



Clean and Healthy Living Behavior in the Taulotang Tribe Community in Sidenreng Rappang Regency

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Abstract

The Taulotang tribe is one of the tribes that only exists in Sidrap district and has real cultural differences from other tribes in Sidrap district. Healthy and clean living behavior is a form of embodiment of the healthy paradigm in individual culture. This research aims to examine the healthy and clean living behavior of the Taulotang Tribe community in Sidrap Regency. This type of research is observational research. This research was carried out in Sidrap Regency. The research population was all 754 families, the research sample was 100 respondents, the sampling technique was simple random sampling and the data analysis used was descriptive analysis. The research results show that the majority are men over 50 years old, have low education and work as farmers. The behavior of using healthy latrines was 54%, 37% used unhealthy latrines, and 9% used poor latrines. The behavior of using clean water is 94% and the use of unclean water is 6%. The behavior of respondents in using trash cans was 37% and 63% did not use trash cans. The behavior of using trash cans, the majority do not use trash cans, namely 63 respondents (63%) and only 37 respondents (37%) who use trash cans. The lack of behavior in using healthy toilets and the lack of behavior in using trash bins is caused by the lack of awareness of respondents regarding healthy and clean living behavior, for this reason, integrated efforts are needed to promote healthy and clean living behavior.

Keywords: Clean and Healthy Living Behavior, Community, Taulotang, Sidenreng Rappang Regency

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1. Introduction

Tribe occupies several sub-districts in Sidrap district. Even today, this legendary culture is still applied in the norms of people's lives, which is a strengthening factor in organizing and improving healthy behavior. Healthy behavior in the lives of the Taulotang people deserves to be immortalized and studied to find out how much influence Taulotang culture has in influencing the healthy behavior of the Taulotang people. Healthy and Clean Living Behavior is a set of behaviors that are practiced on the basis of awareness as a result of learning that enables a person or family to help themselves in the field of health and play an active role in realizing public health.

Clean and Healthy Living Behavior is a form of embodiment of the healthy paradigm in individual culture. Health-oriented families and communities aim to improve, maintain and protect their health, both physical, mental, spiritual and social. Healthy clean living behavior is an effort to provide learning experiences or create conditions for individuals, families, groups and communities, by opening lines of communication, providing information and providing education to improve knowledge, attitudes and behavior through a leadership approach (advocacy), building an atmosphere (social support) and community empowerment. People can recognize and overcome their own problems, and can apply healthy ways of living by maintaining, maintaining and improving their health.

The main problem of the Taulotang tribe is the lack of sanitation facilities available to each family and the adaptation of Taulotang culture to modern culture which is still ongoing. This research was designed to determine the healthy living behavior of the Taulotang Tribe community from the perspective of awareness practices in providing sanitation facilities to families and their behavior in using these sanitation facilities. Realizing that behavior change is something complicated, especially behavior change in communities that still maintain strong cultural traditions and norms, and realizing that behavior not only concerns the cultural dimension in the form of value systems and norms, but also the economic dimension, namely things that support behavior, it is hoped





that research on healthy and clean living behavior can formulate a comprehensive (comprehensive) strategy, especially in creating new healthy living behavior in the Taulotang tribe community. The aim of this research is to examine the healthy and clean living behavior of the Taulotang Tribe community in Sidrap district, especially behavior in using family pots, behavior in using family waste management, and behavior in using clean water.

2. Research Methods

This type of research is observational research, where researchers carry out observations, interviews and fill out questionnaires as well as taking measurements on several variables being researched, namely clean and healthy living behavior. Based on the time it was carried out, this research is cross sectional, because data about variables was obtained at a certain time simultaneously.

The research location is Amparita Village. The research population was all families of 754 families, the research sample was part of a population of 100 families. The sampling technique uses simple random sampling. that is, the number of families is randomly selected from 100 respondents. The data analysis technique uses descriptive analysis, namely analysis in the form of frequencies and narratives in interpreting each variable studied.

