



Clean Home, Healthy Family: Unveiling the Link Between Cleanliness and Health

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Abstract: This work aims to investigate how household cleanliness affects family health from multiple dimensions, including physical, mental, and social aspects. Using a literature study method, this article explores how a clean home environment contributes to disease prevention, emotional stability, and positive family interactions. Findings reveal that maintaining cleanliness such as proper waste disposal, access to clean water, hygienic food preparation, and organized living spaces plays a crucial role in reducing health risks and improving the quality of life. Physically, clean environments prevent infections and promote healthy routines. Mentally, tidy spaces lower stress levels and support emotional well-being by offering a sense of control and comfort. Socially, cleanliness encourages cooperation, respect, and bonding among family members. The results emphasize that cleanliness is not merely about appearance, but is fundamental to sustaining overall family wellness. This study concludes that a consistently clean and well-maintained household significantly enhances the physical, mental, and social health of its members, making it a critical component of family resilience and harmony.

Keywords: Family health; Household cleanliness; Hygiene; Mental health sanitation

Introduction

Household cleanliness is a fundamental aspect that is often overlooked, yet it plays a significant role in influencing both the physical and mental health of family members. A clean home environment not only fosters comfort but also acts as a first line of defense against various infectious diseases and health disorders (Irawati, 2019; Ariandini, 2022). In this context, it is important to explore how the condition of household cleanliness can impact the overall well-being of a family.

This work aims to investigate how household cleanliness affects family health from multiple dimensions, including physical, mental, and social aspects. By examining the home as a central space where health behaviors are formed and sustained, this study emphasizes the significance of clean living conditions in preventing illness, supporting mental stability, and promoting a healthier lifestyle overall ((Irawati, 2019;

Ariandini, 2022). The goal is to highlight the importance of clean home environments as a foundation for long-term family well-being.

The concept of a clean home has long been associated with the promotion of health and well-being. A healthy family environment is not only determined by adequate nutrition and medical care but also by the quality of hygiene practices within the household. Studies in public health have consistently highlighted that cleanliness plays a pivotal role in reducing the risk of communicable diseases, improving indoor air quality, and fostering psychological comfort (World Health Organization [WHO], 2020). In many cultures, domestic cleanliness is regarded as both a practical necessity and a moral responsibility, reinforcing its multifaceted impact on human health.

Despite growing awareness, inadequate household hygiene continues to be a challenge in both developed and developing nations. Poor sanitation, clutter, and accumulation of dust or microbial agents indoors are

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linked to respiratory illnesses, gastrointestinal infections, and allergic reactions (Bloomfield et al., 2016). Furthermore, children and elderly individuals are especially vulnerable to health risks arising from unclean living conditions due to their relatively weaker immune systems. Research underscores that the maintenance of cleanliness is not merely a matter of aesthetics but an essential preventive health measure that significantly contributes to lowering disease burden and health expenditures (Prüss-Ustün et al., 2019).

In addition to its physical health benefits, household cleanliness has also been associated with improved mental health outcomes. A well-maintained living space enhances family members' sense of comfort, reduces stress, and promotes positive social interactions (Saxbe & Repetti, 2010). The relationship between cleanliness and health is therefore multidimensional, encompassing physiological, psychological, and social dimensions of well-being. Against this backdrop, this study seeks to unveil the intricate link between domestic cleanliness and family health, highlighting its implications for public health promotion and sustainable lifestyle practices.

Method

This study adopts a qualitative research design using a literature review method. The purpose is to explore the relationship between household cleanliness and family health based on existing academic research. Data were collected exclusively from scientific journal articles accessed through Google Scholar.

The selection process involved identifying relevant peer-reviewed articles published within the last ten years. Keywords such as "household cleanliness," "family health," "home hygiene," and "disease prevention" were used to retrieve articles that specifically addressed the link between home environments and health outcomes. Only articles published in reputable journals and written in English or Indonesian were included.

The collected literature was analyzed qualitatively to identify recurring themes, concepts, and findings that support the understanding of how cleanliness in the home environment contributes to family health. This approach allows for a comprehensive synthesis of current knowledge without conducting new empirical research.

Result and Discussion

Home Cleanliness and Sanitation Standards

A clean and healthy home environment refers to a living space that promotes the physical, mental, and

social well-being of its occupants through the implementation of proper hygiene and sanitation practices (Ariandini, 2022; Irawati, 2019; Maharani, 2021; Situmeang, 2024). This includes not only maintaining visible cleanliness but also preventing the spread of diseases, ensuring comfort, and supporting emotional stability (Al Jihad, 2025; Muslikhin, 2021; Nubatonis, 2019). A hygienic household does not just reflect personal discipline. It becomes a foundation for long-term family health (Aisyah, 2024; Pangestika, 2021).

