


Analysis of Efforts to Prevent Dermatitis in Coastal Communities in Kampung KB, Dusun 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang District

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Article Info	ABSTRACT
Keywords: Dermatitis, Skin, Fisherman, Disease	Dermatitis, which is often known as an inflammatory skin reaction, is a condition that commonly occurs among coastal communities in areas such as Kampung KB, Dusun 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency. Unique environmental factors and lifestyles associated with coastal living can be major triggers for the onset of this disease. This research aims to provide knowledge to the community regarding the prevention of dermatitis in KB Village, Hamlet 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency. This type of research is analytical survey research using a Cross Sectoinal Study design. This research was conducted in KB Village, Hamlet 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency. The population in this study were fishermen in KB Village, Hamlet 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency with a total of 10 fishermen as respondents. The instruments used in this research were skin disease symptom and personal hygiene questionnaires. The results of the research show that the majority of respondents have good knowledge about dermatitis and also 90% of the majority of respondents from coastal communities have good personal hygiene and there is a significant relationship between knowledge and efforts to prevent dermatitis in coastal communities.
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INTRODUCTION

Skin is the largest organ in the human body which covers the muscles and internal organs of the body. The skin functions to protect the body from trauma and is a defense against bacteria and germs. The skin also functions as a sense of touch that can feel temperature, pressure and pain. One of the most common skin diseases is Dermatitis, better known as eczema, which is an inflammatory skin disease. Dermatitis can occur due to various reasons and arise, especially dry skin. However, this disease clearly causes discomfort and is very

disturbing. Dermatitis appears in several types, each of which has indications and symptoms (Satriana NS, Andi A, Abdul G., 2019).

Dermatitis is a skin disease that commonly affects children, reaching 20% as well as 1-3% of adults suffering from dermatitis in most countries in the world. Various studies state that the prevalence of dermatitis is increasing every year, making it a major health problem. The International Study Of Asthma And Allergies In Childhood (ISAAC) states that the prevalence of dermatitis varies between 0.3% to 20.5% in 56 countries. The prevalence of dermatitis in Southeast Asia varies between countries, ranging from 1.1% at ages 13-14 years in Indonesia to 17.9% at ages 12 years in Singapore (Manyullei, S. and Arundhana, A.I., (2021) and Selvi Yusnitasari, A., Manyullei, S. and Dwinata, I., (2021).

The 2018 Indonesian Health Profile shows that the distribution of outpatients in Indonesian hospitals by skin disease category was 115,000 visits with 64,557 new cases. In 2011, skin diseases were ranked third out of the ten most common diseases among outpatients in hospitals throughout Indonesia, namely 192,414 visits with 48,576 new cases. This shows that skin diseases are increasingly developing and are dominant in Indonesia, especially among workers (Andriani, Hudayah, & Hasmina, 2020). Factors causing dermatitis can be grouped into two, namely direct causes (chemical characteristics, exposure characteristics) and indirect causes (age, gender, race, personal hygiene, length of contact, use of PPE, and knowledge). (Haslinda, 2022).

The impact of dermatitis can have physical and economic effects. Physically there is a rash that takes a long time to develop. Meanwhile, the impacts that can affect the economy are direct costs for disease treatment, loss of working days and work productivity (Susilaningih, 2023). Contact dermatitis can cause the following complications: chronic itching, scaly skin. A skin condition called neurodermatitis begins with the appearance of itchy skin patches. If scratched, the area will feel more itchy. Because it is so itchy, people will keep scratching. Eventually, scratching will become a habit. This condition can cause the affected skin to change color, become thick and rough. If you repeatedly scratch the rash, the rash will become wet and ooze. This can trigger bacteria or fungi to grow and can cause infection (Ansela et al., 2020).

Based on 2013 Basic Health Research data, the prevalence of skin diseases in Indonesia was 6.8 percent and especially in South Sulawesi, it was 53.2 percent. Dermatitis in fishermen reported that there is a relationship between the use of gloves and the incidence of dermatitis in fishermen. It is known that 21 workers did not use gloves when working, 17 people (81%) of them suffered from dermatitis and 4 people (19%) of them did not suffer from dermatitis and as many as 34 people used gloves when working, 7 people (20.6%) of them suffered from dermatitis and 27 people (79.4%) of them did not suffer from dermatitis (Oktari & Riani, 2023).