3. Results and Discussion

a. Results

1) Respondent Characteristics

Respondent characteristics can be seen based on age, gender, education and occupation. Based on the results of the survey carried out with the help of questionnaires and observation sheets, the following results can be obtained:

Table 1.
Characteristics Respondent

No	Age Respondent	Frequency	Percentage
1.	17-30 year	6	6.0
2.	31-39 year	18	18.0
3.	40-49 year	33	33.0





4.	> 50 year	43	43.0
Total		100	100
No	Type Sex	Frequency	Percentage
1.	Man	63	63
2.	Woman	37	37
Total		100	100
No	Education	Frequency	Percentage
1.	No School	16	16.0
2.	elementary school And equal	46	46.0
3.	junior high school And Equal	12	12.0
4.	high school And Equal	18	18.0
5.	PT And equal	8	8.0
Total		100	100
No	Work	Frequency	Percentage
1.	Civil servants	6	6.0
2.	Businessman	5	5.0
3.	Trader	18	18.0
4.	Employee Private	12	12.0
5.	Farmer	35	35.0
6.	Sector Informal	3	3.0
7.	Etc	21	21.0
Total		100	100

Based on Table 1 can is known that from 100 respondents obtained as much 6 respondents (5%) aged between 17-30 year, 18 respondents (18%) aged 31-40 year, and 33 respondents (33%) aged between 41-50. And 43 respondents (43%) who aged >50 year. Based on type sex, 43 respondents (43%) men and 37 respondents (47%) manifold sex Woman. Based on The respondents' education was 16 respondents (16%) No school, 46 respondents (46%) educated elementary school and/or equal, and 12 respondents (12%) had SPM education, and 18 respondents (14%) had high school education. Based on the occupation of the respondents, the majority were farmers, namely 35 respondents (35%), followed by work as traders with 18 respondents (18%), and work as





laborers/private employees with 12 respondents (12%).

- 2) Latrine Use Behavior In terms of latrine use behavior, the following results were obtained:

Table 2. Use Toilet

No	Behavior	Frequency	Percentage
1.	Use toilet Healthy	54	54
2.	Toilet not enough Healthy	37	37
3.	Condition toilet bad	9	9
	Total	100	100

The results of research on the behavior of using healthy latrines, 54 respondents (54%) used healthy latrines, 37 respondents (37%) used unhealthy latrines, and 9 respondents (9%) used a latrine bad. Whereas from side ownership toilet can is known from 66 respondents who have toilets with condition toilet based on wide ventilation, that toilet Which have wide ventilation <15% and >20% from wide floor is as big as 57.6% greater compared to condition toilet Which have wide ventilation 15%-20% as big as 42.4%. Latrine conditions are based on existence insect, show that toilet those without insects were 81.8% greater than the condition toilet Which There is insect as big as 15.1% and as a broodstock for insects as big as 3.1%.

From results observation Which The majority do have conditions toilet Which No smells with percentage as big as 83.3% more big, compared to with condition toilet which smells with a percentage of 13.6% And very smell as big as 3.1%. About condition toilet, respondents Which own toilet with condition toilet Which clean with percentage by 72.7% greater than with condition toilet Which dirty with percentage 24.2% And very dirty with percentage 3.1%.

Based on existence tool cleaner, indicating that the latrine Which available tool cleaner as big as 56.1 % greater than latrine conditions where tools are not available cleaner with percentage 43.9%. Related availability water in toilet, obtained information that majority have condition toilet Which available water Which Enough with percentage as big as 56.1 % , whereas condition toilet Which available water Which A little with percentage as





big as 43.9%. Based on distance Latrines with a water source, from the results of observations made, the majority have latrines in fairly good condition (far from water sources, not located on land that is prone to landslides) with a percentage of 89.4% greater than the condition of latrines in less good locations with percentage of 10.6%

From the results of observations made, the majority had latrines with strong construction (made of brick or wood) with a percentage of 87.9 % greater than the condition of latrines with weak construction with a percentage of 12.1%. Based on the comparison of latrines with the number of families, from the results of observations made the majority have latrine conditions where the number of latrines is balanced (1 for 60 people) with a percentage of 96.9% greater than the condition of latrines where the number of latrines is unbalanced with a percentage of 3.1 %.

