

Socialization of the Role of Parents in Understanding the Prevention of Diarrhea in Toddlers at the Rasabou Community Health Center, Hu'u Dompu District, Nysa Tenggara Barat

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Abstract

Background: The incidence of diarrhea is still high in the Rasabou Health Center Working Area in 2020, namely 205 (18%). This can be seen from the increase in prevalence Nationally, from 2019 (7.8%), diarrhea sufferers who received service coverage for all ages averaged 44.3% of the target number, namely 83,358, diarrheal disease services for toddlers were 29,083 (23.2%). The aim of the research is to socialize the role of mothers in understanding the prevention of diarrheal disease in toddlers. Method: This research was carried out in the working area of the Rasabou District Health Center, Hu'u Dompu NTB qualitatively, involving 6 informants consisting of 4 main informants, 2 supporting informants. Data collection was carried out using in-depth interviews and observations such as knowledge, attitudes, clean water facilities, living environment, role of family support, support from health workers. Results: This study found that informants' knowledge of the meaning of preventing diarrhea in toddlers was still low. The attitude towards preventing diarrhea is good, the average informant's education ranges from junior high school to bachelor's degree, monthly income ranges from 1-3 million rupiah, clean water facilities generally come from dug well water, the living environment is good, they get support from their family or husband, while health workers do not play an active role in providing education to the community. Conclusion: This study found that mothers' behavior towards preventing diarrhea is said to be still not good because of the mother's low knowledge regarding the meaning of diarrhea prevention and low support from health workers who do not provide counseling or information regarding prevention and how to deal with it.

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1. INTRODUCTION

Diarrheal diseases is an endemic disease with the potential for Extraordinary Events (KLB) which is often accompanied by death in Indonesia. (WHO, 2020)

Because morbidity and mortality are still high, every year there are around 2 billion cases of diarrhea in the world and 1.9 million children under 5 years old die from diarrhea. More than half of deaths in children under five caused by diarrhea occur in developing countries such as India, Nigeria, Afghanistan, Pakistan and Ethiopia. Every year 25.2% of children under five in Indonesia die due to diarrhea. (Nadeak, 2019).

According to the results of the 2020 Indonesian Demographic and Health Survey (SDKI), there have been 74 cases of neonatal deaths, amounting to 6.23 per 1,000 live births and 116 post-neonatal deaths, amounting to 9.78 per 1,000 live births. Indonesia's target (RPJMN 2024) is the Neonatal Mortality Rate (AKN) of 10 per 100,000 live births, the Infant Mortality Rate (IMR) of 16 per 100,000 live births. The Sustainable

Development Target (TPB/SDGs) or Global Target 2030 IMR is 12 per 100,000 live births and AKN 7 per 1,000 live births. (RI Ministry of Health, 2020).

In carrying out prevention efforts and efforts to ensure that children avoid the bad effects of diarrhea such as dehydration, malnutrition and the risk of death, good maternal knowledge about diarrhea is very necessary. A low level of knowledge will cause mothers of toddlers to be unable to make efforts to prevent or treat children with diarrhea. The results of Sulisnadewi et al.'s research show that the lack of knowledge of caregivers of toddlers about oral dehydration can increase the child's risk of becoming dehydrated and being hospitalized. (Sulisnadewi, *at, all*, 2012).

Based on the research results, it was found that the p -value was 0.000, meaning the p -value < 0.05 , indicating that there was a relationship between mothers' attitudes towards the incidence of diarrhea in toddlers.

According to Notoadmodjo, action is an important component that determines a person's health behavior. Good actions are caused by education. A mother's education influences her toddler's search for health facilities and actively participating in counseling because educated mothers tend to take better care of their toddler's health and cleanliness. (Notoatmodjo, 2014).

Diarrhea often attacks toddlers and if no further treatment is taken it will cause dehydration which can result in death. Many risk factors are thought to cause diarrhea in toddlers. Environmental factors which include clean water facilities, latrine sanitation, house conditions, drinking water quality and poor personal hygiene can cause cases of diarrhea in toddlers. (Yuriati, 2018).

The health promotion strategy that has been carried out by the Rasabou Community Health Center for the prevention and control of diarrheal diseases is data collection activities to find out public health data in the working area of the Rasabou Community Health Center which is obtained by carrying out monitoring and recording activities such as cases of diarrhea, then mapping potential outbreak areas (Extraordinary Event) diarrhea with existing data and discussed at the MMD village consultation meeting (Village Community Conference). At MMD, education is also provided regarding the problem of diarrhea, symptoms, how to prevent it, and how to deal with diarrhea. (Hastia & Ginting, 2019).

