

# Health Training for Prospective Cadres of Occupational Health Post for Taxibike Online Driver

Rina Tri Agustini<sup>1</sup>[0000-0002-4954-1436] Nur Rohmah<sup>2</sup>[0000-0002-5651-9587] Dina Lusiana Setyowati<sup>3</sup>[0000-0001-6079-4867]

<sup>1</sup> Health Promotion, Faculty of Public Health, Mulawarman University, Indonesia

<sup>2</sup> Health Promotion, Faculty of Public Health, Mulawarman University, Indonesia

<sup>3</sup> Occupational Health and Safety, Faculty of Public Health, Mulawarman University, Indonesia

`rinatriagustini@fkm.unmul.ac.id`

**Abstract.** Online taxibike drivers as informal workers need to get attention related to routine health services. Occupational Health Post is one of the efforts that can be done to facilitate this. Training is one of the stages of activities to initiate it. This study was conducted in five region groups of online taxibike drivers in Samarinda who were involved in training prospective UKK Post cadres. This training was conducted in two sessions and delivered three material topics about Occupational Health Post including the risk and prevention of occupational accidents and occupational diseases. The training went smoothly and involved the participation of trainees and there is an increase in the knowledge of prospective cadres after attending training which is seen based on the results of the Pre-test and Post-test. All trainees signed a letter of willingness as cadres at the end of the session. The expected follow-up is sectoral coordination to initiate the establishment of Occupational Health Post.

**Keywords:** Health Training, Occupational Health Post, Taxibike Online Driver

## 1 Introduction

### 1.1 Background

The availability of taxibike online drivers changes the life of Indonesian people as a flexible and efficient mode of transportation. Despite the problem found that 79% (58,715 cases) of taxibike online drivers were involved in traffic accidents in 2017 (1). Previous research found that there was a relationship between driving alertness and accidents on taxibike online drivers (2). The high number of accidents is one of them due to the driver's health condition. There was a relationship between accident experiences, attitudes, and perceptions with driving safety behavior (3), taxibike online drivers who drive while smoking (4), so they ignore their conditions which has an impact on accidents and occupational diseases.

The development of online transportation has affected people's lifestyles. Online taxibike is one of the jobs in the informal sector that provides online transportation in

the form of passenger delivery, food ordering, and delivery of goods with very high mobility so that online taxibike are a high-risk group for accidents and occupational diseases, but generally do not get adequate health services. Therefore, it is necessary to make occupational health efforts for taxibike online drivers provided from, by, and for the group of drivers themselves. The activities include supportive, prophylactic, and simple treatment, such as first aid in case of accident and first aid in case of illness. The focus is on promotive and preventive efforts to change worker behavior to reduce or eliminate the risk of occupational accidents and diseases, as well as efforts to improve worker health. One of the patterns of searching for health services for informal sector workers is the Community-Based Activity Unit (in Indonesia: Upaya Kesehatan Berbasis Masyarakat) of the worker sector, namely the Occupational Health Post (in Indonesia: Pos Upaya Kesehatan Kerja / Pos UKK).

Based on the results of discussion with stakeholders before, it is known that each sub-district and public health center needs further coordination related to the initiation of Occupational Health Post. Region Group of taxibike online driver can prepare prospective cadres for Occupational Health Post in minimum of four people and in this study targeted ten drivers as representatives from each Region Group.

Despite the wide availability of formal health services, informal health services are a component of important things needed by the community, including taxibike online drivers. Therefore, health status drivers need to be considered with regular health checks through the Occupational Health Post, especially in Samarinda City (Setyowati et al., 2022). Related to the initiation of this Post, it is necessary to conduct health training for prospective cadres from online driver representatives as preparation to carry out the roles and duties as a cadre of Occupational Health Post.

## 1.2 Aim

This study aims to analyze the process and output of health training for taxibike online drivers in initiating the establishment of Occupational Health Post.

## 2 Method

The study was conducted in five regional groups. Health training has been carried out in 2 sessions, first session was carried out for prospective cadres from Aston Region Group and Cendana Region Group (20 people) that has been held on July 13, 2023 at PT Gojek Regional Office Samarinda. While the second session was for prospective cadres from Balibis Region Group, GKAB Region Group, and MpW Region Group (30 people) on July 15, 2023 at Faculty of Public Health, Mulawarman University.

The health training topics provided are:

- a. Training on the role of Occupational Health Post cadres related to governance, table arrangement, counseling, Personal Protective Equipment (PPE) tools, as well as assistance to Public Health Center;
- b. Training on First Handling in Accidents (in Indonesia: Pertolongan Pertama Pada Kecelakaan) and First Handling in Diseases (in Indonesia: Pertolongan Pertama Pada Penyakit)

c. Training on how to record and report the Occupational Health Post activities.

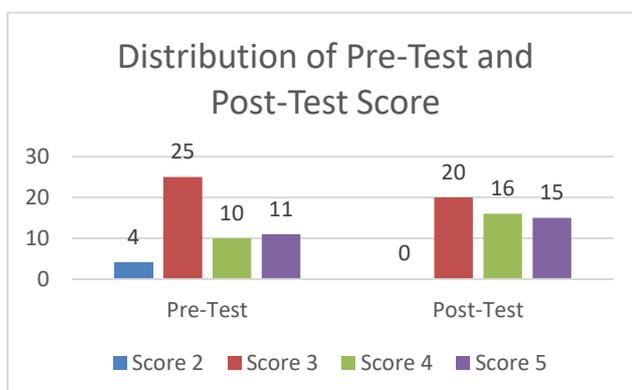
To measure the process of running the training was seen through observation or monitoring of the material delivered in the training and cadre participation. Meanwhile, to measure the output of the training, pre-test and post-test were carried out to see changes in participants' knowledge and the existence of a statement letter of willingness to become an Occupational Health Post cadre as a form of commitment to carry out duties. Questions in the Pre-Test and Post-Test include the definition, purpose, and form of the Occupational Health Post, and occupational accidents and occupational diseases. This study has received an ethical feasibility approval letter (NO. 109/KEPK-FK/VI/2023) on June 8, 2023.

