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Contents

Volume 9, Number 2

April-June 2018

1. A Study of Perception and Motives Towards Participation in Clinical Research in India 1
Amit Marwah, Neyaz Ahmed, Nidhi, Rajesh Ranjan, Mitasha Singh, Ranabir Pal
2. Assessment of Knowledge Regarding Post Exposure Prophylaxis Following
Needle Stick Injury among B. Sc. Nursing Students 6
Anjana A. P., Gisha Joseph, Revathy A. Valsan
3. Effect of Body Mass Index and Age on Visual Reaction Time in Recreational Badminton Players.
A Cross-Sectional Study 11
Rrutu Rajkumar Singhal, Ashish Prabhakar, Shyam Krishnan k, Gopala Krishna Alaparathi
4. Cytomegalovirus Pneumonia in Critically Ill Patients 16
Gurmeet Singh
5. Knowledge, Attitude and Risk Perception for Diabetes among Pregnant Women with
Gestational Diabetes Mellitus 19
*Judith A Noronha, Sushmitha R Karkada, Anusuya Prabhu, Shobha, Sonia RB D'Souza,
Sweety J Fernandes, Pratibha Kamath*
6. Study to Assess the Seizure Severity, Depression and Quality of Life among Patients with
Epilepsy at AIMS, Kochi 25
Antony T, Kanmani J, Anjana.A.P
7. Factors Influencing Non-use of Family Planning among Rural Adolescent Girls in Malawi 30
Kennedy Machira, Beston B. Maonga
8. Performance Evaluation of Adtree, Functional Tree and LMT Classifiers with CFS Subset
Evaluator for Intelligent Heart Disease Prediction 37
Lakshmi Devasena C
9. Assess the Level of Stress among Antenatal Mothers 43
Linda Varghese, Aswathy Krishnan, Anitha Joseph, Dimna Davis
10. Development and Statistic Analysis of Psychology-Numerology Module for
Character Building in Malaysia 48
Mohammad Aziz Shah Mohamed Arip, Nadratul Shima Salim, Bazlan Mustafa, Fauziah Sa'ad
11. Establishing Internal Consistency of the Attitudes to Back Pain Scale (ABS-mp) in
Indian Physiotherapists 54
Nitesh Bansal, Puja Chhabra Sharma, Raju K Parasher
12. Knowledge, Attitude and Practice of Tobacco use among Children in a School, Pune:
A Cross Sectional Survey 59
Aditi Mahalle, Mamatha G.S Reddy, Srushti Putta, Nitin Gupta, Supriya Kheur

