

Original Research Paper

## **Environmental Health Socialization to Create a Healthy Village in Dasan Geria Village, West Lombok**

**Rachmawati Noviana Rahayu<sup>1</sup>, Suripto<sup>2\*</sup>, Siti Raudhatul Kamali<sup>3</sup>, Supardiono<sup>4</sup>, Baiq Fadila Arlina<sup>5</sup> & Natacha Amalia<sup>6</sup>**

<sup>1,2,3,4,5</sup>*Faculty of Mathematics and Natural Sciences, University of Mataram, Mataram, Indonesia*

<sup>6</sup>*Department of Environmental Sciences, Faculty of Mathematics and Natural Sciences, University of Mataram, Mataram, Indonesia*

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\*Corresponding Author: Suripto,  
University of Mataram,  
Mataram, Indonesia;  
Email: [suripto@unram.ac.id](mailto:suripto@unram.ac.id)

**Abstract:** Hygiene and sanitation are inseparable components of environmental health. Gegutu Reban Hamlet, Dasan Geria Village, is one of the areas in West Lombok facing challenges in sanitation management due to the annual increase in population due to the clearing of agricultural and plantation land for new settlements. The main problem currently being faced is low public awareness and knowledge of environmental health, which results in low active participation in managing environmental sanitation. Furthermore, standard operating procedures for hygiene and sanitation in the village do not exist and have never been established. For this reason, community service activities were carried out with the aim of increasing awareness, knowledge and the level of active participation of the community in managing environmental health in Gegutu Reban Hamlet, Dasan Griya Village, West Lombok. The activities were carried out using lecture, focused group discussion, demonstration, practice and ongoing mentoring methods for the target audience, which included housewives, farmer representatives and youth representatives. The monitoring results showed that participants were very enthusiastic about participating in this activity. Participants' awareness and knowledge about maintaining environmental health increased. The accuracy of participants' skills in carrying out several practiced hygiene and sanitation actions also increased. This activity also produced a draft SOP for hygiene and sanitation management that can be implemented by local residents, especially in Gegutu Reban Hamlet, Dasan Griya Village, West Lombok.

**Keywords:** Hygiene; Sanitation; Standard Operational Procedure.

## **Introduction**

Sanitation and hygiene are crucial aspects of maintaining public health. Good and well-maintained sanitation includes the provision of clean water and drinking water, including monitoring its quality, quantity, and utilization, as well as food and beverage processing, including procurement, storage,

processing, and serving. Sanitation actions also include waste processing with appropriate waste disposal methods, waste disposal equipment that meets standards and the correct way to use it (Aprianto & Zuchri, 2021; Fitri *et al.*, 2021; Bawono & Rosyidah, 2022). Other sanitation measures include monitoring and controlling insects and

rodents as well as maintaining health and implementing occupational safety (K3) principles (Laila *et al.*, 2022; Muharman, 2024; Putra *et al.*, 2024). The achievement of sanitation goals is certainly inseparable from the community's hygiene behavior. Things included in the hygiene aspect are personal hygiene or individual cleanliness, namely an effort to maintain cleanliness and health, both physical and psychological, and food and drink hygiene, namely an effort to maintain and preserve the cleanliness of food and drink consumed (Africia *et al.*, 2021). So, hygiene and sanitation are parts of environmental health that cannot be separated from each other, where hygiene and sanitation have benefits for life, including protecting oneself from environmental factors that can damage physical and mental health. Sanitation measures are also preventive measures against infectious diseases.

Gegutu Reban Hamlet, Dasan Geria Village, West Lombok is an area that still faces challenges in implementing hygiene and sanitation management. It is known that residents in this area do not yet have adequate access to proper sanitation facilities, such as healthy toilets or adequate clean water supplies. Some people tend not to have the habit of washing their hands properly. People's habits in maintaining personal and environmental hygiene were still very minimal, this is indicated by the large amount of waste that is not managed properly, as well as domestic waste management that does not comply with the principles of cleanliness and health. This is because the existence of public facilities such as waste disposal sites is still limited. In this regard, active community participation needs to be increased by increasing awareness and understanding of the importance of living a clean and healthy life and practicing good hygiene and sanitation habits.