### 3 Result

The following is a table of characteristics of health training participants for prospective cadres of Occupational Health Post.

**Table 1.** Characteristics of prospective cadres as trainees of health training.

Number	Characteristics of Prospective Cadres (Years Old / y.o.)	Sum (N=50)	Percentage (%)
1	<b>Age</b>		
	25 – 29 y.o.	11	22
	30 – 34 y.o.	9	18
	35 – 39 y.o.	8	16
	40 – 44 y.o.	9	18
	45 – 49 y.o.	2	4
	50 – 54 y.o.	9	18
2	<b>Gender</b>		
	Male	45	90
3	<b>Education</b>		
	Junior High School	5	10
	Senior High School	27	54
	Vocational High School	11	22
	Associate Degree-3 (D3)	1	2
	Bachelor (S1)	6	12
<b>Total</b>		<b>50</b>	<b>100</b>



**Fig. 1.** Distribution of Pre-Test and Post-Test Score of Prospective Cadres of Health Training in Occupational Health Post.

Based on the table above, it is known that the dominant age of prospective cadres is 25-29 years (22%). Most are male (90%) and predominantly senior high school graduates (54%). On the other hand, the following is the distribution of value results from pre-test and post-test of 50 trainees and the distribution of answers based on questions in the pre-test and post-test. Based on the pre-test and post-test results of trainees, it is known that post-test scores tend to increase after being given 3 topics of training material (Figure 1.).

In addition, the following is a presentation of the distribution of true and false answers for each statement on the pre-test and post-test of health training.

**Table 2.** Distribution of the pre-test and post-test answers

Number	Statement	Pre-Test	Pre-Test	Post-Test	Post-Test
		True	False	True	False
1	The Occupational Health Post is an occupational health effort for group of informal workers	45	5	50	0
2	One of objectives of Occupational Health Post is to reduce workers' vigilance and preparedness against risks and hazards due to work	20	30	18	32
3	Occupational diseases and accidents are risks that arise due to work and the work environment	46	4	50	0
4	Members of the Occupational Health Post consist of at least 3 people, namely secretary, treasurer, and cadre	21	29	26	24
5	First Aid means providing immediate assistance to people with illness or injury who require basic medical treatment	45	5	50	0

Therefore, based on the distribution of trainee answers based on the pre-test and post-test statements of the training, it was shown that the post-test answers all experienced an increase in the number of correct answers. There are 2 statements that are all true on the post-test answer. Although there is one statement that has decreased correct answers.

## 4 Discussion

In connection with previous research, it is known that taxibike online drivers are dominant in 26-35 years (5). In addition, most are male drivers and high school graduates or equivalent (5).

During the training process, it was known that training activities with three material topics ran smoothly and all material plans were conveyed by the speakers. Three speakers came from the Health Office of Samarinda City, especially in the field of

Occupational Health. The training participants were quite enthusiastic which was shown by their seriousness in participating in three material sessions and activeness in the question and answer discussion at the end of each session.

The establishment of the Occupational Health Post begins with coordination with the Head of Village or Sub-District and the local public health center. In addition, the activities that need to be carried out in its initiation are health training for prospective Occupational Health Post cadres (6). Regarding the risk of accidents and their prevention, drivers need to be equipped with training to improve occupational health and safety knowledge for drivers (7). Moreover, Occupational Health Post training can improve the competence of cadres from taxibike online drivers group (8).

Likewise, in the Occupational Health Post, most of the implementers in that place are active from local health cadres, so based on the problems found that it is important to increase the knowledge of health cadres. Increased understanding in detecting health problems for workers is very important that members need services and health cadres can provide services well and solutions to the problems (9).

Occupational Health Post as a form of health service for informal workers, one of which aims to minimize the danger to workers in their environment, which is related to the risk of accidents and diseases (10). After the training, all participants understood the concept. Likewise the prevention of risks due to work, most training participants understand that this is one of the objectives of the establishment of the Occupational Health Post. The implementation of the Occupational Health Post must also pay attention to preparation for first aid in accidents and first aid in diseases, so this material is needed in cadre training (11). In this case, need to prepare trained cadres for Occupational Health Post as many as 3 people (7). The establishment of the Occupational Health Post management organization is a basic requirement in the initial formation of the Occupational Health Post which has been explained in Policy and Strategy for Informal Sector Occupational Health Development in Indonesia, Ministry of Health in 2012 that the management of this post is at least each one of cadre, secretary, and member (8).

However, it is known that there is one statement in the Post-Test that gets a lower score than in the Pre-Test (2 points difference). This is possible because of the type of unfavorable question that can deceive participants in understanding the statement.

At the end of the training session, all training participants agreed and signed a statement letter of willingness to become a cadre of Occupational Health Post as a form of mutual commitment in carrying out their duties and roles later.

## **5 Conclusion and Recommendation**

### **5.1 Conclusion**

The training process went according to plan in two sessions. Meanwhile, the output of this training is an increase in cadres' knowledge about Occupational Health Post and the commitment of trainees in carrying out their duties as cadres through a statement letter.

## 5.2 Recommendation

After this training, it is necessary to coordinate again across sectors from researchers, cadres, head of sub-district, and public health center to initiate the establishment of Occupational Health Posts in five region group.

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