

**THE RELATIONSHIP BETWEEN HOUSEHOLD WASTE
MANAGEMENT AND HEALTH**

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Abstract

Management rubbish House stairs that are not appropriate can cause pollution environment and cause various problem health . Good management through activity sorting , recycling recycle , and proper disposal can increase quality environment as well as health society . For analyze connection between management rubbish House stairs with health environment . Research This use Systematic Literature Review (SLR) method Search process Articles were screened through the PubMed, ScienceDirect, and Google Scholar databases with the following criteria : inclusion study national and international publications between 2020–2025 . A total of 20 articles fulfil criteria inclusion and analyzed in a way descriptive use method *narrative synthesis* . Results of the study shows that knowledge health the environment has an influence significant relationship between management rubbish House tangga with health environment with stages collection , selection , and analysis article research that meets the requirements criteria inclusion from various credible data sources . A total of 30 articles has reviewed . Research results shows that management rubbish House A good ladder has a positive influence on health environment through subtraction pollution , increase sanitation , and disease prevention . Management rubbish House Effective stairs have a significant relationship with health environment . Improvement awareness public as well as implementation practice management proper waste disposal is very important For realize healthy environment as well as realize clean environment .

Keywords : Management rubbish House stairs , health environment , health public

INTRODUCTION

Rubbish House ladder be one of contributor main problem trash Nowadays , almost the whole region is facing difficulty in provide land For place disposal end . Completion problem rubbish House ladder No Can only depend on the government only . Society must start play a role active in management waste management rubbish from House ladder should started from the source , namely in each house . Each family need manage the trash good in terms of individual and together with residents in the neighborhood place stay . (Febriani et al., 2021)

Waste rubbish House stairs are one of the factor main role big in causing pollution environment . Types of waste This covering various material waste generated from daily activities at home , such as plastic , waste food organic , paper , metal , and other materials others . Along with the growth amount resident as well as rate increasing urbanization increasing volume of waste House the resulting stairs every the day also continues experience improvement . Condition This cause challenge big in management environment , especially in urban areas that have high population density . resident high . Amount embossed rubbish House stairs in Indonesia show significant improvement during One decade lastly . This fact illustrates that it is necessary more attention and effort Serious from various parties , both government

and society, in manage and reduce impact negative from rubbish House ladder to environment . (Erika Erika & Eva Gusmira, 2024)

Waste House ladder appear as consequences that are not avoidable from daily activities man as well as increasing amount population in various regions. Increase a population that continues to grow ongoing this causes accumulation significant waste, which if No managed in a way effective will cause various problem environment as well as risk health serious society . Therefore that, management waste become very important aspect in effort guard sustainability environment life . (Ridwan et al., 2025)

The remaining results of human activities that can found in various places such as homes, offices, restaurants, shops, markets, and public areas called as waste . Consumption level society has a connection closely related to conditions economy, which ultimately affects the volume of waste produced in an area. In addition, the size pile waste is also influenced by social status economy society, where improvement level life generally followed by increasing amount waste produced . (ROVANDA et al., 2024)

Habit people who still often throw away rubbish carelessly around place stay coupled with the condition environment . This generally caused by low knowledge and awareness public about method management rubbish House correct and friendly stairs environment . Based on existing data, the number of pile waste in Indonesia continues increase every year . (Fitra et al., 2025)

Settlement as area place stay humans are the most vulnerable area to impact from management rubbish House stairs . In the neighborhood organizations, especially in areas with high levels of density high population, intensity interaction between humans and their environment sa remember big, so that condition the environment has an influence direct to quality life society . Environment place a clean and well -maintained stay cleanliness can give benefit big for health physique and the mental state of its residents . On the other hand, a dirty and polluted environment potential cause various health problems as well as lower comfort live . (Ahda Ahda & Ernyasih Ernyasih, 2025)

Production waste in Indonesia continues experience improvement from year to year . In 2015 the number of rubbish reach around 18% or equivalent to 13.5 million tons per year, increasing to 30% or around 30 million tons in 2016, and rose again to 45% or around 34 million tons in 2017. Source main emergence rubbish originate from House ladder by 48%, followed by commercial market areas traditional 9%, school 4%, housing 6%, road highway 7.5%, as well as source other 1.5%. Based on composition, type waste in Indonesia is dominated by waste organic by 60%, followed by plastic 15%, paper 10%, metal 4.5%, rubber 5.5%, cloth 3.5%, glass 1.7%, and other types other by 2.4%. (Ningsih & Sugiarto, 2020)

Government has make an effort do various step For overcome problem waste, especially that which comes from from House stairs . However, now problem the Not yet fully completed because the volume of waste in Indonesia is still very high . Conditions This make handling rubbish become challenge big . Without existence role active and support society, clean and healthy environment difficult For realized . Management efforts rubbish need Work same and awareness together between government and society . Unfortunately, concern public to cleanliness environment Still low, visible from the more decline quality pollution environment consequence garbage and waste House stairs . (Widjaja & Gunawan, 2022)

