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THE IMPORTANCE OF CLEAN WATER FOR HUMAN HEALTH AND DAILY LIFE

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ABSTRACT

Clean water is a basic human need that plays a vital role in maintaining health, environmental cleanliness, and supporting daily activities. The availability of clean water significantly influences the quality of life because it is essential for drinking, cooking, bathing, washing, and maintaining sanitation. Many communities still face limited access to clean water due to environmental pollution, inadequate sanitation systems, degradation of water sources, and a lack of public awareness regarding environmental conservation. These conditions contribute to various health, social, and economic problems that negatively affect community well-being.

This study aims to analyze the importance of clean water, examine the impacts of limited access to clean water on society, and identify the level of public awareness in maintaining water quality. A qualitative descriptive approach was employed, with data collected through observation, interviews, and documentation involving community members as research subjects. The collected data were analyzed through data reduction, data presentation, and conclusion drawing.

The findings reveal that clean water has a substantial impact on public health and the effectiveness of daily activities. Limited access to clean water can lead to increased health risks, higher household expenditures, reduced environmental sanitation quality, and decreased overall quality of life. Furthermore, public awareness regarding environmental cleanliness and water source protection remains uneven, increasing the potential for water pollution. Ensuring the availability of clean water and enhancing public awareness should become a shared responsibility between communities and government institutions. This can be achieved through environmental education, sanitation monitoring, and sustainable water resource management. Collaborative and continuous efforts are essential to guarantee the availability of safe, clean, and accessible water for present and future generations.

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INTRODUCTION

Clean water is a basic human need for drinking, cooking, bathing, washing, and maintaining environmental sanitation (Suryani 2020). The availability of clean water is directly related to the quality of public health, social productivity, and human survival

(Hargono et al. 2022). The World Health Organization states that access to safe drinking water and proper sanitation can reduce the risk of various infectious diseases and significantly improve people's quality of life (Wilayah et al. 2024). Furthermore, access to clean water is also a crucial part of achieving the Sustainable Development Goals (SDGs), particularly Goal 6, which focuses on access to clean water and sanitation for all (Taufan et al. 2022).

Despite the crucial role of clean water, many people still struggle to access adequate clean water (Sholahuddin and Rodhi 2024). Limited infrastructure, contaminated water sources, population growth, and low public awareness of the importance of maintaining environmental cleanliness are the main factors contributing to the clean water crisis in various regions (Chefany et al., 2024). This situation gives rise to various health problems such as diarrhea, stunting, skin diseases, and gastrointestinal infections (Nasution et al., 2024). Research on sanitation and clean water supply shows that poor water quality and sanitation are closely linked to increased cases of stunting in toddlers (Sanitas et al., 2022). Furthermore, lack of access to clean water also impacts daily economic activities and social life (Alihar 2018).

According to data from the Central Statistics Agency (BPS), household access to safe drinking water sources in Indonesia has continued to increase in recent years. However, some communities still lack adequate access to clean water, particularly in rural areas and areas with limited infrastructure. This disparity in access indicates that clean water availability remains a significant challenge in efforts to improve public health and well-being. This situation indicates the need for greater attention to water resource management, improved environmental sanitation, and public education on the importance of maintaining clean water quality for daily needs.

Theoretically, clean water is understood as water that meets health standards and is suitable for daily use without causing negative impacts on human health. However, social reality shows that there is still a gap between the ideal concept of clean water access and the actual conditions in society. Many people still use water sources contaminated by household and industrial waste. In some areas, people even have to purchase clean water at high prices or use water that does not meet health standards to meet their daily needs. This situation demonstrates that clean water issues are not solely related to the availability of natural resources, but also to environmental management, government policies, and public awareness of maintaining water quality.

Several previous studies have discussed the importance of clean water in community life. Research by Sholahuddin and Rodhi (2024) explains that the lack of access

to clean water in rural areas impacts public health and daily domestic activities. The study also emphasizes the importance of educating the public about maintaining clean water sources. Another study conducted by Setyawan and Sofyan (2024) shows that clean water consumption is crucial for maintaining physical and mental health, especially in elementary school-aged children. Furthermore, research on clean water and sanitation development confirms that clean water availability is a crucial component of sustainable development and improving community welfare.