13. Reproductive Health Problems Associated with Thyroid Disorders among Health Science Students <i>Nitin Joseph, Aditya Reddy GR, Vishakha Patel, Divya Joy, Pooja Santhosh, Shatarupa Das, K. Siddharth Reddy</i>	64
14. Effectiveness of Short Message Service (SMS) Intervention for Promoting Safe Sex among Army Conscripts in a Province in Thailand <i>P. Eaimkhong, U. Perngparn</i>	69
15. Work Life Balance among IT Industry-An Empirical Study <i>R. Amutha</i>	75
16. Effectiveness of Gooseberry Juice with Honey and Guava Juice with Honey Compared with Control on Physiological Parameters among Adolescent Girls Studying in Selected Schools <i>R. Reeta, R. Vijayaraghavan, Rajeswari Vaidyanathan</i>	79
17. A Study on Knowledge, Attitude and Practice on the Usage of Edible Salt among the Population in an Urban Area <i>A Revanth Kumar, N Partha Sarathy, Chandrasekhar Reddy B, M. Ravikiran</i>	85
18. A Prospective Study of Clinical Profile and Role of Fiber Optic Bronchoscopy in Patients with Sputum Negative for AFB with Undiagnosed Lung Lesions in Chest X-Ray <i>Rajesh B P, Saroja C Kamatar, Vijay kumar</i>	91
19. Randomized Control Study of Foley Bulb and Vaginal Misoprostol Compared with Vaginal Misoprostol alone in Induction of Labour <i>Ashwini M N, Saroja C Kamatar, Deepika Mann</i>	96
20. Iodine Deficiency Disorder in Rural Population: A Community Based Observational Study on Prevalence in Coastal Area of Tamil Nadu State, South India. <i>Senthilvel Vasudevan, Priyankaraj CK, Sumathi Senthilvel, Jayanthi Sureshbabu</i>	100
21. The Study of the Relationship between Normative and Informative Identity Styles with Differentiation of Self and Psychological Well-being of the Students <i>Parvin Ghader, Fatemeh Moradi</i>	106
22. Study of Management Programmes in “Benign Paroxysmal Positional Vertigo” <i>Shilpi Jindal, Rajendra Sharma</i>	112
23. Knowledge and Attitude about Internet Resources among Physiotherapy students in Mangalore <i>Vijay Kumar. K, Shreekanth D. Karnad</i>	116
24. Study of Correlates of Infertility among Females Attending Infertility Clinic in Tertiary Care Centre <i>Shweta N. Salphale, Vinod D. Mundada, Ganesh S. Lokhande, B. M. Kuril, Mohan K. Doibale</i>	120
25. Depression and it's Risk Factors among Patients Waiting for Solid Organ Transplantation Attending Selected Units of a Tertiary Hospital, Kochi <i>Sreedevi PA, Shiney William, Shania Mathew, Sandhya P Sudhakar</i>	124
26. Exploratory Study on Experience of Domestic Violence among Women <i>Raveesh Kaimal, Sreedevi P. A., Febu Elizabeth joy</i>	129
27. Effect of Quality of Antenatal Care and Perinatal and Postnatal Outcomes among Women Availing Routine Antenatal Services in a Primary Health Care Setting in a Rural Area of South India <i>Avita Rose Johnson, Surekha A, Suguna A, Twinkle Agrawal, Naveen Ramesh, SulekhaThimmaiah</i>	135
28. Noncompliance and its Contributing Factors among Patients with Tuberculosis <i>Thanu K. M., Maya M. S., Nimmi Francis</i>	141