This research was conducted to analyze maternal behavioral factors regarding the prevention of diarrheal disease in toddlers in the Rasabou Community Health Center Working Area, Kec. Hu'u 2021.

2. METHOD

This research was carried out in the Rasabou Community Health Center Working Area, Kec. Hu'u used a qualitative descriptive method. The selection of informants in this study was carried out using a purposive sampling method, involving 7 informants consisting of 5 main informants (mothers with toddlers), 2 supporting informants (person in charge of the diarrhea program and husband or family). Data collection was carried out using in-depth interviews and observations. The variables studied were knowledge, attitudes, clean water facilities, living environment, the role of family support, support from health workers with the measuring tools used, namely interview guides, voice recorders and observation sheets. (Notoatmodjo, 2019).

3. RESULTS

Knowledge From the results of in-depth interviews with key informants regarding the understanding and prevention of diarrhea, the following statements were obtained:

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"Prevention of diarrhea means preventing... eeee preventing the baby from getting diarrhea, don't let him spend too much, what is it called, the liquid runs out due to diarrhea" (IU 1)

"HMMMMM, that was yesterday... I was immediately given prevention of diarrhea... eeee I was immediately given ORS... The disease was prevented. "HMMMM, if you have diarrhea then you will be given ORS" (IU 2)

"Prevention of diarrheaeeeee... If you usually give wind oil, drink warm tea. The prevention is that if it's at night, usually you give wind oil, so you don't catch a cold. It's made for when you want to sleep with eucalyptus oil, long pants, long clothes, and a fan that's not too strong either. Because diarrhea starts from catching a cold" (IU 3)

"Preventing diarrhea means keeping it clean, right... It prevents it, right? Cleanliness comes first. About food.... Eeeeeee the precautions regarding drinks the milk, the milkaaaa..." (IU 5)

Apart from that, most of the main informants knew how to prevent diarrhea with the following statements:

"Prevention means we have to keep the food clean, the environment... the food is healthy... that's it don't give food carelessly" (IU 2)

"Prevention is hygiene, that's what mothers do first, cleanliness regarding food. He prevented it, right? So that it doesn't happen before diarrhea, that's how it is. "Regarding the food, you can see whether it's clean or not" (IU 5)

Apart from that, all informants know the characteristics of children who are experiencing diarrhea. This is in accordance with the following statement:

"Well, usually when I'm a baby, my child usually has diarrhea. If he's had diarrhea more than 3 times, it can be said to be diarrhea" (IU 1) "Look at his poop. The poop is runny, only water comes out. Sometimes up to 5 times, diarrhea continuously. Sometimes I want more" (IU 2)

"It's like being weak, defecating frequently... and the feces are creased. It's not certain if you say diarrhea, you can defecate four times... Four times" (IU 4)

"Yes, if he has diarrhea That's... Eee, it's like diarrhea, it's tired, lethargic and weak. If he has diarrhea 5-7 times, he has diarrhea. If he has diarrhea 5 times, it's diarrhea" (IU 5)

Apart from that, most informants also know that it is not enough just to fulfill the child's body fluid needs, but food needs must also be met. This is in accordance with the following statement:

"It's not just that, it's a need food too. Give solid food to children, it has nutrition" (IU 2) "It's still not enough... Not enough. The reason is because it often has to be given nutritious food too" (IU 4)

"No, no, how can it be fulfilled Just use fluids if he has diarrhea. Sometimes there are other things that must be fulfilled, such as food" (IU 5)

Apart from that, all informants know what types of food are good to give to children. This is in accordance with the following statement:

"Eat rice, don't make the rice too hard. Eeeeeee what is the name of the fruit that was given?

don't be too sour. HMMMM, yes, give me bananas for example, that's all" (IU 2)

"There must be nutritional adequacy... then don't just eat any snacks, you have to eat regularly.

That's all. Rice, ummmm fish" (IU3)

"Like vegetable food... vegetables, fruit. Hemmmm protein is just like that" (IU 4)

It was concluded that preventing diarrhea is usually by giving ORS and warm tea to

balance body temperature if diarrhea occurs at night. Apart from that, maintain the cleanliness of food and the environment where the baby usually activities.

Attitude

From the results of in-depth interviews with 5 main informants about how mothers prevent their children from getting diarrhea. This is in accordance with the following statement: (Azwar, 2013). "Taking care of food... eeee the environment must be clean... eeee what elseyeah that's it..... never minds.

