

EDUCATION ON PREVENTION OF CONTACT DERMATITIS FACTORS IN INDONESIAN MIGRANT WORKERS IN MALAYSIA

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ABSTRACT Factors that influence the incidence of contact dermatitis include exogenous factors and endogenous factors. Exogenous factors include the type and characteristics of the agent, namely the characteristics of irritants such as chemicals and environmental factors such as room temperature and mechanical factors, exposure characteristics, environmental factors. Endogenous factors are genetic factors, gender, age, race, skin location, history of atopy. Indonesian Migrant Workers such as workers in companies, plantations and agriculture often come into contact with agent characteristics such as chemicals and environmental factors such as room temperature and mechanical factors. The aim of community service is to prevent contact dermatitis among Indonesian migrant workers in Malaysia. Method: Providing education on the prevention of factors causing contact dermatitis via the online internet. Results: 113 Indonesian Migrant Workers responded well while receiving education about preventing factors that cause contact dermatitis. Conclusion: Education on the prevention of factors that influence contact dermatitis among Indonesian Migrant Workers in Malaysia received a good response. It is recommended that activities to prevent factors that influence contact dermatitis in Indonesian Migrant Workers become one of the protection program activities for Indonesian Migrant Workers.

Keywords: *Education, Prevention, Contact Dermatitis, Migrant Workers*

1. INTRODUCTION

Malaysia is one of the largest migrant receiving countries in Southeast Asia, with the largest number of migrant workers coming from Indonesia. Among the 2.7 million Indonesian migrant workers in Malaysia (IOM UN Migration Indonesia, 2023), only 1.6 million workers go through regular channels (Badan Perlindungan Pekerja Migran Indonesia, 2021). The remainder are irregular migrant workers who often work in very poor conditions in the domestic, construction and agricultural sectors. These Indonesian Migrant Workers experience a number of problems such as suffering from skin diseases, depression and problems with residence permits (Badan Perlindungan Pekerja Migran Indonesia, 2021).

Migrant workers who work in the household, construction, agriculture and plantation sectors are at risk of suffering from skin diseases, including dermatitis. Workers in companies, agriculture and plantations and even the household sector often use chemicals. The use of chemicals which is an expansion of the use and transfer of new technology will produce many benefits as well as bring danger, the impact of the use of chemical substances, both as an intermediate product of the final product of a commercial product and as industrial waste.

Dermatitis is a non-inflammatory inflammation of the skin that is acute, sub-acute or chronic and is influenced by many factors. Inflammation of the skin (epidermis and dermis) as a response to the influence of exogenous and endogenous factors, causes clinical abnormalities in the form of polymorphic efflorescence and complaints of itching, characterized by itching which can take the form of thickening or reddish nodules, multiple clusters or scattered, sometimes scaly, watery and others (Kencanawati, et al., 2020; Asrul et al., 2021; Dwikarya et al., 2006)

There are various types of dermatitis, including contact dermatitis and atopic dermatitis (Akbar et al., 2020). Dermatitis is a world public health problem with a prevalence in children of 10-20% and in adults around 1-3%. About 50% of dermatitis cases appear in the first year of life (Gafur & Syam, 2018). According to data from the World Health Organization (WHO) in the United States, 90% of health claims due to skin disorders are caused by dermatitis. Some people consult a dermatologist, as many as 4-7% are caused by contact dermatitis. Hand dermatitis affects 2% of the population and 20% of women will be affected at least once in their lifetime. As many as 30% of children with dermatitis will have positive patch test results (Sholeha et al., 2021). Epidemiological data in Indonesia shows that 97% of 389 cases of skin disease were contact dermatitis, 66.3% of these cases were irritant contact dermatitis and 33.7% were allergic contact dermatitis (Kementerian Kesehatan RI, 2021).