Based on these previous studies, the novelty of this study lies in its focus on the comprehensive importance of clean water in people's daily lives, from health, social, environmental, and sustainability perspectives. This research not only addresses the impact of lack of access to clean water on health but also examines how public awareness of the importance of maintaining water quality can impact the quality of daily life.

This research aims to analyze the importance of clean water for daily life, identify the impacts of lack of access to clean water, and increase public understanding of the importance of maintaining the availability and quality of clean water. Furthermore, this research aims to provide an overview of the relationship between clean water, public health, and environmental quality.

The main argument in this research is that clean water is a fundamental factor in creating a healthy, productive, and sustainable community life. Lack of access to clean water not only impacts people's physical health but also impacts their quality of life, economic conditions, and environmental balance. Therefore, efforts to provide and manage clean water must be a shared concern between the government, the community, and various relevant parties.

This research is crucial because clean water remains a major challenge in various regions, particularly in areas with limited infrastructure and sanitation. The results are expected to serve as a source of information and educational material for the public regarding the importance of clean water in daily life, as well as serve as a reference for developing policies and programs for better water resource management in the future.

RESEARCH METHODOLOGY

This study used a qualitative descriptive approach to examine the importance of clean water in daily life. The research was conducted from January to March 2026 in a community experiencing challenges related to clean water access. Research participants consisted of community members selected through purposive sampling based on their knowledge and experience regarding clean water use. Data were collected through

observation, interviews, and documentation. The collected data were analyzed using data reduction, data display, and conclusion drawing techniques. Data validity was ensured through source and technique triangulation.

RESULT AND DISCUSSION

RESULT

The Importance of Clean Water For Public Health

Based on research conducted through observation, interviews, and field documentation, it was found that clean water plays a crucial role in maintaining public health. Most people are aware that using clean water is important for their health, especially for drinking, cooking, bathing, and maintaining a clean household environment. However, in certain situations, people still use water of poor quality due to limited access to clean water sources.

Observations indicate that some water sources used by residents are cloudy and smelly, especially during the rainy season. Furthermore, household wastewater drains are found to be located close to residents' water sources, potentially contaminating the water quality. These conditions cause some residents to experience health problems such as itchy skin and digestive disorders.The presentation of results and discussion can be written in several subheadings relevant to the results being described. Explanations of results can be enriched with tables, graphs, or images to clarify verbal explanations. The discussion is provided to address the research objectives and discuss them based on existing references or theories. Tables should be created with 1 pt line thickness and captioned above the table. Table captions consisting of more than two rows should be single-spaced (1.0 spacing). Tables should be 11 pt font size and single-spaced. If a table is split across two pages, rewrite the table header row on the second page and create a single column.

Table 1. Research Findings on the Importance of Clean Water for Health

No	Temuan Penelitian	Hasil Observasi
1.	Clean water is used for daily needs	Used for drinking, cooking, bathing, and washing.
2.	Water quality is unstable	Water is cloudy during the rainy season.
3.	Health impacts	People experience itching and diarrhea.
4.	Environmental sanitation is poor	Wastewater is located near the water source.

Based on the results of an interview with a housewife, information was obtained that unclean water conditions often cause health problems for family members.

"During the rainy season, the water is sometimes cloudy and smells unpleasant. Children have had stomach aches after drinking water that hasn't been properly boiled. Sometimes their skin also feels itchy after bathing," (Interview with Mrs. SR, February 12, 2026).

Another interview with a community leader explained that low public awareness of maintaining environmental cleanliness also contributes to the decline in clean water quality.

"Some residents still dispose of household waste carelessly near watercourses. This can contaminate the water sources used by other residents," (Interview with Mr. MN, February 15, 2026).

Research documentation shows that some residents' water sources are located near household waste disposal sites and stagnant pools of dirty water. These conditions demonstrate that the quality of environmental sanitation significantly impacts the cleanliness of community water sources (Azizah et al., (2021).

The results of this study are supported by the World Health Organization's theory that clean water is a crucial factor in preventing the spread of infectious diseases and improving public health. Furthermore, research by Nisa et al. (2021) explains that sanitation and clean water quality are closely related to public health, especially in children.

The Impact of Limited Clean Water on Daily Life Activities

Research shows that limited access to clean water has a significant impact on people's daily activities (Hargono et al., 2022). People experience difficulties meeting basic needs such as bathing, washing clothes, cooking, and cleaning. Some residents even have to fetch water from quite distant locations when the water supply is interrupted.