Management waste dense is an aspect important in guard health environment and humans . Every practice management, starting from incineration, on- site disposal disposal end, until the recycling process repeat, has potential produce substance dangerous that can pollute air, air, and land . Substances dangerous such as dioxin results combustion or compound poisonous from seeping leachate to air land, can become source exposure direct and

No direct for humans , for example through consumption air or material food that has been contaminated . (Vinti et al., 2021)

See condition said , management good and sustainable waste become very important thing For guard quality environment life . Management efforts No only become not quite enough answer government , but also requires role active society . Implementation 3R principle (Reduce, Reuse, Recycle), improvement awareness environment through education , as well as innovation in utilization rubbish organic and inorganic can become step strategic in reduce impact negative impacts caused by waste . Therefore that , research was conducted about management Waste and behavior . (Ulfah Nuraini Karim et al., 2022)

Emerging infectious diseases consequence sanitation bad environment has an impact Serious on the body's metabolic processes . In children , repeated infections can bother system digestion so that absorption substance nutrition become not optimal. As a result , the child experience decline weight and malnutrition in term long term which ends in stunting or growth disorders chronic . Condition This No only impact on health physique children , but also members . The Indonesian government is aware that the problem management waste and sanitation No can overcome only through approach technical , but also requires participation active society . (Junanda et al., 2022)

Separation effective waste management and maintenance cleanliness environment is a step crucial in build better village . Concept friendly environment basically is pattern life that is not cause danger for nature and the surrounding ecosystem . A lifestyle that cares environment now considered important by many individuals , along with increasing awareness For protect earth from damage every year . There are various methods that can implemented For create transformation term length to minimize impact bad from daily activities . (Pasaribu et al., 2025)

Currently , the management rubbish has be one of problem national which is very urgent and necessary attention Serious from various parties , both government , society , and sector private sector . Problems This No only related to the increasing volume of waste produced every day , but also with weakness system integrated and sustainable management . (Lingga et al., 2024). Sanitation base can interpreted as condition an ideal and supportive environment achievement level optimal health . In its implementation , sanitation base covers three aspect main , namely clean water provision , management garbage , and management waste liquid domestic . Components third This each other related and play a role important in create healthy environment as well as increase quality life community . (Alfiah et al., 2020)

RESEARCH METHODS

Study This use design *Systematic Literature Review* (SLR) with the approach *narrative synthesis* For analyze influence knowledge health environment The Systematic Literature Review (SLR) method begins with gather various material relevant studies , which include theories and draft about identification related issues with topic research . Study materials This Can in the form of book references , articles scientific , and various source other information that has relevance tall with problems that will investigated . After all material the collected .

RESEARCH RESULTS

Study This use method in look for articles through a selection and grouping process based on data related to the goal as well as aspects that you want achieved in study This . The articles that have been found then collected become one and selected from various aspect according to the criteria inclusion that has been explained in chapter previously .

Keywords used in search article related is *management rubbish House stairs , health , sanitation environment , behavior society and health community* . The search process The article was written over a period of 9 days , starting from August 10 to August 19, 2025. The results of implementation and search to article journal that will reviewed find as many as 20 articles from Google Scholar, Semantic Scholar, and a number of source others . Study results emphasized that education is accompanied by support environment can increase care and habits sorting rubbish in a way sustainable . The following is summary results review articles used in study This :

Table 1. Search Results

No	Title	Writer / year	Article Type	Method	Key Findings
1	Connection Management Household Waste on Health Status of Disease Infectious	Ulfah Nuraini Karim et al . (2022)	Quantitative	Cross Sectional	There is connection significant between management rubbish House stairs and health environment ; management bad increase disease based environment .
2	Impact Management Household Waste on Environmental Health in Settlements Dense in the Subdistrict Kekalik Jaya, Mataram	Juanita Hariati (2025)	Quantitative Descriptive-Analytical	Observation , Questionnaire , Interview	Management trash that is not effective correlated with improvement disease environment like diarrhea , ARI, and other diseases skin .
3	Analysis Management Household Waste Community Based in Subdistrict Peaceful Marpoyan of Pekanbaru City	Lita Febriani et al . (2020)	Quantitative	Cross Sectional	Participation public in management good trash lower risk pollution and increase health environment settlements .
4	Relationship Between Management Household Waste and Environmental Health Quality Settlement	Ahda & Ernyasih (2025)	Literature Review	Systematic Review	Management bad trash impact on the decline quality health family and environment around .
5	Management Household Waste and Its Impact on Family Health	Alex RI Ompusunggu et al . (2025)	Literature Study	Analysis Qualitative	Management bad trash impact on the decline quality health family and environment around .
6	Education Management Rubbish Organic For Health Improvement in Bandar Tengah Village	Kondios M. Pasaribu et al . (2025)	Community service	Socialization , Training	Education management rubbish organic increase cleanliness and health environment public village

