

Personal Hygiene And Hepatitis Infection Among Students At University: A Study Literature

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Background : Hepatitis is one of the health problems in Indonesia, especially hepatitis A and E. The prevalence of hepatitis cases over the last few years in Indonesia is increasing. Therefore, Indonesia is one of the countries with hepatitis endemic status where the group that is vulnerable to suffering from this disease are students who live in the campus area. The purpose of this study was to determine personal hygiene with the incidence of hepatitis in college students in Indonesia.

Methods : This type of research was literature review. The author collected various sources related to keywords such as "personal hygiene, hepatitis infection, and health behavior", which were published from 2010 to 2021. The selected literature used inclusion and exclusion criteria in which the criteria were findings that contained information about personal hygiene and hepatitis in college students.

Results : Based on the results of the analyzed review, it was found that the majority of students from the case group suffering from hepatitis had poor personal hygiene. In addition, the personal hygiene variable has an influence on the incidence of hepatitis. There were several factors that cause an increase of hepatitis at students due to transmission from friends, transmission from eating utensils, an unclean environment and transmission through eating places (canteens/warteg).

Conclusions : Students are advised to be more aware to maintain their cleanliness and health especially to make efforts to prevent hepatitis if there are indications of hepatitis sufferers in the area. For health services, it is recommended to carry out continuous and systematic monitoring of the risk factors associated with the case of hepatitis through surveillance for hepatitis. Risk factor surveillance can prevent the hepatitis outbreaks from an early stage before the occurrence of hepatitis cases.

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