29. The Determinants of Safety Behavior in Hospital	147
<i>Tri Martiana, Suarnianti</i>	
30. Relationship Between Nutrition, Socioeconomic Status and Fitness in Elementary School Children: A Review of the Literature	154
<i>Kshitija Patki, Barkha Bhatnagar, Raju K. Parasher</i>	
31. A Study of Coffee Addiction in the Medical College, Engineering Students and in General Population of in and around Pondicherry	160
<i>E.Prabhakar Reddy, R.Senthil Kumar, S.Arun, R.Srikumar, R.Chidambaram</i>	
32. Biological War and Chemical Warfare-Status of AIDS	165
<i>T. Mohana Lakshmi, B. Sai Ravi Kiran, E Prabhakar Reddy</i>	
33. Evaluation of Total and Conjugate Bilirubin Levels Before and After Phototherapy	170
<i>E. Prabhakar Reddy, B. Muthukumaraswamy, S. Paneerselvam, B. Sai Ravi Kiran</i>	
34. Macronutrient Status in Children Aged 1-6 Years in and around Pondicherry	174
<i>E. Prabhakar Reddy, R. Geetharani, K. M. Roop Kumar, T. Mohana Lakshmi, Rajini</i>	
35. Evaluation of Vitamin A and E Levels in Chronic Renal Failure	179
<i>Salma Mahaboob, R. Geetharani, T. Mohana Lakshmi, E. Prabhakar Reddy</i>	
36. Tender Coconut Water Uses, Health Benefits, Good Nutritive Value and Antioxidant Capacity	184
<i>E. Prabhakar Reddy, K. M. Roop kumar, T. Mohana Lakshmi, Sai Ravi Kiran</i>	
37. The Strategy in Improving Quality of Health Services for Patient Satisfaction in Community Health Clinic (Puskesmas) North Jayapura, Jayapura City	189
<i>Vince Tebay</i>	
38. Effect of Nutrition Peer Counseling and Breastfeeding the Improvement in Exclusive Breastfeeding and Infant Nutrition Status in Sub LubukPakam and TanjungMorawa, Deli Serdang	194
<i>Mahdiah, Albiner Siagian, Evawany Y Aritonang, Namora Lumongga Lubis</i>	
39. Relationship of Employee Ethnic Background in Validation of Situational Leadership Theory	200
<i>Fitriani, Philipus Betaubun, Ermelinda A.G. Pure, Dedy Tikson, Edoardus E. Maturbongs, Theresia Widi asih Cahyanti, Ruloff Fabian Waas</i>	
40. The New Spesies <i>Anopheles aitkeni</i> as the Threat of Malaria in Indonesia	206
<i>Mursid R, Yusniar HD, Praba G</i>	
41. Self-Care Activity Determination of Diabetes Mellitus Type-2 Patient in Labuang Baji Hospital	211
<i>Ida Leida Maria, Natalia Paskawati Adimuntja, Ridwan Thaha, Nurhaedar Jafar, Anwar Mallongi</i>	
42. The <i>Keiki</i> Formation and the Flowering of <i>Pseudobulb of Dendrobium johannis</i> Rchb. f.	216
<i>Ni Luh Sri Suryaningsih, La Hisa, Amelia Agustina Limbongan, Anwar Mallongi</i>	
43. Risk Analysis of Dengue Fever Occurrence in Bone Province Sulawesi South Using Temporal Spatial Geostatistical Model	221
<i>Stang Abdul Rahman, Amran Rahim, Anwar Mallongi</i>	
44. Analysis of Risk on the Incidence of Scabies Personal Hygiene in Boarding School Darul Arqam Gombara Makassar	227
<i>Anwar Mallongi, Ayu Puspitasari, Muhammad Ikhtiar, Arman, Arsunan, A. A.</i>	

45. Feasibility Analysis of Facilities and Hygiene Workers and Firms in UPTD Cattle Slaughter of Kendari City in 2017	232
<i>Yusuf Sabilu, Jafriati, Farit rezal, Andi Faisal Fachlevy, Fifi Nirmala, La Ode Ahmad Saktiansyah, Syawal Kamiluddin Saptaputra</i>	
46. Behavior of Tuberculosis Pulmonary Disease Prevention in South Sulawesi, Indonesia	238
<i>Herman, Edi Sukamto, Syahida Djasang</i>	
47. Evaluation of Irrigation Performance in Semangga, Merauke Regency, Indonesia	243
<i>Yosehi Mekiuw, Diana Sri Susanti, Jayadi, Anwar Mallongi</i>	
48. Effectiveness of Non Pharmacologic Therapy through Surveillance Approach to Blood Pressure Degradation in Primary Hypertension Patients, Indonesia	249
<i>Masriadi, Rahmawati Azis, Eha Sumantri, Anwar Mallongi</i>	
49. Expression of Foxp3 mrna on Preeclampsia with Adaptation Theory	256
<i>Yudit Patiku, Rosdiana Natzir, Mochammad Hatta, AriyantiSaleh, EllySyattar, YusminaHala, Salmah Arafah</i>	
50. Lived Experiences of Patients with Chronic Obstructive Pulmonary Diseases (COPD)-Qualitative Review	262
<i>Flavia Castelino, Mukhyaprana Prabhu, Mamatha Shivananda Pai, Asha Kamath, Aswini K Mohapatra, Elsa Sanatombi Devi</i>	
51. Worker Personality as a Predictor in Compliance Model on Work Safety Regulations	266
<i>Hadi Prayitno, Heru Santoso Wahito Nugroho</i>	
52. Effectiveness of Mindfulness Based Cognitive Therapy (MBCT) on Self- Efficacy Enhancement of the War Wounded	271
<i>Mohammad Ebrahim Hokmabadi, Abbas Kalantar, Mohammad Javad Asghari Ebrahimabad, Sepideh Rezapoor Lakani, Hossren Khosroshahi, Shamim Razaghi Kashani, Seyed Mohammad Mahdi Moshirian Farahi</i>	
53. Age Related Changes in Proximal Femoral Morphometry: A Cross Sectional Study on Estern Odisha Population	277
<i>Lopamudra Nayak, Pratima Baisakh, Susmita Senapati, Prafulla Kumar Chinara</i>	
54. Effectiveness of an Awareness Programme on Exclusive Breastfeeding for the ASHA Workers of Udupi District	282
<i>Shashidhara YN, Ansuya, Celastin, Anice George</i>	
55. Increasing Inpatient Service Quality of Using Quality Function Deployment Method in Nene Mallomo Hospital of Sidrap Regency, Indonesia	287
<i>Darmawansyah, Muhaiminah Said, RahmatiaYunus, Sukri Palutturi</i>	
56. Determination of Birth Weight from Placental Morphometry	292
<i>Senapati Susmita, Shashi Shankar behera, Lopamudra Nayak, Prafulla kumar chinara</i>	
57. Testing the Level of Awareness on Testicular Cancer among the UAE Residents	296
<i>Elizabeth Topolskaya, Iqra Ghani, Jessica D'Silva, Abdulrahman Abdulwahab, Siraj AlAbayechi, Rami El Khatib</i>	
58. Improving Nursing Research Reporting: A Guide to Reporting Guidelines	301
<i>Renjula Yesodharan, Vishnu Renjith, Tessy Treesa Jose</i>	
59. A Three Year Review of Uterine Rupture in Tertiary Hospital: Lessons for Obstetric Care	307
<i>Parveen Rajora, Amanjot Rajpal</i>	

