actions undertaken based on personal awareness, with the aim of enabling the family and its members to take care of their

own health and actively participate in community activities. The primary goal of the Clean and Healthy Living Behaviour movement is to enhance health quality by fostering individual awareness and promoting clean and healthy everyday behaviours. The primary advantage of adopting Clean and Healthy Living Behaviour is the establishment of a health-conscious community that possesses the information and awareness necessary to maintain cleanliness and adhere to health standards.

To understand how our surroundings affect our health, we need to look closely at what other scientists have already discovered. By studying their work, we can see what they found out, what they did well, and where they might have made mistakes. This helps us get a clearer picture of how things like clean air, clean water, and nice parks can impact how we feel and stay healthy. We also need to find out which parts of our environment really make a difference to our health.

For example, things like dirty air, dirty water, harmful chemicals, and even how our weather is changing can all affect us. When we know what these important factors are, we can see how they can help or hurt our health. It's important for us to understand how nature and the things people make can affect how we feel. Once we learn this, we can see that keeping our surroundings clean is very important for keeping us healthy and safe. Sometimes, when our environment isn't good, it can cause problems that we want to fix, like health issues or making our homes less comfortable. While some changes in nature happen naturally, we can prevent bad changes in the places we build by taking care of them, especially by cleaning up.

#### **4. Conclusion**

The results of this study show that there is an effect of Clean and Healthy Environmental Behavior for Health with media questions at the level of knowledge about Clean and Healthy Living Behavior for Health in the Environmental sector. It is recommended to develop more diverse educational media and knowledge, carry out clean and healthy living behavior education on a sustainable basis, and involve collaboration with related parties such as the community and health students. In addition, further research with a wider scope and routine evaluation and monitoring are needed to ensure the sustainability of the impact on community knowledge and promotion control as community students.

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