
Self-Awareness Behavior in the Use of Personal Protective Equipment (PPE)

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Abstract

Self-Awareness is an important aspect in compliance with the use of Personal Protective Equipment (PPE). Referring to Peraturan Pemerintah Nomor 50 Tahun 2012 concerning Occupational Health and Safety Management System, PPE is tools to guarantee and protect the safety and health of workers through efforts to prevent work accidents and occupational diseases. This is quantitative study with a correlational survey method, using total purposive sampling technique with 129 employees of PT. Karya Teknik Utama Tanjung Riau. The instrument used in this study was Self Awareness Scale (Cronbach alpha $\alpha=0.912$), conducted in October 2021 to November 2021. PT. Karya Teknik Utama has made efforts to prevent work accidents and occupational diseases, in fact the efforts made have not yielded results because there are still many workers who do not follow the regulations set by the company and end up harming themselves and others. The result is 90.6 % worker at PT. Karya Teknik Utama have High Self Awareness Behavior while working.

Keywords: Health and Safety; Personal Protective Equipment; Self Awareness

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Abstrak

Self-Awareness dalam Pemakaian Alat Pelindung Diri (APD). *Self-Awareness merupakan aspek penting dalam kepatuhan pemakaian Alat Pelindung Diri (APD), sebab dengan adanya Self-Awareness individu memahami bahwa Kesehatan dan Keselamatan Kerja adalah hal yang penting baik bagi dirinya sendiri maupun bagi organisasi. Hal ini juga mengacu pada Peraturan Pemerintah Nomor 50 Tahun 2012 tentang Sistem Manajemen Keselamatan dan Kesehatan Kerja, yang merupakan kegiatan untuk menjamin dan melindungi keselamatan dan kesehatan tenaga kerja melalui upaya pencegahan kecelakaan kerja dan penyakit akibat kerja. Populasi dari penelitian ini adalah karyawan PT. Karya Teknik Utama Tanjung Riau, melibatkan 129 responden, dengan menggunakan alat ukur Self Awareness Scale dengan koefisien Cronbach alpha $\alpha=0.912$. Hasil penelitian menunjukkan sebanyak 117 karyawan memiliki Self Awareness Behavior yang baik selama bekerja. PT. Karya Teknik Utama telah berupaya dalam pencegahan kecelakaan kerja dan penyakit akibat kerja, nyatanya upaya yang dilakukan tidak membuahkan hasil karena masih banyak pekerja yang tidak mengikuti peraturan yang telah ditetapkan oleh perusahaan dan berakhir merugikan diri sendiri dan orang lain.*

Kata Kunci: Kesehatan dan Keselamatan kerja; Kesadaran diri; Pelindung diri

Introduction

Indonesia is known as a country with a lot of natural resource potential, especially in the maritime sector. Indonesia is the largest archipelagic country in the world consisting of 17,499 islands with a coastline of 81,000 km and its waters consisting of territorial seas, archipelagic waters and inland waters covering an area of 2.7 million km or 70% of the total area of the Republic of Indonesia.

Coordinating Minister for Maritime Affairs (Menko Maritim), Luhut

Binsar Panjaitan explained that Indonesia also has an Exclusive Economic Zone (EEZ) of 3.1 km² which increases Indonesia's marine area to 5.8 million km². Luhut said that based on the 1982 UNCLOS, it indirectly confirmed Indonesia as an archipelagic country so that all aspects of life and state administration should consider geostrategy, geopolitics, geoeconomics and geosocial culture as an archipelagic country. The Coordinating Minister for Maritime Affairs added that Indonesia has a

very important position and role in international relations as the center of gravity' for the Asia Pacific region (REP-MAT, 2017).

Based on the geographical location and territory of the Unitary State of the Republic of Indonesia, sea transportation has a very important role for archipelagic countries, one of which is Indonesia itself which is a maritime country. Given the vital importance of transportation for the economy, sea transportation must be developed properly and correctly to support economic growth. "Sea transportation is one of the arteries of the Indonesian economy. If sea transportation is disrupted, the national economy will also be disrupted," said Deputy Minister of Transportation (Ministry of Transportation of the Republic of Indonesia, 2014).