Field observations revealed that some homes have water reservoirs to anticipate clean water shortages. However, these reservoirs are often insufficient to meet daily family needs.

Table 2. Impact of Limited Clean Water on Daily Life

No	Impacts Found	Field Conditions
1.	Difficulty meeting household needs	Water is used sparingly.
2.	Activities are disrupted	Residents have to fetch water from other sources

3.	Environmental cleanliness is declining	Garbage and household equipment are not cleaned promptly
4.	Expenses are increasing	Some residents purchase clean water

An interview with one resident revealed that limited clean water significantly impacts daily household activities.

"When water is scarce, housework is hampered. Sometimes we have to wait for water to come or buy additional water to cook and wash," (Interview with Mrs. LN, February 18, 2026).

Furthermore, interviews with other residents revealed that limited clean water also impacts the family's economic situation.

"During the dry season, we often buy water. It's quite expensive, so household expenses increase," (Interview with Mr. HR, February 20, 2026).

Research documentation shows the presence of large water storage facilities in several homes as a precaution against limited clean water. Furthermore, residents were observed queuing to collect water from public water sources when the water supply is disrupted.

These research findings align with research by Putri et al. (2022), which explains that limited clean water can impact a community's social and economic conditions. Clean water not only serves human biological needs but also supports the continuity of daily social activities.

Public Awareness in Maintaining Clean Water Quality

The research results show that public awareness of maintaining clean water quality varies. While some understand the importance of maintaining a clean environment and water sources, others remain less concerned about the cleanliness of water channels and household waste disposal.

Observations revealed that some residential areas have relatively good sanitation, but household waste is still present near water channels in some areas. This situation indicates that public awareness of the importance of maintaining water quality still needs to be improved.

Table 3. Public Awareness in Maintaining Clean Water

No	Form of Public Awareness	Findings

1.	Cleaning the environment	This is done routinely by some residents.
2.	Protecting water sources	Some residents cover wells to prevent contamination
3.	Waste disposal	Some residents still dispose of waste carelessly
4.	Public education	has not been carried out comprehensively

An interview with a resident revealed that maintaining environmental cleanliness is crucial for maintaining water quality.

"If the environment is clean, the water is also better protected. We usually clean the water channels with other residents," (Interview with Ms. ST, February 25, 2026).

However, interviews with community leaders indicated that public education regarding the importance of maintaining clean water quality is still needed.

"There are still some people who are unaware of the impact of littering on water sources. Regular outreach is needed to raise public awareness," (Interview with Mr. AR, February 27, 2026).

Research documentation shows community service activities to clean the environment around water sources. However, several areas of the water channels were found to be filled with household waste, potentially contaminating residents' water sources.

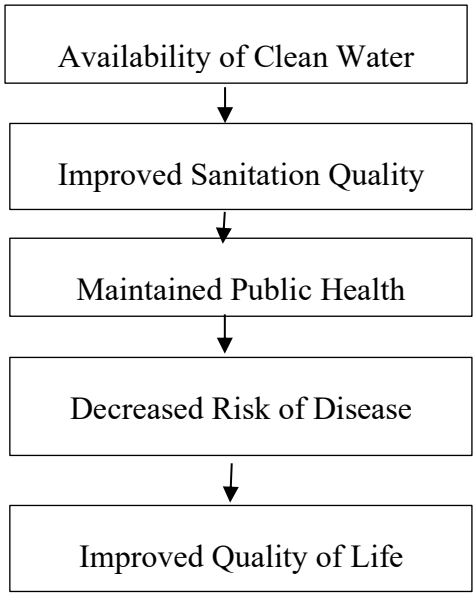
These findings support research by Sholahuddin and Rodhi (2024), which explains that public education regarding the importance of maintaining clean water is essential to increase public awareness of environmental health. Public awareness is a crucial factor in maintaining the sustainability of clean water sources for daily life.

DISCUSSION

The Impact of Clean Water on Public Health

Discussion Chart

Clean water plays a fundamental role in maintaining public health because it is used in various daily activities such as drinking, cooking, bathing, and sanitation. The availability of clean water helps reduce exposure to disease-causing microorganisms and supports better environmental hygiene. Communities with adequate access to clean water generally experience lower rates of waterborne diseases and enjoy a better quality of life. Therefore, the relationship between clean water availability and public health can be illustrated as follows.