Several factors that influence the incidence of contact dermatitis include exogenous factors and endogenous factors. Exogenous factors include the type and characteristics of agents, exposure

characteristics, environmental factors. Endogenous factors are genetic factors, gender, age, race, skin location, history of atopy (Patel & Nixon, 2022). The research results show that exogenous factors are in the low category at 76% and high at 24%. Endogenous factors are in the high 65% and low 35% categories (Raziansyah & Rahmatika, 2023).

2. METHOD

Community service activities for Indonesian Migrant Workers in Malaysia are carried out by means of health education, namely providing education on the prevention of factors causing contact dermatitis via the online internet

3. RESULT AND DISCUSSION

The third International Community Service Activity was held on Sunday 26 May 2024 at the Indonesian School Kuala Lumpur. There were 113 Indonesian migrant workers who were in Malaysia as recipients of education about preventing factors causing contact dermatitis via the online internet and responded well to the material presented.



Figure 1. Implementation of International Community Service held on Sunday 26 May 2024 at the Indonesian School Kuala Lumpur online

The material presented begins by conveying the meaning of contact dermatitis, signs and symptoms of dermatitis, factors that influence the occurrence of contact dermatitis and workers who are at risk of developing dermatitis and ends with presenting prevention.

Education broadens the awareness of the factors that influence the occurrence of dermatitis, namely; exogenous factors with irritant characteristics; such as chemicals that have a pH that is too high or a pH that is too low, namely $12 > \text{pH} < 3$, environmental factors such as room temperature

including low air humidity in the room and mechanical factors related to pressure, friction and abrasions due to mechanics.

Endogenous factors are; genetic factors, gender where women have a higher risk of getting contact dermatitis than men, age where older people have a higher risk of getting contact dermatitis, race where black skin is more resistant, the most skin locations are in the scrotum and neck area because the scrotum and neck area often damp, history of atopy with decreased threshold. Providing education about the factors that cause contact dermatitis is further clarified by presenting research by Raziansyah & Rahmatika (2023) as follows:

Table 1. *Frequency Distribution of Respondents based on Exogenous and Endogenous Factors in Baru Village, Sungai Raya District*

No	Factor	Catagory	Total	Percentage (%)
1.	Eksogen	Law	76	76
		Tall	24	24
Total			100	100
2.	Endogen	Law	35	35
		Tall	65	65
Total			100	100

Source: Primary data (2021)

Based on table 1, the majority of contact dermatitis incidents influenced by exogenous factors are in the low category, as many as 76% of people and the majority of dermatitis incidents influenced by endogenous factors are in the high category, namely 65%. Education also explains about jobs and hobbies that can put a person at higher risk of contracting contact dermatitis, including: health and dental care workers, construction workers, metal workers, hairdressers and make-up artists because they are often exposed to water so they are more likely to get contact dermatitis, mechanics, cleaning workers, plantation workers, agricultural workers, jobs related to food including household assistants.

The final education delivery on how to prevent contact dermatitis to Indonesian Migrant Workers is as follows: How to avoid irritants and allergies when working. If you work in contact with skin, wash your skin to remove the causative substance by washing your skin after coming into contact with the substance, washing clothes or other items that may be exposed to allergens, working should use personal protective equipment or protective clothing such as gloves, face masks, glasses, mittens, and other protective items against irritating substances, using covers to cover metal in contact with the skin (for example jeans that have metal), applying skin protective cream or gel, using moisturizer, applying lotion or moisturizer regularly can help restore the outer layer of the skin. If you have allergies to certain animals, always be careful when working around

these pets. If you have sensitive skin, do a spot test with any new product (Rianingrum et al., 2022; Kementerian Kesehatan RI, 2021).

4. CONCLUSION

Education on the prevention of factors that influence contact dermatitis in Indonesian Migrant Workers in Malaysia. Getting a good response from Indonesian Migrant Workers.

Suggestion

Educational activities to prevent factors that influence contact dermatitis in Indonesian Migrant Workers in Malaysia need to be carried out to avoid the occurrence of contact dermatitis in Indonesian Migrant Workers. This activity should be one of the protection program activities for Indonesian Migrant Workers.

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