The government has established 7 international hubs or international connecting ports to cut logistics costs. This step is to replace Singapore, which is still a country with a port of loading or transshipment of export cargo from Indonesia. Coordinating Minister for Maritime Affairs Luhut Binsar Pandjaitan said the establishment of 7 international hubs was aimed at creating the cheapest logistics costs. The existence of an international hub will facilitate Indonesian exports. Indonesian exports can even be direct (direct calls) to the United States (US) and even Europe (Yadika, 2020).

The Minister of Industry, Airlangga Hartarto, said that the current government has placed the maritime industry as one of the priority

sectors for its development. The sector includes the shipbuilding industry and its support. He explained that this was a form of commitment to make Indonesia a world maritime axis. "Through its vision, the government continues to encourage our maritime industry sector to have high competitiveness at the global level," he said. The maritime sector not only serves to increase economic activity, but also as a symbol of the strength and sovereignty of the state.

In fact, this sector has an important role to unite the scattered regions in Indonesia. "Mr. President has announced the maritime axis, the backbone should have a role from IPERINDO," said Airlangga. This can save foreign exchange for repair and maintenance, rather than being taken abroad. Airlangga believes that the shipbuilding industry in Indonesia is able to increase its production capabilities, given the efforts to strengthen sea transportation facilities in order to realize inter-regional connectivity. In addition, he sees that the international market is still prospective for the shipbuilding industry.

The development of the world's shipbuilding industry sector is currently dominated by China, South Korea, and Japan. According to him, in the era of the industrial revolution 4.0, the shipbuilding industry is considered strategic to have a role in encouraging national economic growth. For this reason, with its labor-intensive, capital-intensive and technology-intensive characteristics, the shipbuilding industry requires serious handling and attention from

the government to be more competitive in the domestic and international arena (Kartika Anggraeni, 2018).

PT Karya Teknik Utama Shipyard is a privately owned company engaged in the shipbuilding industry. As the only State-Owned Enterprise that is engaged in shipping container and bulk cargo transportation based on sea-based transportation, it builds products such as tugboats, barges, tankers, and general cargo (TrustNews. Id, 2021).

The shipbuilding process such as at heights has the potential to assembling lego from all iron plates that have been cut or bent will be assembled and then welded (glued) the ship that is made is very large like a product released in August 2021, KTU Shipyard has partnered with Norden A/S to build 3 300ft Deck Cargo Barges units (KTU SHIPYARD, 2021). All work carried out in shipyards is hazardous such as Hot Work and the use of pressurized gases with the potential to cause fires and explosions, Working.

Methodology

Study Design. This research was conducted from October 2021 to November 2021 using the interview method and *Self Awareness Scale*. Employees of PT. Karya Teknik Utama which became the population of this study with a total of 129 respondents, consisting of 101 men and 28 women, aged between 30 to 40 years with education levels of Senior High School (SMA) and Bachelor (Strata-1)

Measures. Data were obtained from completed demographic data questionnaires, *Self Awareness Scale*. The results of the validity and reliability tests of all questionnaires were confirmed to be valid and reliable with *Cronbach's alphas* of 0.88 and 0,91 respectively.

Analysis. Data analysis was conducted using SPSS. Data of variables featuring ratio scales were presented as frequencies and percentages, while data of variables featuring interval scales were presented as means and standard deviations.

Ethical Consideration. Ethical approval was obtained from the Faculty of Medical, Universitas BATam. All participants provided written informed consent prior to filling out the questionnaires, and all questionnaires

Results

Each individual has a different background, but self-awareness does not rule out the possibility to make the individual behave obediently or obey the rules given to him. Self-Awareness is an important aspect in a person's behavior and making decisions because individuals who have Self-Awareness know their strengths, weaknesses and what is important to themselves and can see the truth objectively without being influenced by their subjective feelings and desires, thus workers who have reaching the last stage of Self-Awareness, namely the stage of creative self-awareness, at this stage workers understand the importance of wearing Personal Protective Equipment (ADP) for themselves and others, before reaching the final

stage the individual needs to pass several stages first, such as stage 1. Ignorance, 2. Rebellion, 3. Normal self-awareness and 4. Creative self-awareness.

Self-Awareness is formed from Attention, Wakefulness, Architecture, Recall of knowledge, Self knowledge. A worker who pays attention and is alert to his

environment will realize that he is working in a dangerous environment, so he must take care of himself even more. Efforts to provide knowledge about Occupational Health and Safety (K3) have been provided by the company for every worker so that workers can know what is important to be able to prevent accidents and maintain their safety.