3) Clean Water Use Behavior

Based on the research results, it can be seen that out of 100 respondents for the provision of clean water in terms of physical quality compliance parameters: first, from the results of observations that have been carried out, the majority of clean water supplies have met the physical quality standards of water, namely colorless, odorless and tasteless by 100 %. Meanwhile, in terms of chemical quality requirements for water, namely that it does not contain Fe (not reddish brown), the water is not hard (there is no white layer on the surface of the water) at 100%. Of the 100 respondents regarding the provision of clean water, water quantity standards have been met, namely water available for ≥ 100 per day per person is 100%, so each person's need for water per day has been met. Based on table 7 above, it can be seen that out of 100 respondents for the provision of clean water in terms of water source location, it shows: the majority of the distance between the water source and the septic tank is ≥ 10 meters, amounting to 53%. This is different from the distance between water sources and septic tanks $<10\text{m}$ at 13%, and respondents who do not have septic tanks at 34%. In terms of distance to water sources with SPAL $\geq 35\text{m}$, it is 68%, greater than the distance to water sources with SPAL $<35\text{m}$, which is 25%, and respondents who do not have SPAL is 7%. The distance between water sources and FINAL DISPOSAL PLACE ≥ 200 meters is





88%, greater than the distance between water sources and FINAL DISPOSAL PLACE < 200 meters by 12%.

4) Waste Management Behavior

In this study, the behavior of using trash bins included: using trash cans by 37%, while respondents who did not use trash bins or just threw them away were 63%. From the research results related to the condition of trash cans, it can be seen in the following table :

Table 3. Condition Place Rubbish

No	Variable	(%)
1.	No leaking	48
	Part place rubbish leaking	36
	All place rubbish leaking	16
2.	There is closing	2.6
	Part place rubbish have closed	78.7
	There is Lots insect	18.7
3.	Rubbish not scattered on the floor	76
	Part rubbish scattered on the floor	20
	Lots rubbish scattered on the floor	4
4.	Easy transported	93.3
	Hard transported	6,7
5.	Construction strong	64
	Construction No strong	36

Based on the waste bin ownership variable, it can be seen that of the 37 respondents who use rubbish bins, the condition of the rubbish bin shows that: First, from the results of observations made, the majority have the condition of the bin which does not leak with a percentage of 48% greater than the condition of the bin. Some trash bins leak with a percentage of 36% and the condition of all rubbish bins leaks with a percentage of 16%. Second, the results of the observations made by the majority were that the condition of the rubbish bins was that some of the rubbish bins had covers with a percentage of 78.7% greater than the condition of the rubbish bins where there were lots of insects with a percentage of 18.7% and the condition of all the rubbish bins were leaking with a percentage as much as





16%. Third, the majority have trash can conditions where rubbish is not scattered on the floor with a percentage of 76%, which is greater than trash can conditions where some rubbish is scattered on the floor with a percentage of 20%, and a lot of rubbish is scattered on the floor with a percentage of 4%. Fourth, the majority have trash bins that are easy to transport with a percentage of 93.3 %, which is greater than trash bins that are difficult to transport with a percentage of 6.7%. Fifth, the majority have the condition of trash cans that are of strong construction with a percentage of 64%, which is greater than the condition of trash cans that are not well constructed with a percentage of 36%.

Apart from observing the condition of the trash bins, this research also made observations on the conditions of waste collection. The data in question can be seen in the following table:

Table 4. Waste Collection Places

No	Variable	(%)
1.	Place rubbish and collecting place separated	28.6
	Place rubbish and collecting place So One	71.4
2.	There is tub collector	39.7
	No There is tub collector	60.3
3.	Location Good (Far from water sources, kitchen, hostel)	58.7
	Location Bad	41.7
4.	Construction strong (built with permanent) Construction is not strong	47.6 52.4

Based on the waste collection point ownership variable, it can be seen that of the 63 respondents for the condition of the waste collection place, it shows that the majority of respondents have the condition of the waste collection place being one with the collection place at 71.4%, while the condition of the waste collection place is with a separate waste bin with a percentage of 28.6%. The condition of waste collection places that do not have collection tanks with a percentage of 60.3 % is greater than the conditions of waste collection places that have collection tanks with a percentage of 39.7%.

In terms of the location of waste collection places, those with good locations (far from water sources, dormitory kitchens) have a percentage of 58.7 %, while the condition of waste collection places with poor locations has a percentage of 41.7%. Meanwhile, in terms of





construction of waste collection places, the construction is not strong with a percentage of 52.4 % , the condition of the waste collection places is strong construction with percentage of 47.6%.

