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## THE RELATIONSHIP BETWEEN PERSONAL HYGIENE AND SKIN COMPLAINTS IN ORPHANAGE CHILDREN IN THE MEDAN AREA DISTRICT

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### Abstract

Personal hygiene is a person's self-care to maintain cleanliness and health for physical and psychological well-being. Environmental conditions in the orphanage can cause many children to experience skin diseases, such as itching, heat or burning, bumps, and white patches, usually caused by the lack of clean water, alternating use of towels, and rarely changing bed linen and pillowcases. This study aimed to determine the relationship between personal hygiene and skin complaints in orphanages in Medan Area District. This research is analytical and uses a quantitative approach with a cross-sectional research design. This study used a sample of 77. Data in this study were collected through questionnaires and then analyzed using univariate and bivariate tests using Chi-Square. Based on univariate tests, the majority of respondents have good personal hygiene. Based on bivariate tests using Chi-Square, it is known that the p-value is  $<0.05$ , so it can be concluded that there is a relationship between personal hygiene and skin complaints.

**Keywords:** Personal Hygiene, Skin Complaints, Orphanage.

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### Introduction

Health is significant in support activities, man. To support sustainability in life, man needs a healthy life. Hendrik L. Blum stated that the health public is influenced by four factors: environment, behavior, heredity, and service health. The fourth factor, the environment has a significant influence. If the fourth factor is optimal, then the health status somebody will achieve (Kamelia et al., 2022).

According to data from the 2018 Indonesian Health Profile, the patient care road in Indonesia with group skin disease is as big as 115,000 amount visits with 64,557 new cases. From data (Nadiya et al., 2020), the prevalence of disease leather in Indonesia is 6.78%. Based on data from the 10 diseases most significant in Medan City in 2017, disease skin allergy is one of the 10 diseases most that is at in order to 5th with figure 5.54%, and disease skin infection is at in order to 7th with figure 4.77% (Hidayah, 2021).

According to some research, about 80% of the disease chronic attacks are caused by style a lifestyle that is not Healthy. Other factors cause the remaining 20%. WHO in 2008 stated that worldwide, 57 million people died, and 63 % or 36 million died. This is caused by disease. No contagion is caused by style a life that is not Healthy. Therefore, if individuals want to remain healthy, they must behave Healthy daily (Sulistiarini, 2018).

*Personal hygiene* is defined as the maintenance of cleanliness and health. For a well-being physique, his psychology. Maintenance *hygiene* is required for individuals' comfort, security, and health. One of a person's *hygiene* efforts is nurse cleanliness skin (Marga, 2020). Low hygiene can be one factor originator of the development of skin disease (Ahmad & Napitupulu, 2022).

According to the Department RI Social, orphanage care is an institution that is socially responsible in giving service for the well-being of children displaced, compensation and alleviation of children abandoned, giving the role of substitute parent/guardian in fulfilling

physical and mental and social until child foster obtain broad, appropriate and adequate opportunities in develop his personality by hope (Karyadiputra et al., 2019).

Orphanage is an institution of social media that accommodates, educates, and maintains abandoned children, children orphans, child orphans, and children orphan orphans. Child health and condition environment House care is essential. Remember that children in the orphanage upbringing also have the same rights in fulfillment of health and well-being. However, conditions environment in the orphanage care should be noticed more. Many children in the orphanage experienced care diseases, one of which is skin disease. Disease lots of skin happen like itching, burning sensation or like burning, bumps, spots vaginal discharge, which are regularly caused Because not enough availability of clean water, use alternating towels and bed sheets and covers rare pillows are replaced. Therefore, knowledge about *the personal hygiene* of diseased skin on children in institutional care is essential in fulfilling the level of health and well-being of child House care (Yulyani et al., 2019).

Based on the description background above, researcher is interested in the study "The Relationship Between *Personal Hygiene* and Complaint Skin in Orphanage Children in Medan Area District."

### Research methods

Study This is study analytics that uses a quantitative approach with a design study. Study This was done in the orphanage care in Medan Area District. Study This was carried out from August 2023 to October 2023. Research This uses the technique of taking samples with the method of *non-probability sampling*, i.e., *consecutive sampling*, where the sample used will be chosen to fulfill the criteria selection until the amount desired sample is fulfilled. Study This uses a sample of as many as 77 people from the total population, as many as 95 people, with calculation using the formula Slovin.

Types of research data used by the researcher is primary data. Primary data was obtained directly by filling out the Children's House Care questionnaire in Medan Regency. The researcher used an instrument study form a questionnaire about cleanliness with complaint skin. After all sheet questionnaires were filled out, the questionnaire was collected, and the score was noted on each questionnaire. Moreover, the data was entered using *Statistical Product and Service Solutions* (SPSS) software and data analysis to analyze the correlation of the measured variable using the *Chi-Square* test.

