

EFFORTS TO IMPROVE THE HEALTH  
AND SAFETY OF WORKERS AS A STEP TO  
ACCELERATE ACHIEVING THE  
SUSTAINABLE DEVELOPMENT GOALS  
(SDGS) IN RINGINSARI VILLAGE, KEDIRI  
REGENCY

*By Irianingtyas et al*

## EFFORTS TO IMPROVE THE HEALTH AND SAFETY OF WORKERS AS A STEP TO ACCELERATE ACHIEVING THE SUSTAINABLE DEVELOPMENT GOALS (SDGs) IN RINGINSARI VILLAGE, KEDIRI REGENCY

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### ABSTRACT

Counseling activities were g<sup>2</sup>en to all workers in the home industry of gadung chips in Ringinsari Village, Kandat District, Kediri Regency, as a form of community service in the form of delivering materials and simulations that are expected to increase workers' awareness of health and safety in the workplace. The counseling activities were carried out in September at the home of the industry owner. Before carrying out the counseling activities, there was a preparation process for approximately four weeks before the implementation of the activity, starting from determining the type of activity to submitting permits to the relevant part<sup>14</sup>. As a form of evaluation, this activity was attended by all workers and owners of gadung chips businesses, the participants participated in the activities with great enthusiasm and the counseling guidance activities ran smoothly.

**Keywords:** Health, Home Industry, Hygiene, Sustainable Development Goals (SDGs)

## INTRODUCTION

One aspect that is still a problem is the health aspect, where this aspect is a special topic that requires more comprehensive attention. The world-class organization, later known as the United Nations (in Indonesian: Persatuan Bangsa Bangsa) formulated seventeen sustainable development goals (SDGs) to strive for human welfare. The SDGs were formulated to achieve a better future through sustainable development, protecting the environment, combating inequality, and ensuring a decent life for all (Ministry of PPN/Bappenas, 2020). One of the goals of the SDGs is "Healthy and Prosperous Life" which is the basis for determining the direction of health program development policies. The Indonesian<sup>16</sup> government, through the preparation of the National Medium-Term Development Plan (RPJMN) document, instructed all authorized officials under it to participate in supporting the achievement of the SDGs goals (Ministry of PPN/Bappenas, 2019) in all regions in Indonesia. Sustainable Development Goals (SDGs) are expected to be implemented in all regions in In<sup>15</sup>nesia, including Kediri Regency. Kediri Regency is one of the administrative areas in East Java Province. Kediri Regency has an area of 1,523.92 km<sup>2</sup> and is divided into 26 sub-districts.

So far, Kediri Regency has been known as a regency with many residents with leprosy. The distribution of infectious disease<sup>12</sup> in Kediri Regency in 2022, seen from data from the Central Statistics Agency of East Java Province, shows that there are 16 residents suffering from leprosy, this number is relatively low compared to other districts/cities. However, if we look at the incidence of other infectious diseases, there are 2,259 cases of

pulmonary TB, 1,294 cases of pneumonia, 338 cases of dengue fever, 2 cases of malaria, 24 cases of chronic filaria<sup>11</sup> and 3 cases of diphtheria (Central Statistics Agency of East Java Province, 2023).

The Central Statistics Agency of East Java Province shows that there were 2,259 cases of Tuberculosis (TB)<sup>13</sup>, 1,294 cases of Pneumonia (Central Statistics Agency of East Java Province, 2023) with the most cases occurring in people of productive age 18-50 years, the majority of whom were informal workers.