Final disposal site for waste can be seen in the following table.

Table 5. Place Disposal End

No	Location LANDFILLS	Percentage (%)
1.	No near with water sources	83.5
	Near with source water	16.5
2.	Far from place stay	91.8
	Near with place stay	8.2
3.	No on place Which easy flood	66
	Located on place yeah easy flood	34

Based on the final waste disposal site ownership variable, it can be seen that the condition of the final waste disposal site shows that the majority of respondents use final disposal sites that are not close to water sources with a percentage of 83.5%, while final disposal sites are close to water sources with a percentage of 16. .5%. Meanwhile, from the location of final disposal sites near residences, data was obtained that the location of final disposal sites was far from residences with a percentage of 91.8%. Meanwhile, the location of final disposal sites is close to residence with a percentage of 8.2%. In terms of final disposal sites that are located in areas that are prone to flooding or not, research results show that the majority have final disposal sites that are not prone to flooding with a percentage of 66% greater than those located in areas that are prone to flooding with a percentage of 34%.

b. Discussion

1. Respondent Characteristics

The Taulotang community is considered to be the original inhabitants of Sidrap Regency, a region in Sidrap Regency. Where one of the sub-districts whose population is the Taulotang tribe community which is still strong in the culture of the Taulotang tribe community is Amparita Village. From the research results, it is known that the majority are male (63%), over 50 years old (43%), 46% have low education (primary school and equivalent), and work as farmers (35%).





The condition of the majority of respondents, namely the Taulotang tribe in Sidrap Regency, who are over 50 years old and only have an elementary school education, shows a low level of exposure to information. In other words, their level of knowledge regarding Clean and Healthy Living Behavior is also low. According to Notoatmodjo in Muniroh, knowledge is an important factor and influences a person or group to act. Knowledge is the result of knowing and this occurs after people sense a particular object. This is in line with the research results of Khoiron et al. 5 which revealed that the lower the level of education, the lower the level of knowledge related to health and sanitation measures in coffee plantation settlements in Sidomulyo Village, Silo District, Jember Regency.

2. Latrine Use Behavior

In terms of latrine use behavior, the variables studied include: use of healthy latrines, latrine ownership based on ventilation area $< 15\%$ or $> 20\%$ of floor area, presence of insects in latrines, latrines that do not smell, latrine construction and comparison of the number of latrines with the number of families. From the research results, it was found that the majority of Taulotang people in the village used healthy latrines (54%) and 37% less healthy latrines, with strong latrine construction made of brick and wood (87.9%), and the condition of the latrine is odorless by 83.3%. In terms of the latrine ventilation area compared to the floor area, it is $> 15\%$ and $< 20\%$ of the floor area, it has reached 42.4%. Meanwhile, the ratio of the number of toilets to the number of family members with a ratio of 1:60 has reached 95.6% of respondents.

In terms of latrine use behavior among the Taulotang Tribe community in the village, there are still 9% of respondents who use latrines of poor quality or do not comply with health requirements, amounting to 37%. The results of this research indicate that the healthy and clean living behavior of the Taulotang tribe in terms of defecation behavior has not been running optimally, because the total percentage of people who do not use healthy latrines is 46%. The results of the Indonesia Sanitation Sector Development Program study in 2006 showed that 47





percent of people still defecate in rivers, rice fields, ponds, gardens and open areas. This condition cannot be separated from the characteristics of the village community, most of whom have low education, as well as the lack of outreach activities related to healthy and clean living behavior. Promotion of Hygiene increases the effectiveness of Sanitation Programs in many developing countries.

3. Clean Water Use Behavior

Providing clean water is not only providing clean water but the community can use it optimally. In this research, clean water usage behavior is measured through the variables: Physical and chemical requirements for providing clean water. Where 100% of respondents have fulfilled the provision of water that meets physical and chemical requirements. Apart from that, the quantity of water supply has met the standard where the water available for ≥ 100 ml per day per person is 100%. In other words, everyone's daily need for water has been met.