7	Build Public Awareness in Management Rubbish For Create Clean Environment	Rina Octavia Simarmata et al . (2025)	Community service	Observation , Socialization	Improvement awareness management rubbish impact positive in a more conducive environment clean and healthy .
8	Change Behavior Management Household Waste in Sialang Village Shady, Rokan Hulu	Eliyah Dwi Setyo Arti et al . (2024)	Community service	Pre-test, Post-test	Behavior management improved waste support health environment House household and society .
9	Impact Rubbish Household Waste on Environmental Health	Gunawan Widjaja & Savira Lovianda Gunawan (2022)	Scientific Articles	Analysis Qualitative	Waste House stairs that are not managed with Good cause pollution and reduce degrees health environment .
10	Overview of Community Behavior in Management Household Waste in Orobatu Village	Light of the Fitra et al . (2025)	Descriptive	Survey Field	The low behavior management rubbish impact on the decline quality health environment village .
11	Waste in Indonesia: Challenges and Solutions for Change Positive	Leny Julia Lingga et al . (2024)	Literature Review	Literature Study	Management waste that is not optimal has an impact to pollution and degradation quality health environment .
12	Analysis Impact Waste Household Waste Connected Pollution Environment	Erika & Eva Gusmira (2024)	Scientific Articles	Analysis Descriptive	Waste House ladder become reason main disturbing pollution health environment public .
13	Investigation of Environmental and Health Impacts of Solid Waste Management Problems and Associated Factors in Asella Town, Ethiopia		Quantitative	Cross Sectional	Management waste that is not effective increase incident disease breathing and pollution environment .
14	Solid Waste: Its Implications for Health and Risk of Vector-Borne Diseases	Nor Faiza MT et al . (2019)	Literature Review	Literature Review	System management bad trash enlarge risk disease based environment such as malaria and dengue fever.

15	Municipal Solid Waste Management and Adverse Health Outcomes: A Systematic Review	Giovanni Vinti et al . (2021)	Systematic Review	PRISM	Management rubbish solid that is not safe increase risk disease and reduce health environment globally .
16	Implementation Management Household Waste and Wastewater and Incidents Disease Diarrhea in the Village Kaliawi Persada, Bandar Lampung City	Dito Pratama Putra et al . (2022)	Observational Analytic	Correlation Pearson	There is connection significant between management rubbish House ladder with incident diarrhea (p=0.006) ; discarded waste haphazard increase risk disease environment .
17	Relatedness Facility Clean Water Provision and Management Rubbish with Public Health in the Subdistrict Surabaya Street	Ro'du Dhuha Afrianisa , Taty Alfiah, Ayu Cholivatus NA (2021)	Observational Descriptive	Pearson Correlation	There is very strong relationship between condition sanitation basic (especially management garbage) with health community (r=0.946). Management bad trash increase risk disease diarrhea , typhoid , and disease skin .
18	Relationship between Knowledge Level and Support of Environmental Health Workers to Behavior Management Garbage at the Ramli Graha Indah Garbage Bank	Irvan Gustiawan Rovanda, Rusdi , Ratna Yulianawati (2024)	Quantitative	Cross Sectional, Chi-Square	Not found connection significant between knowledge and support power health environment with behavior management trash . However , education and collaboration power health environment assessed important For create behavior management sustainable and environmentally friendly waste management health environment .
19	Implementation Management Rubbish Domestic Non- Medical Services at Toto Kabila Regional General Hospital (RSUD)	Steven Hangkiho, Adnan Malaha, Imelda Mohammad (2024)	Qualitative Descriptive	Observation and Interview	Management non- medical waste at Toto Kabila Regional Hospital is carried out through 3R principle (Reduce, Reuse, Recycle). The results show management Already in accordance procedures and roles important guard cleanliness as well as health

environment House sick , even though Still constrained limited human resources and facilities .

Literature study show management bad trash increase risk of infectious diseases such as diarrhea , typhus , respiratory disorders , and cancer consequence exposure material chemistry ; suggest 3R principles for mitigation .