(IU

2)

"Hmmm, how to wash your child's hands clean, protect the environment... Take care house cleanliness. That's it. "Hmmmmm, don't snack carelessly" (IU 4)

Apart from that, most informants said that they had to cook food and drink water first before consuming it. This is in accordance with the following statement:

"Eeee, usually when you use it, you usually try to make drinking water for babies, which has to be boiled, then all the food has to be cooked, don't take it for hours. You have to cook at least twice a day" (IU 1)

"From drinking, for children, it is often made with warm water. Yes, eat on a schedule, don't give adult food, make special food for children" (IU3)

"If I boil water First, wait until it boils. "The vegetables are like that too... Don't cook them too much... Eat whatever is cooked" (IU 4)

Apart from that, all informants said they washed their hands before giving food to children. This is in accordance with the following statement:

"Usually, if we want to give someone something to drink or eat, we have to wash our hands first.

Use soap, okay?" (IU 1)

"Wash your hands first when you want to give them food, but sometimes use soap, sometimes directly.

Hehehehe, that's all." (IU 3)

"Wash with soap, then give him food. Sometimes I tell him to wash his hands, my mother tells him to eat straight away" (IU 5)

It was concluded that, by maintaining the cleanliness of food and the environment where children are active, and ensuring that every food consumed by children is protected from various bacteria that cause diarrhea.

Clean Water Facilities

The results of in-depth interviews with 5 main informants found that the majority of informants used dug well water as the main water source. Apart from that, the supporting informant, namely PAM, who is responsible for the diarrhea program, also said the same thing, that the water source in the community uses dug wells and PAM water is used for household activities. Apart from that, most of the supporting informants (husbands of mothers who have toddlers) said that the source of drinking water came from dug wells. From the results of in-depth interviews with 5 main informants, the majority of informants said that the type of water used for food needs was gallon water. Based on the results observations, it was found that the majority of household clean water sources were Spring Catchers (PAM). With clear water quality, odorless and not cloudy. (Ginanjari, 2018).

Residential Environment

From the results of in-depth interviews with 5 main informants, all informants swept, cleaned the house to keep it clean and healthy every morning, afternoon and evening, then cleaned children's toys after use. Apart from that, the supporting informant, namely the person in charge of the diarrhea program, also said that not all people in the working area

of the Rasabou Community Health Center implemented PHBS. Based on the results of in-depth interviews with 5 main informants regarding the reasons why mothers should protect their living environment, such as throwing rubbish in its place, apart from that, most of the supporting informants, namely husbands of mothers who have toddlers, said that throwing rubbish in its place can maintain family health. (Ratnasari & Patmawati, 2019).

The Role of Family Support

From the results of in-depth interviews with 5 main informants regarding the role of family support in preventing diarrhea found that the majority of informants said that their husbands helped if their children had diarrhea. Apart from that, most of the supporting informants, namely husbands of mothers with toddlers, also said that they took their children for treatment to a health facility if they the child has diarrhea. Apart from that, most of the supporting informants, namely husbands of mothers who have toddlers, also said that the form of support given to children was by paying attention to and maintaining the child's eating patterns, such as forbidding children from snacking carelessly. (Hidayat, 2015).

Health Worker Support

From the results of in-depth interviews with 5 main informants regarding the role of health workers in providing counseling or information on preventing diarrhea, it was found that most of the informants said that they did not get information about preventing diarrhea from health workers either at the posyandu or at the puskesmas. However, they got the information when visiting health services outside the community health center. Apart from that, the supporting informant, namely the person in charge of the diarrhea program, said that efforts to implement PHBS took the form of counseling, which was carried out at posyandu twice a month. During the pandemic, this activity has not been carried out. (Afriani, 2017).

4. DISCUSSION

A. Knowledge

Based on the information obtained, informants usually prevent diarrhea by giving ORS and warm tea to balance body temperature if diarrhea occurs at night and maintain the cleanliness of food and the environment around the toddler. The results of this research are strengthened by Tumurang's theory I which states that knowledge is the result of knowing and this occurs after people sense a particular object. Without knowledge, a person has no basis for making decisions and determining actions regarding the problems faced. Sensing occurs through the five human senses, namely, the senses of sight, hearing, smell, taste and touch. But most human knowledge is acquired through the eyes and ears. (Tumurang, 2018).

This research is also in line with Jawang's research which stated that the level of research participants' knowledge about diarrhea was still lacking. The research participants' level of knowledge was only based on experience in caring for toddlers infected with diarrhea and did not really know the factors that cause diarrhea. (Jawang at, all, 2019).