To achieve such a standard, several key components must be consistently maintained:

a. Surface and Floor Cleanliness

Regular removal of dust, dirt, and stains from floors, furniture, and walls helps prevent the accumulation of allergens and pathogens that can cause illness (Park, 2019; Sudarmayasa, 2022).

b. Clean Water Access

Safe and sufficient water supply is essential for drinking, cooking, bathing, and cleaning purposes. It reduces the risk of waterborne diseases (Angraini, 2021; Rosadi, 2023).

c. Proper Waste Disposal

Trash must be disposed of regularly and appropriately to prevent pest infestation and the spread of harmful bacteria (Arpandi, 2023; Khoiriyah, 2021).

d. Hygienic Food Preparation Areas

Kitchens and dining areas should be kept clean, with cooking tools and surfaces sanitized to avoid food contamination (Arifin, 2025; Pramana, 2021).

e. Separation of Clean and Dirty Areas

Bathrooms and toilets should be clearly separated from kitchens and food storage areas to avoid cross-contamination (Okpala, 2019; Rutala, 2023).

f. Ventilation and Natural Lighting

Proper airflow and adequate sunlight reduce indoor humidity, discourage mold growth, and improve air quality – helpful in preventing respiratory infections (Hartina, 2024; Mariana, 2017).

g. Pest and Chemical Safety Management

Homes should be kept free from insects and rodents, while cleaning products must be stored safely, away from children and food supplies (Nurgahayu, 2023; Zulkarnain, 2021).

h. Frequent Cleaning of High-Touch Surfaces

Areas such as doorknobs, switches, faucets, and handrails should be cleaned routinely as they are high-risk for harboring germs (Jangga, 2022; Permana, 2021).

Adhering to these standards ensures that the home becomes a safe and nurturing space, preventing illness and fostering overall family well-being.

Family Health

Family health is a holistic condition where all members of the household experience physical vitality, mental stability, and healthy social interaction. It is not merely the absence of disease, but the ability of the family to function as a cohesive unit that supports each member's well-being across all aspects of life.

a. Physically Health

Physical health forms the basic foundation for a functioning and resilient family. When all household members are physically well, they can engage fully in daily tasks and support each other effectively. Good nutrition, consistent exercise, personal hygiene, and sufficient rest play a vital role in keeping the body strong and energetic (Hidayati, 2021). Families that develop healthy routines such as regular meals, physical activities, and proper cleaning habits tend to maintain better physical well-being in the long term (Prayogi, 2017).

An interesting fact is that most health problems in families do not arise from genetics alone, but from lifestyle and household environment (Sugiarto, 2022). Clean homes with proper sanitation and access to safe water can greatly reduce the chances of infectious diseases. Children who grow up in households with strong physical health practices are not only more active but are also less likely to suffer from chronic illnesses later in life. Therefore, a physically healthy family is one that invests in preventive care and builds habits that support vitality across generations (Sintania, 2023).

b. Mental Health

Mental health in the family is closely linked to the cleanliness and organization of the home environment. A tidy and well-maintained space contributes to emotional stability by reducing visual stress, improving mood, and fostering a sense of control and security stress (Sihombing, 2024). Clean surroundings encourage calmness and make daily routines more manageable, which can be especially important in reducing the buildup of stress or tension among household members (Rosmalina, 2022). When the home is clutter-free and hygienic, family members are more likely to engage in open communication and emotional connection, as the physical environment does not contribute to mental overload.

Interestingly, an unkempt or chaotic home can subtly impact mental health, often without being noticed. A messy, dirty space can elevate stress levels, disrupt sleep, and even contribute to anxiety or irritability. In contrast, homes that are regularly cleaned

and organized promote psychological comfort, encourage healthy habits, and make it easier to establish boundaries and emotional balance. Thus, a clean home does not just reflect physical health but also plays a vital role in shaping mental resilience and harmony within the family (Andhika, 2025).

c. Social Health

Social health within a family is closely connected to the cleanliness and orderliness of the home. A tidy living environment creates a comfortable and inviting atmosphere where family members are more likely to engage in shared routines, communicate effectively, and cooperate in daily responsibilities. When the home is organized and clean, it helps reduce stress and distractions, allowing respect, empathy, and teamwork to flourish. Participating in cleaning tasks together can strengthen bonds and highlight each member's role in maintaining a harmonious living space (Natsir, 2019).

In contrast, a neglected or unclean home often leads to tension, misunderstanding, and a lack of motivation to spend time together. Clean and pleasant surroundings encourage quality interactions, such as enjoying meals as a family or relaxing in shared areas, which are essential for developing social skills and emotional connections. A clean household supports social well-being by providing a stable environment where positive behavior and values can grow, making the family more united and emotionally resilient.

Conclusion

This literature study demonstrates that home cleanliness significantly influences overall family health. A clean and organized living environment reduces the risk of disease, enhances physical comfort, and supports emotional stability among household members. Good sanitation practices, including surface hygiene, access to clean water, and proper waste management, form a vital foundation for a healthy home. Beyond physical benefits, a clean home also supports mental and social well-being. An orderly space provides a sense of safety and calm that fosters healthy communication and family togetherness. Therefore, home cleanliness is not only a matter of personal discipline but also a key pillar of holistic family wellness.

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Conflicts of Interest

The authors declare no conflict of interest. The funders had no role in the design of the study; in the collection, analyses, or interpretation of data; in the writing of the manuscript; or in the decision to publish the results.

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