Clean water is closely linked to public health because it is used in almost all daily activities. Research shows that people who use clean, high-quality water tend to have more stable health than those who use water of poor quality. This finding demonstrates that water quality significantly determines the health of individuals and the community as a whole.

Observations indicate that several community water sources are contaminated by household waste and poor environmental sanitation. These conditions cause the water to become cloudy and smelly, potentially leading to various diseases. According to the World Health Organization, contaminated water can spread diseases such as diarrhea, cholera, and skin infections. Therefore, clean water quality must be maintained to ensure it meets health standards.

Interviews with the community indicate that the use of unclean water causes health problems, especially in children. This condition indicates that children are more vulnerable to the negative impacts of using contaminated water (Nisa et al., 2021). These findings align with research explaining that water quality and sanitation are closely linked to an increased risk of disease in children.

In addition to impacting physical health, limited clean water also impacts household environmental hygiene. When access to clean water is limited, people tend to reduce water use for cleaning, resulting in poor sanitation. A dirty environment can accelerate the spread of disease-causing bacteria and viruses.

From an environmental health theory perspective, good environmental quality is greatly influenced by the availability of clean water. Clean water is a key factor in maintaining the cleanliness of the body, food, and the surrounding environment. If water quality is poor, the risk of environmental pollution and public health problems increases.

Research findings also indicate that people are beginning to recognize the importance of boiling water before drinking. This awareness represents a simple effort by the public to reduce the risk of disease caused by contaminated water. However, these efforts are not fully effective if the water source being used is heavily polluted.

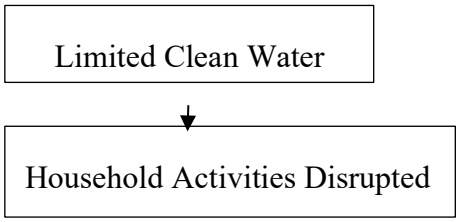
According to the theory of basic human needs, clean water is a primary need that must be met to sustain life (Salilama et al., 2018). Without clean water, humans will experience difficulties in maintaining health and meeting daily biological needs. Therefore, the provision of clean water must be a primary concern in public health development.

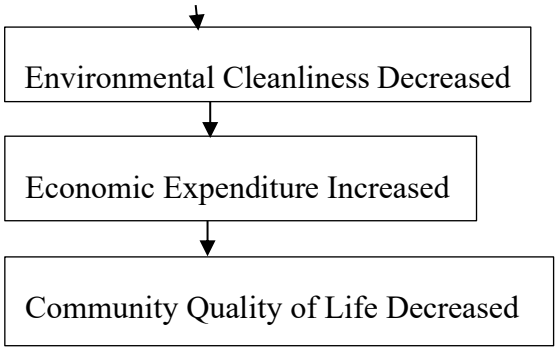
Based on this discussion, it is clear that clean water has a significant impact on public health. The availability of clean water can reduce the risk of disease, improve environmental sanitation, and create a healthier community. Therefore, the management of clean water sources and increasing public awareness of the importance of maintaining water quality must be carried out sustainably.

The Impact of Limited Clean Water on Daily Life

Discussion Chart

Limited access to clean water affects not only health but also the continuity of daily activities. Water shortages can disrupt household tasks, reduce environmental cleanliness, increase household expenses, and lower community productivity. These impacts demonstrate that clean water is an essential resource that supports social and economic activities within the community. The relationship between limited clean water and daily life impacts is illustrated below.





The research results show that limited clean water has a significant impact on people's daily lives. Water is a primary need used for various household activities such as cooking, washing, bathing, and cleaning the environment. When access to clean water is disrupted, community activities are also hampered.

Based on observations, communities must conserve water when the water supply is reduced. This situation results in several household activities being unable to perform optimally. For example, people reduce the frequency of washing clothes or cleaning the environment due to the limited water supply.

Interviews revealed that some residents must fetch water from considerable distances when their main water source is disrupted. This situation requires additional energy and time, impacting community productivity in carrying out daily activities. These findings demonstrate that access to clean water is closely related to the efficiency of community life.

Besides impacting household activities, limited clean water also impacts the community's economic situation. Some residents must purchase clean water to meet their daily needs, especially during the dry season. This additional expense places an economic burden on families from lower-middle income backgrounds.