Prevention efforts are efforts made or a form of action to prevent something from happening. Prevention efforts can be seen from three aspects, namely actions, work facilities and personal hygiene. Good prevention, minimizing exposure to causative agents, and maximizing one's knowledge of sources of irritation and allergens are important factors

in improving prognosis. Prevention efforts that can be made for dermatitis are by paying attention to the use of personal protective equipment to reduce the risk and paying attention to personal hygiene, such as getting used to bathing and washing work clothes. Care must be taken when washing clothes, because remaining irritants that stick to clothes can infect the body if worn repeatedly (Tunny, 2022).

Tanjung Rejo Village is one of the villages in Percut Sei Tuan District, Deli Serdang Regency. The majority of people's jobs there are as fishermen. This does not rule out the possibility that in Tanjung Rejo Village there are many cases of dermatitis. Therefore, researchers want to analyze what factors are associated with the prevention of dermatitis in fishermen in the Kampung KB area, Hamlet 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency.

METHOD

This research is an observational study with a descriptive design that describes the analysis of efforts to prevent dermatitis in coastal communities in KB Village, Tanjung Rejo Village, Percut Sei Tuan District. This type of research is analytical survey research using a cross sectional Cross Sectoinal Study design. This research was conducted in KB Village, Hamlet 15, Tanjung Rejo Village, Percut Sei Tuan District, Deli Serdang Regency in March 2024. The population in this research were fishermen in KB Village, Percut Sei Tuan District with a total of 10 fishermen.

In this research, the data collection technique used is a questionnaire, where the questionnaire in this research serves to provide information to the reader regarding the respondents' answers, and the use of this questionnaire is to obtain data about the prevention of dermatitis in coastal communities in KB Village. , Tanjung Rejo Village, Percut Sei Tuan District and also documentation using a camera and stationery to help collect data in this research by the author taking pictures directly from the research location to be used as research evidence. The data sources taken are primary data and secondary data. The data analysis used is Univariate Analysis for each research variable. This is done for each variable from the research results in the form of frequency distribution and percentage of each variable.

RESEARCH RESULT

Tanjung Rejo Village, which is located in Percut Sei Tuan District, Deli Serdang Regency, North Sumatra Province, is one of the villages located on the east coast of Sumatra. The area of Tanjung Rejo is 19 km², with a population of 10,342 people. The residents of Tanjung Rejo village mostly work as farmers and fishermen. This section will describe the prevention of dermatitis in coastal communities in KB Village, Tanjung Rejo Village, Hamlet 15, Percut Sei Tuan District.

Research participants were identified from the fishing community in Kampung KB, Tanjung Rejo Village, Dusun 15, Percut Sei Tuan District, based on age, gender, highest level of education, and length of work. The following table displays the research findings:

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Table 1. Characteristics of Respondents Based on Age

Description	Total	Percentage
20-35	6	60%
36-55	4	40%
Total	10	100%

Table 1 shows that the majority of respondents aged 20-35 years are around 6 respondents (60%), and those aged 36-55 years are around 4 respondents (40%).

Table 2. Characteristics of Respondents Based on Gender

Description	Total	Percentage
Man	10	100%
Woman	0	0%
Total	10	100%

Table 2 shows that the total number of respondents who were male was 10 (100%), and there were no female respondents.

Table 3. Characteristics of Respondents Based on Last Education

Description	Total	Percentage
SD	4	40%
SMP	3	30%
SMA	3	30%
Total	10	100%

Table 3 shows that the majority of respondents had a high school education, namely around 3 respondents (30%), a junior high school education, around 3 respondents (30%), and 4 respondents who had an elementary school education (4 respondents). 40%.

Table 4. Characteristics of Respondents Based on Length of Work

Description	Total	Percentage
< 10 tahun	4	40%
>= 10 tahun	6	60%
Total	10	100%

Table 4 shows that the characteristics of respondents are categorized based on length of work. Specifically, there were 4 respondents (40%) with work experience of less than 10 years, and 6 respondents (60%) with work experience of more than 10 years.