These steps need to be implemented immediately in order to create a healthy village, free from the spread of disease for the community, especially in Gegutu Reban Hamlet, Dasan Geria Village, West Lombok. Aspects that must be targeted in improving environmental quality for residential areas include the availability of personal sanitation facilities, food sanitation, provision of clean water, and waste management facilities (Permenkes, 2017; Kemensos, 2020; Rahmadyanti & Refnitasari, 2022). Hygienic behavioral habits include washing hands regularly, bathing and maintaining personal hygiene, eating clean food, and

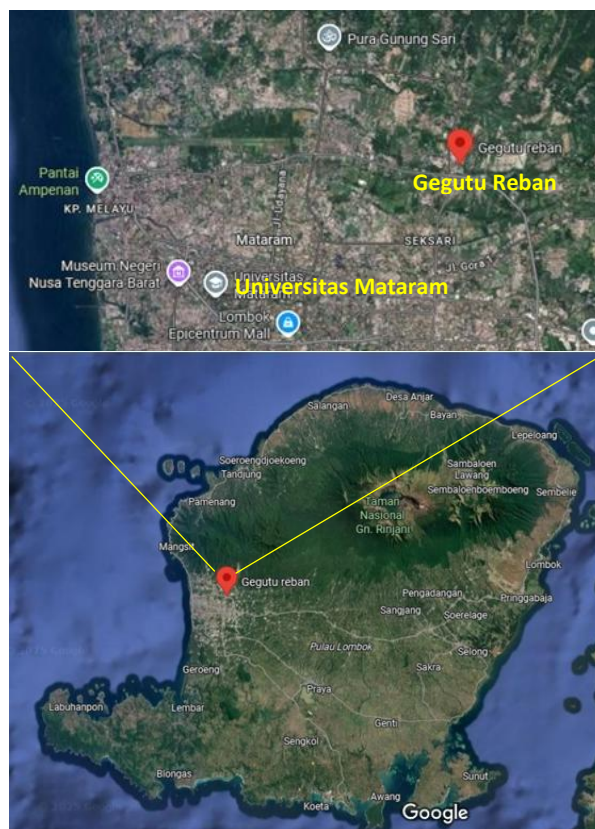
disposing of rubbish in the proper place (Rahmadyanti & Refnitasari, 2022; Soamole, & Hirto, 2024).

Based on the aforementioned background, an environmental health education program was implemented for the community in Gegutu Reban Hamlet, Dasan Geria Village, West Lombok. The main objective of this activity was to increase community awareness and understanding of the importance of maintaining environmental health and to increase their active participation in waste management.

## Method

### *Time and place*

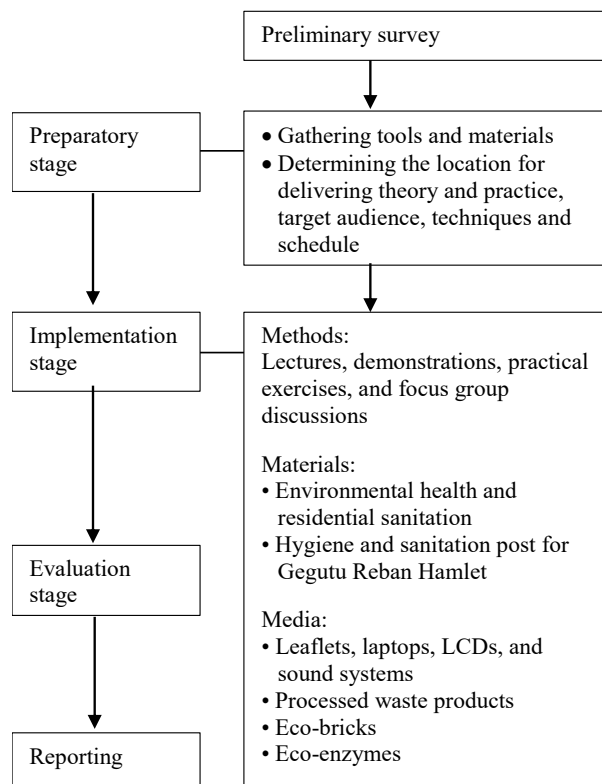
The community service activities were carried out in July-August 2025 in Gegutu Reban Hamlet, Dasan Geria Village, Lingsar District, West Lombok Regency. Gegutu Reban Hamlet is located approximately 10 km from the University of Mataram campus (Figure 1).