According to social welfare theory, the fulfillment of basic needs, such as clean water, significantly impacts a community's well-being. When basic needs are not met, the community's quality of life declines (Rohmah & Bariyah 2012). Therefore, access to clean water is crucial for creating social welfare.

Research also shows that limited clean water leads to a decline in environmental cleanliness. An unclean environment can increase the risk of disease and reduce the comfort

of life for the community. This situation demonstrates that clean water serves not only to meet individual needs but also to maintain the quality of the social environment.

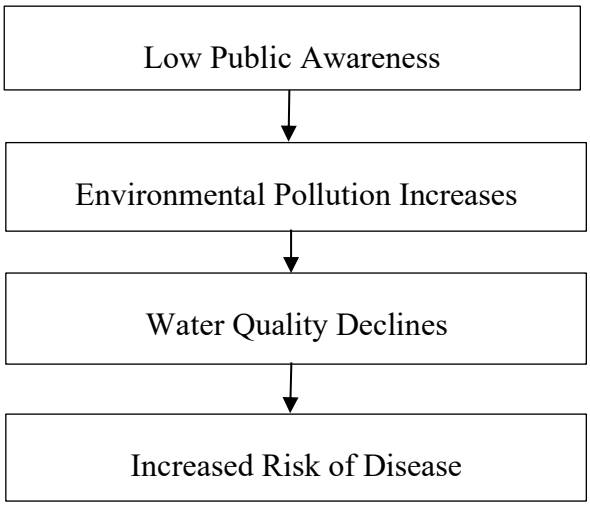
Clean water is a crucial factor in supporting productive community activities. When water access is disrupted, economic and social activities will also be hampered (Alihar, 2018).

Based on this discussion, it is clear that limited clean water has a broad impact on people's daily lives. These impacts include disruption of household activities, increased economic expenditure, decreased environmental cleanliness, and a decline in the overall quality of life of the community.

Public Awareness in Maintaining Clean Water Quality

Discussion Chart

Public awareness is an important factor in preserving the quality and sustainability of clean water sources. Positive behaviors such as proper waste disposal, environmental cleaning, and protection of water sources can help maintain water quality. Conversely, low environmental awareness may increase pollution and health risks. The relationship between public awareness and clean water quality is presented in the following diagram.



Public awareness is a crucial factor in maintaining clean water quality in the surrounding environment. Research shows that some residents are aware of the importance of maintaining a clean environment and water sources. However, some residents still dispose of trash and household waste carelessly, potentially contaminating water sources.

Observations indicate that several drains in the community are filled with household waste. This condition causes water flow to become clogged and leads to

environmental pollution. If this situation continues, clean water quality will further decline and endanger public health (Kinder et al., 2025).

Interviews indicate that some residents understand the importance of maintaining a clean environment to protect water sources. They regularly engage in community service and clean drains. These activities demonstrate the community's commitment to the sustainability of clean water sources (Okumah, 2020).

However, research also shows that public awareness is not evenly distributed. Some people still lack an understanding of the impact of environmental pollution on water quality. This situation highlights the need for education and outreach regarding the importance of maintaining a clean environment and water sources.

According to environmental behavioral theory, public behavior significantly influences the quality of the surrounding environment. If the public has high environmental awareness, the quality of the environment and water sources will be better maintained. Conversely, low public awareness can lead to environmental damage and water pollution.

Research explains that public education about the importance of clean water can increase public awareness of maintaining environmental quality (Rahman & La Patilaiya 2018). Education is a crucial step in developing public behavior that is more concerned about environmental cleanliness.

The research also shows that cooperation between the community and the government is essential to maintaining clean water quality. The government needs to provide adequate sanitation facilities and monitor environmental pollution. Meanwhile, the community must be aware of the need to collectively maintain environmental cleanliness.

Based on the above discussion, it is clear that public awareness significantly impacts clean water quality. The greater the public's awareness of environmental protection, the better the quality of clean water will be maintained. Therefore, environmental education and social cooperation need to be continuously enhanced to ensure the sustainability of clean water sources for community life (Pinar Keskin, Gauri Kartini Shastry, 2011).

CONCLUSIONS AND SUGGESTIONS

Public awareness is an important factor in preserving the quality and sustainability of clean water sources. Positive behaviors such as proper waste disposal, environmental

cleaning, and protection of water sources can help maintain water quality. Conversely, low environmental awareness may increase pollution and health risks. The relationship between public awareness and clean water quality is presented in the following diagram.

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