### Results and Discussion

#### Analysis Univariante

The results of the distribution research based on the characteristics of orphanage children in the Medan Area district can be seen in the following table.

**Table 1 Analysis Univariante**

Characteristics	n	%
Education		
No school	1	1.3
elementary school	13	16.9
JUNIOR HIGH SCHOOL	46	59.7
SENIOR HIGH SCHOOL	17	22.1
Personal Hygiene		
Bad	23	29.9
Good	54	70.1
Complaint Skin		
Skin Redness		
Yes		
No	39	50.6
Itchy rash	38	49.4
Yes		
No	59	76.6
Hot Feeling or Burnt	18	23.4

Characteristics	n	%
Yes		
No	32	41.6
Bumps - Bumps	45	58.4
Yes		
No	40	51.9
White or Black Spots on the Skin	37	48.1
Yes		
No	27	35.1
Spots on Nails	50	64.9
Yes		
No	37	48.1
	40	51.9

Based on Table 1 above, it is known that of 77 respondents, manifold sex men recorded 1 respondent (1.3%) who did not attend school. There were 13 respondents (16.9%) who were educated in elementary school. There were 46 respondents (59.7%) who were educated in middle school and 17 respondents (22.1%) who were educated in senior high school. So, the conclusion is that most respondents are educated in JUNIOR HIGH SCHOOL. Respondents who have good *personal hygiene* as many as 54 respondents (70.1%), as many as 39 respondents (50.6%), respondents experienced skin itchy rash as many as 59 respondents (76.6%), respondents who did not experience skin feeling hot or burnt as many as 45 respondents (58.4%), respondents experienced skin bumps as many as 40 respondents (51.9%), respondents who did not experience spotting white or black on the skin as many as 50 respondents (64.9%), respondents who did not experience spotting white on the nails of 40 respondents (51.9%).

#### Analysis Bivariate

**Table 2 Analysis Bivariate Based on Personal Hygiene Relationship With Complaint Skin Reddish**

No	Complaint Skin Reddish	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	
1	No	16	42.1%	22	57.9%	38	100.0%	
2	Yes	7	17.9%	32	82.1%	39	100.0%	0.021
Total		23	29.9%	54	70.1%	77	100.0%	

The table 2 above shows that the mark p on the *Pearson Chi-Square test* is 0.021. Because of the value  $p 0.021 < 0.05$ , based on the decision above, yes concluded that "There is a connection between *personal hygiene* with complaint skin reddish. "

**Table 3 Analysis Bivariate Based on Personal Hygiene Relationship With Complaint Itchy Skin - Itchy**

No	Complaint Itchy Skin	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	
1	No	9	50.0%	9	50.0%	18	100.0%	
2	Yes	14	23.7%	45	76.3%	59	100.0%	0.033
Total		23	29.9%	54	70.1%	77	100.0%	

Based on table 3 above, the mark p on the *Pearson Chi-Square test* is 0.033. Because of the value  $p 0.033 < 0.05$ , based on the decision above, yes concluded that "There is a connection between *personal hygiene* with complaint skin itchy rash. "

**Table 4 Analysis Bivariate Based on Personal Hygiene Relationship with Complaint Hot Skin or Burnt**

No	Complaint Skin Flavor Hot or Burned	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	
1	No	9	20.0%	36	80.0%	45	100.0%	0.025
2	Yes	14	43.8%	18	56.3%	32	100.0%	
Total		23	29.9%	54	70.1%	77	100.0%	

Based on table 4 above, the mark p on the *Pearson Chi-Square test* is 0.025. Because of the value  $p 0.025 < 0.05$ , based on the decision above, yes concluded that "There is a connection between *personal hygiene* with complaint skin feels hot or burnt. "

**Table 5 Analysis Bivariate Based on Personal Hygiene Relationship With Complaint Skin Bumps**

No	Complaint Skin bumps	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	
1	No	7	18.9%	30	81.1%	37	100.0%	0.043
2	Yes	16	40.0%	24	60.0%	40	100.0%	
Total		23	29.9%	54	70.1%	77	100.0%	

Based on table 5 above, the mark p on the *Pearson Chi-Square test* is 0.043. Because of the value  $p 0.043 < 0.05$ , then based on the decision above, yes concluded that "There is a connection between *personal hygiene* with complaint skin bumps."

**Table 6 Analysis Bivariate Based on Personal Hygiene Relationship with Complaint Skin White or Black Spots**

No	Complaint: Skin spotting white or black on the skin	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	
1	No	19	38.0%	31	62.0%	50	100.0%	0.034
2	Yes	4	14.8%	23	85.2%	27	100.0%	
Total		23	29.9%	54	70.1%	77	100.0%	

Based on table 6 above, the mark p on the *Pearson Chi-Square test* is 0.034. Because of the value  $p 0.034 < 0.05$ , based on the decision above, yes concluded that "There is a connection between *personal hygiene* with complaint skin spotting white or black on the skin."