Table 1. Characteristics of the respondents (n= 129)

| Variable | Mean | Standard deviation |
|----------------------|-------|--------------------|
| Age (year) | 26.32 | 5.537 |
| Work Periode (month) | 17.16 | 14.713 |
| | N | % |
| Education | | |
| Senior high | 101 | 56.8 |
| College | 28 | 17.6 |
| Marital Status | | |
| Married | 50 | 56.1 |
| Single | 79 | 23.7 |

Table 2. Self-awareness behavior in use of personal protective equipment (n= 129)

| Variable | Categories | Categories | Prosentase |
|-------------------------|------------|------------|------------|
| Self Awareness Behavior | Low | 12 | 9.3% |
| | High | 117 | 90,6% |

Discussion

There are no special regulations or standards related to Occupational Health and Safety (K3) in shipyards. Generally still follow all regulations issued by the government. For example, working at heights, confined spaces, the use of Hazardous and Toxic Materials (B3), fire suppression units in the company, lifting and transporting equipment, and other regulations. The obstacles that occur in realizing the Occupational Health and Safety (K3) program, one of which is the budget for the Occupational Health and Safety (K3) program which is minimal because the Occupational

Health and Safety (K3) program itself is an investment program whose impact is not immediately visible. The busy and changing production schedule is also a factor because time is being chased and feels that it only takes a short time to make workers feel "responsible" and waste time to borrow Personal Protective Equipment (PPE) first before doing work. The next factor is a diverse workforce. Human resources who work in shipyards can come from various cultural backgrounds, ages, educational backgrounds, and different work experiences, with this also creating people's perceptions about the

importance of using Personal Protective Equipment (Personal Protective Equipment). PPE) as well as company regulations regarding Occupational Health and Safety (K3) are different (Alimuddin, 2021).

The company has made efforts to implement Occupational Health and Safety (K3) for workers, one of which is conducting safety training for every worker who is working for the first time, Morning briefing before entering work 15 minutes before work and includes 60 seconds of reflection and prayer according to his religion each to make themselves aware of what they want to do today and ask God for guidance to be given safety at work. In addition, every Wednesday a Toolbox Meeting is held to discuss different topics regarding Occupational Health and Safety (K3). The company has also made regulations and sanctions for anyone who violates and set a Standard Operating Procedure (SOP) for permission to carry out certain jobs or enter and operate in a confined space (Confined Space Entry). In fact, there are still many violations that make work accidents unavoidable. According to previous research, there is a significant relationship between Self-Awareness and compliance (Amirul Setianingrum, 2020).

Self-Awareness or self-awareness is a person's ability to understand the awareness of thoughts, feelings, and self-evaluation so that they can find out the strengths, weaknesses, drives, and values that occur in themselves and others (Steven J. Stein, 2003). Individuals who have self-awareness will know the action to be used when

they do not know what to do (Duval, 2002).

Belief in the abilities of each person is one way of seeing one's own perception of how well one can function in certain situations, self-awareness is related to the belief that oneself has the ability to take the expected action, so that one will be able to overcome all obstacles that arise (Alwisol, 2006).

These two things support each other to increase their potential and make themselves wiser when they are about to do something. Awareness of workers in complying with regulations in the use of Personal Protective Equipment (PPE) is expected to reduce violations and cause zero accidents, but in fact there are still many workers who lack Self-Awareness so that there is undisciplined work that can harm themselves and others.

Self-Awareness in individuals consists of several aspects, namely as follows: 1. Self-concept is the picture that people have about themselves. Self-concept is a combination of beliefs that individuals have about themselves (physical, psychological, social and emotional characteristics). 2. The process of self-esteem (self-esteem) is the basis for building positive human relationships, learning processes, creativity and a sense of personal responsibility. Self-esteem is the cement that glues individual personalities into a positive, intact, and effective structure. At each stage of an individual's life, it is this self-esteem that determines the level of ability to process resources or the potential he was born with. 3. Individual self-

identity is different (multiple selves) is when individuals carry out various activities, interests, and social relationships

Conclusions

Self-Awareness is an important aspect in a person's behavior and making decisions because individuals who have Self-Awareness know their strengths, weaknesses and what is important to themselves and can see the truth objectively without being influenced by their subjective feelings and desires, thus workers who have reaching the last stage of Self-Awareness, namely the stage of creative self-awareness, at this stage workers understand the importance of wearing Personal Protective Equipment (ADP) for themselves and others.

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