60. Sensory Motor Stimulation and Weight Gain among Preterm Newborns 312
Maheswari.G., N. Ganapathy, Radha Kumar
61. Is Really Prefeeding Sensory Motor Stimulations had Significant Impact on Feeding Parameters in Premature Infants?—An Evidence Based Report 315
Maheswari.G., N. Ganapathy, Radha Kumar
62. A Study to Assess Functional Assessment and Lived Experiences of Cervical Cancer Patients Admitted to a Tertiary Level Hospital of Udupi District, Karnataka—a Mixed Method Protocol 321
Sonia R.B D'Souza, Ranjani P, Sweety Fernandes, Pratibha, Judith Noronha, Sushmitha Karkada, Shoba Kamath
63. Influence Perceived Benefit and Perceived Self Efficacy with Intention of Adolescent Girls in Consuming FE Tablet 326
Faradina Nur Annisa, Ira Nurmala
64. The Level of Environmental Sanitation and the Incidence of Tuberculosis in Jember and Situbondo, Indonesia 330
Isa Ma'rufi, Abu Khorir, Khaidar Ali, Heru Santoso Wahito Nugroho
65. Analysis of Interest in the First Health Facility to Refer Patients to Jombang General Hospital as Advance Health Facility and the Influence Factors 336
Sandu Siyoto, Rosa Indrawati

The Level of Environmental Sanitation and the Incidence of Tuberculosis in Jember and Situbondo, Indonesia

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ABSTRACT

Tuberculosis is an important public health problem in worldwide, which World Health Organization (WHO) declares tuberculosis (TB) as “Global Emergency” in 1992. The aim of this study was to describe the hygiene and environmental sanitation conditions, and to determine the association between hygiene and environmental sanitation and Tuberculosis incident in Indonesia. The design of the study was cross sectional. The sample of the study was selected using simple random sampling. Data was analyzed using coefficient contingency test. The result of coefficient contingency test was 0.7. The most of TB patients have low hygiene and environmental sanitation, and environmental sanitation level and TB patients have strong association.