**Table 7 Analysis Bivariate Based on Personal Hygiene Relationship with Complaint Skin White Spots on Nails**

No	Complaint Skin spotting white on nails	Personal Hygiene						P (Value)
		Bad		Good		Amount		
		f	%	f	%	f	%	

1	No	17	42.5%	23	57.5%	40	100.0%	
2	Yes	6	16.2%	31	83.8%	37	100.0%	0.012
Total		23	29.9%	54	70.1%	77	100.0%	

Based on table 7 above, the mark p on the *Pearson Chi-Square test* is 0.012. Because of the value  $p < 0.05$ , based on the decision above, yes concluded that “There is a connection between *personal hygiene* with complaint skin spotting white on the nails.”

## Discussion

### Personal Hygiene Relationship with Complaint Skin reddish

Based on the results of the study, a connection between *personal hygiene* and skin redness was found at the Medan Area District Orphanage out of a total of 77 people, 23 respondents had *poor personal hygiene*. It was found that 7 respondents (17.9%) experienced this complaint of skin redness, and 16 respondents (42.1%) did not experience a complaint of skin reddish. Of the 54 respondents who have *personal hygiene*, Good It was found that 32 respondents (82.1%) experienced this complaint of skin redness, and 22 respondents (57.9%) did not experience a complaint of skin reddish. Based on the results, is the *Chi-Square Test* suitable? The p-value is 0.021 ( $p < 0.05$ ). Therefore, it can concluded that there is a relationship between *personal hygiene* and skin reddish.

Study This, in line with research conducted by (Aulia et al., 2022), shows The p-value is 0.021 ( $p < 0.05$ ), which is significant. There is a meaningful relationship between clean skin and the incidence of scabies in students at Pondok Boarding School Thawalib, Padang City. Scabies is an infectious disease caused by *Sarcoptes scabiei*. Scabies causes signs of redness of the skin accompanied by small lump. Scabies transmission occurs Because of factors of environment and *personal hygiene*. Condition skin that doesn't clean, like bad bathing habits, no replacement clothes when sweating, and borrowing a damp towel can make it easier for scabies to infect, especially on the fingers, hands, and thighs (Aulia et al., 2022).

### Personal Hygiene Relationship with Complaint Itchy Skin - Itchy

Based on the study's results, a connection between *personal hygiene* and skin Itching was found at the Medan Area District Orphanage out of a total of 77 people recorded, 23 respondents had *personal hygiene*. It was found that 14 respondents (23.7%) experienced skin itching, and 9 respondents (50.0%) did not experience skin itching rash. Of the 54 respondents who have *personal hygiene*, Good It was found that 45 respondents (76.3%) experienced skin itching, and 9 respondents (0.0%) did not experience complaints of skin itchy rash. Based on the results, the *Chi-Square Test* got it, right? The P-value is 0.033 ( $p < 0.05$ ). Thereby, it can concluded that there is a relationship between *personal hygiene* and skin itchy rash.

Study This is in line with research conducted by (Maksum & Sahari, 2023), which shows that out of a total of 74 officers' carriers, 39 respondents (52.7%) experienced waste in Gorontalo complaint disturbance skin itchy rash. Complaints of itchy rash, because officers carry rubbish, are often negligent to skin cleanliness, like not taking A shower immediately after work. Direct contact with rubbish brings Lots of bacteria. If not quickly cleaned, it causes complaints of skin like emergency spots, redness, and itching, so if scratched in a way, the excess will give rise to a wound (Rokhiya et al., 2021).

### Personal Hygiene Relationship with Complaint Hot Skin or Burnt

Based on the study's results, a connection between *personal hygiene* and skin feeling hot was found in a fire at the Medan Area District Orphanage out of a total of 77 people recorded, 23 respondents had *personal hygiene* wrong. It was found that 14 respondents (43.8%) experienced this complaint of skin feeling hot or burned, and 9 respondents (20%) did not experience a complaint of skin feeling hot or burnt. Of the 54 respondents who have *personal hygiene*, Good It was found that 18 respondents (56.3%) experienced this complaint of skin feeling hot or burned, and 36 respondents (80.0%) did not experience complaints of skin feeling hot or burnt. Based on

the results, the *Chi-Square* Test got it. The P-value is 0.025 ( $p < 0.05$ ). Thus, it can be concluded that there is a relationship between *personal hygiene* and complaints of skin feeling hot or burnt.