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Management trash that is not adequate impact negative on health House stairs , including respiratory disorders and vector-borne diseases ; behavior defensive House ladder increase as response

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20	Reflection Management Rubbish on Health in West Lombok Regency , NTB	Novita Listyaningrum , Hamdani AR, Aminuddin, Rinda Philona, Antoni Gerhan (2018)	Normative & Empirical Legal Research	Approach Behavior Non-judicial	
21	Management Rubbish Households and Their Impact on Family Health	Frontiers in Public Health (International)	Qualitative Descriptive	Observation and Interview	
22	Role of household waste, governance quality, and greener energy for public health	Frontiers in Public Health (International)	Qualitative Descriptive	Observation and Interview	
23	Role of household waste, governance quality, and greener energy for public health	Sciences Research (National)	Qualitative Descriptive	Observation and Interview	
24	Relationship Between Management Household Waste and Environmental Health Quality Settlement	International Journal of Environmental	Qualitative Descriptive	Observation and Interview	

25 Public health implications of Research and Qualitative
solid waste generated by Public Health Descriptive
households (PMC,
International)

Rubbish House household causes diseases
such as malaria (47.2%), diarrhea , cholera ;
education health required For reduce risk
transmission through flies and mice

DISCUSSION

Based on articles that have been reviewed, there is a number of studies that summarize management rubbish House ladder with environmental health. Waste is the result waste shaped the resulting solid from various human activities, both from activity House household, industry, and social and economic activities others, which have already No used, not liked, and thrown away Because has no direct use value for humans, except waste originating from of the human body. Problems rubbish to date Still be one of issue environment. (Akbar et al., 2021)

On the other hand, if rubbish plastic burned, the substances contained therein will spread to atmosphere, creating risk danger and impact negative to health man (Simarmata et al., 2025)

Problems garbage is an issue environment in need attention Serious Because waste, whether originating from from human activities and natural processes, are materials waste that has no value economical and can become burden for environment If No well managed. In general, trash differentiated into two types, namely organic (wet) and inorganic (dry). Increase amount population and change pattern consumption society causes volume and type rubbish the more diverse, with trash House ladder as contributor biggest. Condition This cause various impact negative to environment, such as flooding, the emergence of disease, the decline quality sanitation, (Tamyiz et al., 2020)

Decline quality environment is one of the impact real from increasing problem rubbish House stairs that are not well managed. Condition This demand existence effort management more trash independent, effective and sustainable at the level society. One of the approaches that can implemented is system management based society by implementing 3R principle (Reduce, Reuse, Recycle). Principle This emphasize importance subtraction embossed rubbish since from sources, utilization return items that are still feasible, as well as the recycling process repeat For create mark economy new from garbage. Through implementation 3R principle, it is expected that the volume of waste House ladder can reduce in a way significant, at the same time create opportunity economy productive for society. Thus, besides help guard cleanliness and quality environment, system this can also give benefit social and economic for public direct and No directly. (Pambudi & Cicik, 2021)

Waste has a close relationship with health public Because can become place life microorganisms causes of disease (bacteria pathogens) and various insects that play a role as disease vectors Based on Constitution Number 18 of 2008 concerning Management Garbage, it is explained that garbage is leftovers activity daily humans and/or natural processes that take shape dense. If rubbish No well managed, can cause impact negative to health and environment (Ningsih & Sugiarto, 2020)

Effort sustainable education through campaign environment, training management rubbish based House stairs, and implementation policies that encourage public For behave more care to cleanliness environment. (Sembiring, 2020)

management rubbish House the most effective and sustainable ladder. Most of party emphasize importance implementation technology, while others are more emphasize role active public as well as change behavior. Differences This confirm the need an approach that combines aspect environment and social in order to create system management optimal waste. (Ompusunggu et al., 2025)

Sanitation is one of the element crucial that contributes to the improvement level health human. Sanitation base required For support health man through provision clean and suitable environment standard. Although Thus, in Indonesia, the implementation of base sanitation by the community Not yet fully realized. Basically, sanitation base refers to a condition or

situation an ideal environment , which provides positive impact on condition ideal health . (Alfiah et al., 2020)

This effort aim For push society to change behavior in manage rubbish House ladder in a way more responsible answer . Activity the No only focus on improvement understanding about importance management good trash , but also stress change behavior in sorting rubbish organic and inorganic as well as apply 3R principle (Reduce, Reuse, Recycle). By implementing draft mentioned , it is hoped that public capable reduce the volume of waste produced , utilize return items that are still worthy used , and recycled repeat rubbish For minimize impact negative to environment . (Dwi Setyo Arti et al., 2024)

CONCLUSION

According to research conducted entitled " *Analysis Management Household Waste on Environmental Health* " shows that one of the factor the biggest reason decline health environment is lack of knowledge public about method management good and correct trash . Lack knowledge This can impact directly on the emergence various problem environment , such as pollution air , water, and spread of disease due to pile garbage . Therefore that , it is necessary existence counseling and training to public about importance management rubbish House the correct stairs so as not to cause impact negative to health environment .

In addition , some public Actually already know the importance guard cleanliness environment , but Still many do not have adequate facilities such as places rubbish separate or system transportation good trash . This is shows that the role government and institutions related in provide means supporters management rubbish Still need improved so that the implementation system management rubbish House ladder can walk optimally and sustainably .

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