Table 5. Distribution of Respondents' Answers to Symptoms of Skin Diseases

No	Question	Proportion of Respondents' Perceptions				Average (%)	Criteria
		S	K	P	TP		
1	Does your skin feel itchy after being exposed to sea water?	2	4	0	4	6,5	Good

No	Question	Proportion of Respondents' Perceptions				Average (%)	Criteria
		S	K	P	TP		
2	Does itching occur frequently?	2	5	0	3	6	Good
3	Are there red spots on your skin?	6	1	0	3	5	Enough
4	Is the redness accompanied by heat or burning?	5	2	0	3	5,25	Enough
5	Are there any bumps on the skin?	5	2	0	3	5,25	Enough
6	Does your skin have scaly skin?	2	4	0	4	6,5	Good
7	Does your skin have peeling skin?	2	1	0	7	8	Very good
8	Blisters appear and will ooze fluid if peeled	1	2	0	7	8,25	Very good
9	Wound formation occurs when the blisters are peeled off	3	2	0	5	6,75	Good
Average						6,388889	Good

Table 5 displays the survey results which show the distribution of respondents' answers to the symptoms of skin disease in fishermen. The highest statement indicator, namely "Do blisters appear and will fluid ooze if peeled off" has an average value of 8.25. The lowest statement indicator, namely "Are there reddish spots on the skin" has an average score of 5. Meanwhile, fulfilling all requirements results in an overall average score of 6.388889.

Table 6. Distribution of Respondents' Answers Regarding Personal Hygiene

No	Question	Proportion of Respondents' Perceptions				Average (%)	Criteria
		S	K	P	TP		
1	Wash hands with water and soap before doing work	7	0	0	3	7,75	Good
2	Wash hands and soap after carrying out the work process	10	0	0	0	10	Very good
3	Dry your hands after washing your hands	10	0	0	0	10	Very good
4	Do you wash work uniforms?	9	0	0	1	9,25	Very good
Average						9,25	Very good

Table 6 shows that of the four indicator statements, the indicator measuring personal hygiene with the first statement, namely "washing hands and soap after carrying out the work process" has the highest average value of 10. The indicator with the second statement "drying hands after washing hands" has The highest average value is 10. And

the indicator that measures personal hygiene with the statement "wash your hands with water and soap before doing work" has the lowest average value of 7.75 in KB Village, Tanjung Rejo Village, Hamlet 15, Percut District Sei Tuan PT. Personal hygiene has a significant influence on fishermen's work as indicated by a total average score of 9.25 with very good criteria.

Discussion

Dermatitis and Coastal Communities

Dermatitis is skin inflammation that appears in response to various factors, both from outside (exogenous) and from within the body (endogenous). Among coastal communities, this disease is a significant health problem, due to various factors related to life in coastal areas, especially in populations such as fishermen. These factors include long periods of working in the sun, inadequate use of personal protective equipment, work history that is susceptible to exposure to dangerous substances, personal hygiene habits, and a history of previous skin diseases (Avita & Sahani, 2020).

Dermatitis, which is often known as an inflammatory skin reaction, is a common condition among coastal communities in areas such as Percut Sei Tuan District. The unique environmental factors and lifestyle associated with coastal living can be major triggers in the emergence of this disease. One factor that is quite striking is exposure to sea water. In general, sea water contains chemicals and minerals that can damage the skin's natural barrier, causing irritation, redness and itching of the skin. Various studies have shown that coastal communities often experience symptoms such as intense itching, reddish patches on the skin, and sometimes bumps that indicate a skin reaction to exposure to sea water (Ernyasih et al., 2022).

Apart from that, the lifestyle of coastal communities can also worsen dermatitis conditions. The habit of washing work uniforms with sea water which may contain dirt and additional chemicals can cause skin irritation. Apart from that, a lack of awareness of the importance of maintaining personal hygiene, such as washing hands with water and soap before and after doing work, can also increase the risk of developing dermatitis (Rahma Widya Utama, 2018).