In addition to tofu, Kediri City is known for its various superior industries such as weaving crafts, dodol, herbal medicine and gadung chips. One of the areas known as the herbal medicine and Gadung chips industry is Ringinsari Village. Gadung Chips (Opak Gadung) are famous chips and are known for their delicious and savory taste. The Opak Gadung Home Industry in Ringinsari Village can manage 11 to 15 quintals of Opak Gadung every day. Previous observations showed that in the production process various additional materials were used such as ash where ash can produce small particles which can later fly into the air and produce dust. In addition, there is a process of cooking raw materials using firewood so that it will produce dust and smoke from combustion. In addition, another problem that needs to be considered, especially for informal sector workers, is the level of cleanliness of their work environment. The majority of informal sector workers pay less attention to personal hygiene and the cleanliness of their work environment, so that this can be detrimental to many parties, such as high cases of accidents and illnesses and less hygienic production results, which are detrimental to informal sector workers and

consumers. Based on this, Poltekkes Kerta Cendekia as a university aims to strive to help resolve health problems through direct contributions to the community. The implementation of the Tri Dharma of Higher Education is a form of higher education in helping the government realize community welfare. Based on this background, Poltekkes Kerta Cendekia intends to carry out community service activities in order to improve public health in Ringinsari Village, Kandat District, Kediri Regency.

## **OBJECTIVES**

### *General Purpose*

By carrying out outreach activities and health services to the working community in Ringinsari Village, it is hoped that this will provide benefits, especially for the village community, in the form of improving the health of the community, which will certainly help increase work productivity and community welfare.

### *Special Purpose*

1. Realizing the Tri Dharma of Higher Education, one of which is community service
2. Helping UMKM Opak Gadung workers in Ringinsari Village to improve occupational safety and health so that work productivity is created
3. Helping UMKM Opak Gadung in Ringinsari Village in product marketing

## **PLAN OF ACTION**

### *Strategy Plan*

The strategic plan for implementing this extension includes:

1. Coordinating with policy makers in Ringinsari Village and owners of home industries of gadung chips

2. Determining the contract time for implementation with targets on owners of home industries of gadung chips
3. Carrying out extension activities for owners of home industries of gadung chips

### *Implementation*

The counseling was carried out after a permit letter was issued to carry out community service issued by the Kerta Cendekia Community Service and Research Institute, Sidoarjo Health Polytechnic with the number:

011/SK.PM/PKC/VII/2024

The actions taken in implementing this activity include:

1. Coordinating with the Village and business owners
2. Providing education about the importance of using masks as an effort to prevent respiratory problems in Gadung chips UMKM workers
3. Providing education and practice of stretching exercises as an effort to prevent musculoskeletal complaints in Gadung chips UMKM workers
4. Providing education and practice related to industrial hygiene to Gadung chips UMKM workers
5. Rebranding Gadung Chips UMKM through logo design
6. Providing a question and answer session to determine the level of understanding of participants
7. Conducting practices for workers related to the correct use of masks, hairnets and aprons
8. Providing rewards for participants who are able to answer questions and can practice correctly

### Setting

This community service activity was carried out in Ringinsari Village, Kandat District, Kediri Regency in September 2024 started at 8:00 - 12:00.

### Target

The strategic target of this activity consists of owners and workers of the Gadung chips home industry in Ringinsari Village.

## RESULTS AND DISCUSSION

The counseling was carried out at the home of the owner of the gadung chips home industry in Ringinsari Village, Kandat District, Kediri Regency. The counseling was attended by all workers and business owners.

The equipment used for the counseling activities included posters, pictures, masks, aprons and hairnets.

The delivery of knowledge messages requires the right media because it is easier to imagine, one of the right media is poster media because it can make it easier for workers to understand and practice again (Wati & Paridah, 2017).

The participants looked very enthusiastic and enthusiastic when observing the explanation from the speaker regarding the importance of using masks to avoid transmission of respiratory diseases, understanding industrial hygiene and the practice of using personal protective equipment and stretching practices to avoid the risk of muscle pain in workers.

## CONCLUSION

This community service activity was considered quite successful because the participants were able to understand the importance of using masks to avoid the transmission of respiratory diseases,

maintain and implement industrial hygiene (cleanliness of the work environment) and individuals and understand the importance of stretching to avoid the risk of muscle pain complaints in workers.

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