Apart from that, the distance between the water source and the septic tank, SPAL and final waste disposal site was also measured. From the research results, it is known that for the provision of clean water in terms of water source location, it shows: the majority of the distance between the water source and the septic tank is ≥ 10 meters, amounting to 53%. This is different from the distance between the water source and the septic tank < 10 meters, which is 13%, and 34% of respondents who do not have a septic tank. In terms of distance to water sources with SPAL ≥ 35 meters, it is 68%, greater than the distance to water sources with SPAL < 35 meters, which is 25%, and respondents who do not have SPAL is 7%. The distance between the water source and the final waste disposal site ≥ 200 meters is 88%, greater than the distance between the water source and the final disposal site < 200 meters at 12%.

The results of the research above show that there are still people in the Taulotang Tribe in Sidrap Regency Village who do not meet the requirements in terms of location of water sources with household waste disposal containers. In fact, the location of the water source with waste disposal will affect the quality of the water





source that will be used for daily household needs. According to Tersiawan, clean water is very useful for people's basic daily needs, for example for drinking water, cooking and washing. Apart from that, clean water is also needed for bathing, brushing teeth, washing eating and drinking utensils, and other purposes. So efforts are needed from the village government in collaboration with the Community Health Center to socialize the importance of regulating the distance between water sources and waste disposal sites, including final disposal sites, septic tanks and waste water disposal channels.

4. Waste Management Behavior

Waste management behavior is an indicator of healthy living behavior and a clean household structure. In research on healthy and clean living behavior in the Taulotang Tribe community in Sidrap Regency, it was stated that 37% of respondents used trash cans, while 63% of respondents did not use trash bins or just threw them away. This is similar to the results of research by Khoiron et al (2013) which states that the majority of respondents in coffee plantation communities in Silo District, Jember Regency do not have rubbish bins (86%) with 99% of waste managed by burning. Household waste that is not handled properly results in an unhealthy environment that makes it susceptible to infectious diseases such as typhus, cholera and other diseases. This is similar to the results of research in the Karangmus River watershed, Samarinda City, that due to waste entering the Karangmumus River through ditches, ditches and the like, the water quality decreases so that it is no longer suitable for consumption. Such water can spread dangerous diseases.

Based on the rubbish bin ownership variable, it can be seen that of the 37 respondents who use rubbish bins, the condition of the rubbish bin shows that the rubbish bin does not leak with a percentage of 48%, has a cover with a percentage of 78.7%, there are lots of insects with a percentage of 18.7% and the condition of all rubbish bins leaks with a percentage of 16%. Apart from that, the condition of the trash bins is easy to transport with a percentage of 93.3 %, as well as the





condition of the trash bins which are of strong construction with a percentage of 64%. In general, the condition of the trash can is quite good. Waste management behavior is greatly influenced by the condition of the waste bin which meets health requirements, consisting of: no leaks, no smell and has a cover and is made of strong construction. This is done so that waste does not become a nest for the growth of disease germs and a breeding ground for animals that can become intermediaries for the spread of disease, such as flies which cause diarrhea. According to UNICEF, the behavior of washing hands with soap can reduce the risk of contracting diarrhea by up to 44 percent through safe water management reaching 39 percent, improving sanitation conditions reaching 32 percent and with clean and healthy living behavior can reduce the risk of contracting diarrheal disease by up to 28 percent.

4. Conclusion

From the research results, it was concluded that the majority of men were over 50 years old, had low education and worked as farmers. The results of research on the behavior of using healthy latrines show that the majority of respondents already use healthy latrines, and there is still a small percentage of respondents who still use latrines in poor condition. In terms of clean water usage behavior, the majority already use clean water, only a small portion of respondents do not use/use clean water.

Regarding the behavior of using trash cans, the majority of respondents do not use trash cans, and a small portion of respondents do use trash cans. The lack of behavior in using healthy toilets and the lack of behavior in using rubbish bins is caused by the lack of awareness of respondents regarding healthy and clean living behavior, for this reason, integrated efforts are needed to promote healthy and clean living behavior in the Taulotang Tribe community in Sidrap Regency Village through counseling activities about living behavior. healthy and clean at meetings held regularly every month.

5. Compliance with ethical standards

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This research collaboration is a positive thing for all researchers so that conflicts, problems and others are absolutely no problem for all writers.

Statement of informed consent

Every action we take as authors is a mutual agreement or consent.

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