**Figure 1.** The location of Gegutu Hamlet is approximately 10 km northeast of the Mataram University campus.

### Work steps

This community service activity was carried out in three stages, namely the preliminary survey or preparation, implementation and evaluation stages. In general, the work flow chart for socializing sanitation and hygiene measures in Gegutu Reban Hamlet can be seen in Figure 2.



**Figure 2.** Work flow chart for environmental health and sanitation socialization in Gegutu Reban Hamlet, Dasan Geria Village, West Lombok

*Preparatory stage.* This stage included collecting tools and materials and conducting a preliminary survey to obtain activity permits, determining the target audience, namely 30 participants consisting of housewives, farmers and young people, especially from Gegutu Reban Hamlet, the place where the socialization session will be delivered, the practice location and the implementation schedule.

*Implementation Stage.* The implementation of activities was carried out using methods and materials adapted from Suprpto & Arda (2021); Soamole & Hirto (2024); Putra *et al.* (2024), including lectures, simulations, group discussions, and practice. The materials presented covered environmental hygiene and sanitation and the direct application of hygiene and sanitation stimulation

techniques in the Gegutu Reban area of Dasan Geria Village, West Lombok.

*Evaluation Stage.* The final stage was the evaluation of activities carried out to monitor the stimulus for community service activities for residents, especially in Gegutu Reban Hamlet, Dasan Geria Village, West Lombok.

## Results and Discussion

The socialization activity involved various community groups in Gegutu Reban, consisting of housewives, the SABRO (Sapu Bersih Dedoro) youth group, and community leaders of Dasan Geria Village, totaling 30 people. Monitoring results during the activity showed that 100% of participants were very enthusiastic about participating in the activities, starting from face-to-face sessions, demonstrations, practices, and focus group discussions (Figure 3).



**Gambar 3.** Pelaksanaan sosialisasi kesehatan lingkungan bagi warga Dusun Gegutu Reban Desa Dasan Geria Lombok Barat.

Before participating in this activity, most participants did not understand the difference between hygiene and sanitation. They admitted to never or rarely practicing or practicing hygiene in their daily lives on a regular basis. The participants

did not know and did not have experience in processing waste from organic materials into products that can be further utilized or sold, such as compost and ecoenzymes.

After participating in this activity, participants not only understand the concept of hygiene and sanitation but also become motivated to maintain cleanliness regularly in their daily lives and have the skills to process organic waste into products that can be further utilized or sold, which can improve the household economy. The delivery of material on hygiene and sanitation to residents is carried out by introducing the theory and practice of managing it with a new paradigm, namely that waste reduction and waste management can increase the motivation and active role of the community in waste management.

Waste reduction includes limiting waste generation, recycling waste and/or reusing waste. Waste management includes the activities of sorting, collecting, transporting, processing and final processing of waste. Specifically for waste processing, both in the context of waste reduction and in the context of waste handling, such as processing waste into products that can be further utilized, is very effective in increasing the role of the community in environmental sanitation management programs, which are independent and sustainable. This supports previous findings reported by Rusdin *et al.* (2023); Darunnafis *et al.*, (2025), who stated that the method of empowering the community in waste management through processing waste into products that can be further utilized, such as compost and eco-enzymes from organic waste and eco-bricks or other artistic products from inorganic waste that can be sold will increase motivation and increase the active role of the community in independent and sustainable waste management. (Rusdin *et al.*, 2023; Darunnafis *et al.*, 2025).