Keywords: Tuberculosis, Hygiene, Sanitation, Environment

INTRODUCTION

WHO reports in 2018 noted that tuberculosis is one of the top 10 causes of death worldwide. In 2016, 10,4 million people fell ill with TB and 1,7 million died from the disease^[1]. Furthermore, an estimated 1 million children became ill with TB and 250,000 children died of TB in 2016. Most of the estimated number of incident cases in 2016 occurred in the South-East Asia (45%), Africa (25%) and Western Pacific (17%), and then the smaller proportions of cases occurred on Eastern Mediterranean (7%), Europe (3%) and America (3%)^[2].

Indonesia is one of countries that has high cases of TB. Indonesia has tropical climate, and this circumstance make Indonesia as one of the TB endemic countries. Tuberculosis is the third leading cause of death in Indonesia after cardiovascular disease and respiratory disease, then the first causes on infectious disease^[3]. Based on WHO report, Indonesia has the highest TB cases in the world after India. In 2016, 351,893 cases were found in Indonesia, and the highest TB cases were

reported in province with high population density, such as West Java, East Java and Central Java, respectively^[4].

Tuberculosis is caused by members of the *Mycobacterium tuberculosis* complex; usually the human tubercle bacillus, *M. tuberculosis*, but occasionally by the bovine tubercle bacillus, *M. bovis*, or by *M. africanum*^[5]. The main cause of tuberculosis is: Poverty on community in development country, TB treatment failing (inadequate commitments of political and funding aspect, inadequate TB service organization, inadequate case management, misperception of benefits and effectiveness of Bacillus Calmette-Guerin, BCG), Demographic changes due to both the increasing of world population and the changing of age structure, The impact of pandemic^[3]. Indonesian Health office also noted TB is often associated with low sanitation level and limited access of healthy living behavior in community^[6]. Environmental plays a role in disease development such as humidity and number of people living in the house, then adult crowding, increased family size, use of biofuels, overcrowded housing and poor ventilation increase both the likelihood of exposure to *Mycobacterium tuberculosis* and progression to disease^{[7],[8]}. Furthermore, indoor air pollution and tobacco smoke play a significant role at both the individual and population level related with tuberculosis incident^[9]. Therefore hygiene and environmental sanitation aspects have important role on Tuberculosis incident.

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The aim of this study was to describe the hygiene and environmental sanitation conditions among Pulmonary TB patient and to determine the association between hygiene and environmental sanitation and Tuberculosis incident in Situbondo and Jember Regency, Indonesia.

MATERIAL AND METHOD

Jember Regency area is a land area of 3,294.34 km², which has 31 sub-districts, 248 villages and 49 Public Health Center^[10]. Furthermore, Situbondo Regency is a land area of 1,638.5 km² with a position in between 7035'-7044' at the South Latitude and 113030'-114042' at the East Longitude. Situbondo Regency has 17 sub-districts, 132 villages, and 17 Public Health Center^[11]. The study was held on 22 February 2013 until 23 September 2013.

Population is a generalization of region consisting of object or subject that have certain qualities and characteristics set by the researcher to be studied and drawn conclusions^[12]. The population of the study was all new positif patient of pulmonary TB that perform treatment at primarily health office in Jember and Situbondo Regency. Population size was 2,733 new pulmonary TB patients, which the proportion of pulmonary TB patients both in Jember Regency and in Situbondo Regency were 2,176 patients and 557 patients, respectively. Sample selected using simple random sampling^[13]. Sample size was 183. However, the author taken 190 pulmonary TB patients as sample to get both valid and heterogenous data. The inclusion criteria of sample was the age of respondent ≥15 years old.

The type of the study was observational analytic. Observational analytic is a research to explore how and why health phenomena occur and to analyze the dynamic correlation between risk factors^[14]. The design of the study was cross sectional. The hygiene and environmental sanitation variable was consist of housing, clean water source, toilet, sewerage system, bedroom condition, mosque and bathroom, which the total score of each variable was 52, 63, 51, 28, 57,5, 32, 16, 44.5, respectively. Therefore, the total score of hygiene and environmental sanitation was 344.