Study This is in line with research conducted by (Akbar, 2020), which stated that *personal hygiene* and work relate to the incidence of dermatitis in the work area of the public health center in Juntinyuat. *Personal hygiene*, such as washing hands, can prevent dermatitis. Habit wash less hands clean cause remainder material chemistry Still stick to the surface skin. Orphanage children's contact with material chemistry causes damage to the cell skin layer outside. The longer the contact with material chemistry results, the more cell skin will damage until it layers more in so that irritating skin can give rise to abnormal skin. Irritation skin can be marked by complaints that the skin feels hot until it is burning, dry, painful, and itchy (Akbar, 2020).

### **Personal Hygiene Relationship with Complaint Skin Bumps - Bumps**

Based on the study results, the connection between *personal hygiene* and skin The bumps were found at the Medan Area District Orphanage. Out of a total of 77 people recorded, 23 respondents had *personal hygiene*. It was found that 16 respondents (40.0%) experienced these skin bumps, and 7 respondents (18.9%) did not experience them. Of the 54 respondents who have *personal hygiene*, Good It was found that 24 respondents (60.0%) experienced this complaint of skin bumps, and 30 respondents (81.1%) did not experience complaint skin bumps. Based on the results, the *Chi-Square* Test got it. The P-value is 0.043 ( $p < 0.05$ ). Thus, it can be concluded that there is a relationship between *personal hygiene* and complaint skin bumps.

Study This is in line with research conducted by (Maksum & Sahari, 2023), which shows that out of a total of 74 officers carrier 4 respondents (5.4%) experienced waste in Gorontalo complaint disturbance skin bumps. This is also in line with a study (Agustina et al., 2022), which states that There is a connection between cleanliness and skin disease skin in the Tuwi Village community in Panga District, Aceh Regency. Based on a previous study, complaints of disease itching, redness, and bumps on the skin's surface accompany most skin. Complaint skin can cause poor *personal hygiene*. Still, many child-dependent care return clothes that have been used, use return clothes that have been used repeatedly, the towels were not dried in the sun, the habit of exchanging clothes and towels with children House others, Not wash clean hands a moment before eating and lazy about cutting nails (Agustina et al., 2022).

### **Personal Hygiene Relationship with Complaint Skin White or Black Spots**

Based on the study's results, the connection between *personal hygiene* and skin spotting, white or black, at the Medan Area District Orphanage was found that out of 77 people recorded, 23 respondents had *personal hygiene*. It was found that 4 respondents (14.8%) experienced this complaint of skin spotting white or black, and 19 respondents (38.0%) did not experience a complaint of skin spotting white or black. Of the 54 respondents who have *good personal hygiene*, It was found that 23 respondents (85.2%) experienced this complaint of skin spotting white or black, and 31 respondents (62.0%) did not experience complaints of skin spotting white or black. Based on the results, the *Chi-Square* Test got it. The P-value is 0.034 ( $p < 0.05$ ). Thereby, it can be concluded that there is a relationship between *personal hygiene* and complaints of skin spotting white or black.

Study This is in line with research conducted by (Maksum & Sahari, 2023), which shows that out of a total of 74 officer carriers, 2 respondents (2.7%) experienced waste in Gorontalo complaint disturbance spots white on the skin. Fungi are causative agents complaint skin that will keep growing because of poor *personal hygiene* circumstances moist skin triggers the growth of abnormal fungus. In Children's House upbringing, humidity is usually influenced by the habit of children's lazy orphanage, replacing clothes when experiencing excessive sweating. Complaint spotting white on the skin could also be due to often exchanging towels with the child. Other possible homes own complaints of the same skin (Maksum & Sahari, 2023).

### **Personal Hygiene Relationship with Complaint White Spots on Nails**

Based on the study's results, the connection between *personal hygiene* and spotting white on the nails at the Medan Area District Orphanage was found. Out of a total of 77 people recorded,

23 respondents had *personal hygiene*. It was found that 6 respondents (16.2%) experienced this complaint of spotting white on their nails, and 17 respondents (42.5%) did not experience complaints of spotting white on their nails. Of the 54 respondents who have *personal hygiene*, Good It was found that 31 respondents (83.8%) experienced this complaint of spotting white on their nails, and 23 respondents (57.5%) did not experience complaints of spotting white on their nails. Based on the results, is the *Chi-Square Test* suitable? The P-value is 0.012 ( $p < 0.05$ ). Thereby, it can be concluded that there is a relationship between *personal hygiene* and complaints of spotting white on nails.

Study This is in line with research conducted by (Anggraeni et al., 2023), which stated that The p-value is 0.001 ( $p < 0.05$ ), which is significant that there is a meaningful relationship between behavior *personal hygiene* and incident onychomycosis. Poor *personal hygiene* is more risky than infection onychomycosis. Child House care requires guarding clean hands, feet, and nails and regularly cutting hands and toenails to reduce the risk of infection (Anggraeni et al., 2023).

### Conclusion

Based on the results of the research and discussion, the researcher concluded that there is a relationship between personal hygiene and skin complaints in orphanage children in Medan Area District.

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