In some cases, dermatitis in coastal communities can develop into more severe conditions, such as skin that becomes scaly, peels, or even forms blisters that ooze fluid. This condition can increase the risk of secondary infections and worsen the quality of life of affected individuals. In overcoming this dermatitis problem, holistic and planned preventive measures need to be implemented. One of the crucial first steps is collecting comprehensive data on risk factors associated with the incidence of dermatitis among coastal communities, especially fishermen groups. This data can include information about length of work, dominant type of work, level of exposure to dangerous substances, use of personal protective equipment, personal hygiene habits, and history of previous skin diseases. (Aderibigbe, 2018).

Efforts to Prevent Dermatitis in the Coastal Communities of Percut Sei Tuan District:

Efforts to prevent dermatitis in coastal communities in Percut Sei Tuan District require a holistic approach that includes various aspects. Health education is the main key in this effort. Coastal communities need to be given a comprehensive understanding of the causes, symptoms and preventive measures for dermatitis. Through well-planned health education programs, whether in the form of seminars, workshops or social campaigns, they can understand the importance of maintaining skin cleanliness and recognize the early signs of this disease.

Apart from that, promoting personal hygiene is also an important aspect of this prevention effort. People need to be encouraged to improve their personal hygiene habits, such as washing their hands with soap and clean water before and after doing work, especially those related to exposure to the coastal environment. Increasing awareness of the importance of maintaining personal hygiene can help reduce the risk of developing dermatitis (Wahyu et al., 2019). Furthermore, personal protection also needs to be improved. Fishermen and other coastal communities must be equipped with appropriate personal protective equipment to reduce exposure to factors that can cause dermatitis, such as sunlight, sea water and chemicals. Providing the right personal protective equipment and consistent use can help protect the skin from irritation and inflammation (Husna dkk., 2023).

Not only that, the development of adequate sanitation facilities is also needed. Clean and easily accessible hand washing and bathing places along coastal areas can help people keep their skin clean after exposure to the coastal environment. With a holistic approach involving health education, promotion of personal hygiene, personal protection, and development of sanitation facilities, it is hoped that it can reduce the incidence of dermatitis in coastal communities in Percut Sei Tuan District. This is not just about addressing skin health problems, but also about improving the quality of life and overall well-being of society (Wahyu et al., 2019).

Based on the results of a questionnaire conducted on 10 fishermen, several patterns were found in their experiences regarding skin reactions after being exposed to sea water. It was found that the majority of respondents (40%) stated that their skin never felt itchy after being exposed to sea water, while others (40%) experienced itching occasionally, and only a small percentage (20%) experienced itching consistently. This suggests variations in skin response to seawater exposure among fisher populations.

Based on the results of the next questionnaire, whether itching often occurs, the majority of respondents (50%) stated that they only occasionally experience itching, while a small number (20%) experience itching consistently, and only (30%) do not experience itching. itchy at all. When asked about the presence of reddish spots on the skin after being exposed to sea water, the majority of respondents (60%) admitted that they experienced these reddish spots. This suggests that inflammatory skin reactions are a common response after exposure to seawater among fishing populations.

In terms of personal hygiene habits, the majority of respondents (90%) stated that they often wash their hands with water and soap before doing work, wash their hands and soap after carrying out work processes, and dry their hands after washing their hands. However, only a small proportion (10%) admitted that they did not wash their work uniforms regularly. Thus, the results of this questionnaire provide a varied picture of the fishermen's experiences and habits regarding skin reactions after exposure to sea water and their personal hygiene practices. Further analysis and appropriate preventive measures can be recommended based on these findings to help reduce the risk of dermatitis among the fishing population in Percut Sei Tuan District.

CONCLUSION

Based on the results of the research and data analysis above, conclusions can be drawn, namely: The majority of respondents have fairly good knowledge about dermatitis in Percut Sei Tuan District. The majority of respondents, 90% of whom have personal hygiene, stated that they often wash their hands with water and soap before doing work. There is a significant relationship between knowledge and efforts to prevent dermatitis in coastal communities.

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