The classification of the level of hygiene and environmental sanitation of this study were high and low levels. The high sanitation level criterion was shall above 80% from total score. Therefore, to determine the high level, the total score of hygiene and environmental sanitation was multiplied by 80%, thus the high sanitation level was 275.2. Data analyzed using coefficient contingency test.

FINDINGS

Table 1: Housing and Environmental Factor

	Housing and Environmental Factor		
	Group	Frequency	Percentage
Wall	Brick	163	85.5
	Wood	7	3.7
	Bamboo	19	10
Floor	Tile	66	34.7
	Ceramics	96	50.5
	Soil	19	10
	Others	9	4.7
Roof	Tin/zinc	12	6.3
	Asbestos	28	14.7
	Dried clay	148	77.9
	Others	2	1.1
Clean Water Source	Well	131	68.9
	Artesis	3	1.6
	PDAM1	35	18.4
	Protected Water Source	9	4.7
	Seller	1	0.5
	Others	11	5.8
Toilet	Private	123	64.7
	Public	2	1.1
	River	60	31.5
	Others	5	2.6
Feces Storage	None	38	20
	Saptictank (<7m)	56	29.5
	Saptictank (>7m)	58	30.5
	Digged-hole soil	10	5.3
	Through dam	5	2.6
	Through river	22	11.6
	Others	1	0.5
House waste placement	Not specific	39	20.5
	Tank	45	23.7
	Digged-hole soil	69	36.3
	Others	36	18.9

The most of house used brick as wall, ceramics as floor, clay as roof. The most of respondents used well water as clean water source, used private toilet and used

septic tank as feces storage with the radius of >7m from clean water source. Furthermore, 36.3% of respondent used digged-hole soil as house waste placement.

Table 2: The Availability of Environmental Facility

	The Availability of Environmental Facility		
	Categories	Frequency	Percentage
Garbage Placement	Yes	177	93.2
	No	13	6.8
Waste Placement	Yes	86	45.3
	No	104	54.7
Public Toilet	Yes	118	62.1
	No	72	37.9
Clean Water Source	Yes	177	93.2
	No	13	6.8

The availability of environmental facility that was provided by local government. The garbage placement, public toilet, and clean water source was provided by local government. Furthermore, 54.7% of respondent claim that waste placement was not provided by local government.

Table 3: Hygiene and Environmental Sanitation Level

	Hygiene and Environmental Sanitation Level		
	Frequency		Total (%)
	High (%)	Low (%)	
Housing Location	117 (61.6)	73 (38.4)	190 (100)
Clean Water	148 (77.9)	42 (22.1)	191 (100)
Toilet	101 (53.2)	89 (46.8)	192 (100)
Sewerage System	14 (7.4)	176 (92.6)	193 (100)
Waste Management	36 (18.9)	154 (81.1)	194 (100)
Bedroom	84 (44.2)	106 (55.8)	195 (100)
Mosque	139 (73.2)	51 (26.8)	196 (100)
Bathroom	103 (54.2)	87 (45.8)	197 (100)

The hygiene and environmental sanitation per aspect of respondent. The aspects of hygiene and environmental sanitation are housing location, clean water, toilet, sewerage system, waste management, the condition of bedroom, mosque and bathroom of

respondent. The aspect of housing location, clean water, toilet, mosque and bathroom has high level. However, the aspect of sewerage system, waste management, and bedroom condition of respondent has lower level.

Table 4: Cross tabulation between TB Patients and Environmental Sanitation Level

	Environmental Sanitation Level		
	High (%)	Low (%)	Total (%)
TB Patients	54 (28.4)	136 (71.6)	190 (100)
Statistical Test	Value: 0.7 Approx. Sig: 0.475		

Table 4 showed the cross tabulation between TB patient and environmental sanitation level, which 71.6% of TB patient has low environmental sanitation level. Besides, based on coefficient contingency assessment, the value of TB patients and sanitation level was 0.7.

DISCUSSION

Environment is one of the main factors that affect the morbidity level among society. It is described by H. Blum that environment, heredity, lifestyle, and health care service are factors that affect morbidity level^[15]. WHO describes that the determinant factors of health include: social and economic environment, physical environment, and the individual characteristic^[16]. Therefore, environment is the important factor of health.