The output of this activity is the preparation of Standard Operating Procedures (SOP) for the implementation of hygiene and sanitation by the community, especially residents of Gegutu Reban Hamlet. The preparation of SOPs was stimulated (the SOP considerations were prepared by the community service implementation team from the University of Mataram) based on the results of a preliminary survey and then discussed with the community through focus group discussions (FGD) using techniques modified from Rusdin *et al.* (2023).

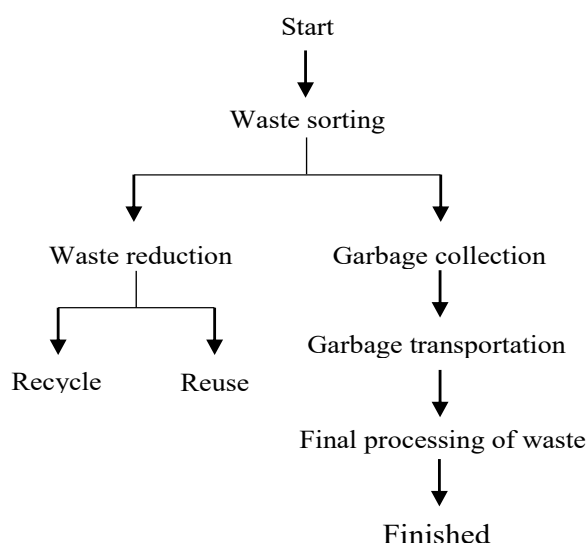
SOPs for implementing environmental hygiene and sanitation for community members can vary depending on the context and location, but here are some general steps that have been agreed upon and can be followed, especially for residents of Gegutu Reban Hamlet, Dasan Geria Village, West Lombok (Table 1)

**Table 1.** SOPs general steps that have been agreed upon and can be followed, especially for residents of Gegutu Reban Hamlet, Dasan Geria Village, West Lombok

Step	Action
1.	Cleaning and disinfection: Regularly clean and disinfect frequently touched surfaces, such as doorknobs, switches, and tabletops.
2.	Handwashing: Always wash your hands with soap and running water for at least 20 seconds, especially after using the bathroom, before eating, and after touching animals or waste.
3.	Waste management: Properly manage solid and liquid waste, including waste sorting, using covered bins, and safely disposing of waste..
4.	Clean water use: Ensure the use of clean water for drinking, cooking, and personal hygiene.
5.	Environmental cleaning: Regularly clean the environment, including cleaning streets, parks, and other public areas.
6.	Disease vector control: Control disease vectors, such as mosquitoes and flies, by using insecticides and eliminating potential breeding sites.
7.	Education and training: Provide education and training to the community about the importance of hygiene and sanitation, and how to practice them properly.
8.	Monitoring and evaluation: Conduct regular monitoring and evaluation to ensure that hygiene and sanitation standards are met and to identify areas for improvement.

By following this SOP, public awareness will increase and they will be able to carry out hygiene and sanitation measures properly, thereby preventing the spread of disease and improving the quality of life. The SOP for waste management with a new paradigm, especially for residents of Gegutu Reban Hamlet, Dasan Geria Village, West Lombok, can be seen in Figure 4.





**Figure 4.** SOP for waste management with a new paradigm for residents of Gegutu Reban Hamlet, Dasan Geria Village, West Lombok.

## Conclusion

After this community service activity, participants' awareness, knowledge, and motivation to maintain environmental health increased. The participants' skills in performing several hygiene and environmental sanitation practices also improved.

## Recommendations

The SOP for managing hygiene and sanitation resulting from this activity should be able to be implemented by local residents, especially in Gegutu Reban Hamlet, Dasan Geria Village, West Lombok.

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