There are several diseases that relate with environmental factor, such as diarrhea, dysentery, dengue fever, tuberculosis and so on^{[17],[22]}. Tuberculosis is caused by bacteria that most often affect the lungs^[1]. Smoker, household crowding, history of household exposure to a known TB case, and absence of a ceiling in the house are affecting TB incidence^[23]. Coker describes the main risk factors for tuberculosis were low accumulated wealth, financial insecurity, consumption of unpasteurized milk, diabetes living with a relative with tuberculosis, living in crowded conditions, illicit drug use, and a history of incarceration in both pretrial detention centers and prison^[24]. Pulmonary TB incident is associated with environmental aspect, which environment is risk factor of TB incident among community.

The aspects of housing and environmental are wall, floor, roof, clean water source, toilet, feces storage, house waste placement. Based on the results, the proportion of respondent used brick as wall material is high. Brick is

ideal material for wall because brick is strong material. Therefore, it prevents the hazard condition among inhabitant. The proportion of respondent used ceramics as floor and dried clay is high. Both waterproof floor and easy to clean is used to prevent the bacteria to grow, whereas dried clay as roof material is used to decrease the temperature in house.

Generally, respondent get the clean water from well as source, and the proportion of respondent used private toilet is high. Most of respondent used saptic tank as feces storage, although the distance is >7m from clean water resource. Water is essential element for human, which daily water-need both male and female is 3.7L and 2.7L, respectively^[25]. Therefore, human cannot separate with clean water source to improve their quality of life.

There are several clean water source found in Indonesia, such as well, artesian, PDAM (water provider institution), etc. However, the proportion of respondent used well is high. Budiarti Aqnes on Assessment of The Quality of Well Water showed that well water quality in Gubug Grobogan based on physical parameter have appropriated with standard but well near the Gubug village river have not appropriated with color standard, while based on microbiological parameter Coliform total have not appropriated with standard^[26]. The potential components can contaminate well water is liquid waste penetrate of organic and inorganic fertilizer, domestic waste, and the distance of making the well with septic tank^[27]. Based on The Regulation of Health Ministry of Indonesia, safe water to drink must fulfill the physics, microbiological, chemistry, and radioactive parameter^[28].

The proportion of respondent used digged-hole soil as house waste placement is high. The ideal form of house waste placement is waterproof tank and has cover to prevent vector growing, such as cockroach, mosquitos, fleas, etc. WHO noted that vector-borne disease account for more than 17% of all infectious diseases, causing more than 70,000 deaths annually^[29].

Garbage placement, public toilet, and clean water source are provided by local government. However, waste placement facility is not provided. Generally, the availability of environmental facility is important in communities, because it can improve the environmental sanitation level. The availability of clean water source, garbage placement, public toilet, and sewerage system is necessary to prevent disease in community. Based on

Health Office of East Java Indonesia, sanitation access related with Open Defecation Free (ODF) has reached 82.88%, and then villages with ODF status has reached 2005 villages (25.96%) by 7724 village in East Java, Indonesia^[30].

The hygiene and environmental sanitation level of housing location, clean water, mosque and bathroom is classified as high categories, while sewerage system, waste management, and bedroom aspects are classified as low categories. One of several aspects of bedroom condition is the density of inhabitant, which there are several research mention that pulmonary TB has correlation with high density level^{[23],[24]}.

Respondents who has pulmonary TB are classified low level of environmental sanitation. This result is similar with Lienhardt's study that environmental factors may have an impact on the incident of tuberculosis in a given population as a result of their effect on both the risk of infection and the risk of disease once a person is infected^[31], and physical condition of the house is a risk factor for pulmonary tuberculosis^[32]. The environmental sanitation level and TB patients has strong association.

CONCLUSION

Based on coefficient contingency, the environmental sanitation level and TB patients has strong association. Therefore, most of TB patients have low hygiene and environmental sanitation.

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