The researcher's analysis shows that the lack of informant knowledge was caused by the majority of informants saying that they did not receive information/counseling regarding the prevention of diarrheal disease, due to the influence of the social environment such as peers, neighbors and family. The informant's lack of knowledge can have an impact on wrong behavior in acting. Informant behavior is directly related to the knowledge they have, because informants tend to behave in accordance with their

knowledge. (Ajzen & Sheikh, 2015)

B. Attitude

The informants revealed that they strive to keep food and the environment clean, and ensure that every meal consumed by children is protected from various bacteria that cause diarrhea. This research is strengthened by Notoatmodjo's theory which states that attitude is a person's reaction or response which is still closed to a stimulus or object. This attitude cannot be seen directly, but can only be interpreted first from closed behavior. Attitude clearly shows the connotation of appropriate reactions to certain stimuli. In everyday life it is an emotional reaction to social stimuli. (Azwar, 2013).

This research is also in line with Nadeak's research which states that mothers with a positive attitude handle diarrhea in toddlers well, such as washing their hands first before processing food and before feeding the child. (Purnama, 2017)

The researcher's analysis shows that the informant's attitude is good in preventing diarrheal disease. This can be seen from the informants maintaining their diet, managing drinking water by boiling it first, washing their hands before and after giving children food and keeping the surrounding environment clean. Maternal attitudes are related to age, seen from the lack of initiative of mothers who are too young to seek information because they are not ready to have children. (Nadeak, 2019).

C. Clean Water Facilities

It can be concluded that the clean water facilities commonly used by parents include bottled water and PAM water, and parents cook it first before giving it to their children. The results of this research are strengthened by WHO which states that having clean water facilities is important to reduce the risk of diarrhea because most of the infectious germs that cause diarrhea are transmitted through the fecal-oral route. Germs can be transmitted if they enter the mouth through fluids or objects contaminated with feces, so the use of a latrine has a big impact in reducing the risk of diarrhea. (Hidayat, 2015).

This research is also in line with Ginanjar's research which states that the availability of clean water sources is an effort to improve the level of public health. Environmental health is organized to realize A healthy environment, namely a condition that is free from risks that endanger the health and safety of human life. Environmental health includes water sanitation, namely securing and determining water quality for various needs and human life. (Tumurang, 2018).

The researcher's analysis shows that clean water facilities in the community are already available. Most informants use dug well water as the main water source and treat drinking water by boiling it until it boils. In some communities, the quality of clean water still smells, is cloudy and is not clear, so it must go through a sedimentation process first so that the water has clear water quality. . (Jawang at, all, 2019).

D. Residential Environment

It can be concluded that by maintaining the cleanliness of the living environment and classifying each type of rubbish and throwing it away in a specially provided place until the rubbish is removed by the cleaning staff. The results of this research are strengthened by Purnama's theory which states that environmental health problems are a problem that receives quite a lot of attention. Because disease can arise and infect humans because of an unfavorable environment. It can even cause the death of humans themselves. (Afriani, 2017).

This research is also in line with Hidayat's research which states that environmental conditions around the community such as waste disposal facilities, MCKs (Toilet Washing Baths) and Waste Water Disposal Channels (SPAL) are related to the

incidence of diarrhea. If rubbish is piled carelessly, it can become a nest for flies and mice. Improper disposal of feces makes it easier for certain diseases to spread through feces, including diarrhea. Waste water is dirt from the community, households and also comes from industry, ground water, surface water and other waste. (Hidayat, 2015).

The researcher's analysis shows that all informants sweep, clean the house to keep it clean and healthy every morning, afternoon and evening, then clean children's toys after use. Most of the informants have maintained their living environment by cleaning their yards and throwing rubbish in the place provided in their yard, where it will then be picked up by rubbish officers. (Hidayat, 2015).

E. Family support

It can be concluded that by increasing the awareness of family members to care about diarrhea, as well as reminding them not to litter and supervising children's activities, taking children to health facilities and stocking up on ORS if they have diarrhea. The results of this research are strengthened by Azwar's theory which states that support is encouragement or assistance. Family social support is a process that occurs throughout life, the nature and type of social support varies in various stages of the life cycle. Family social support refers to social supports that are viewed by family members as something that can be accessed or provided for the family (family support may or may not be used, but family members perceive that supportive people are always ready to provide help and assistance if needed). (Hidayat, 2015).

This research is in line with Nadeak's research which states that the lack of support from the family can be seen from the lack of family providing encouragement to the mother when the child experiences diarrhea, the family or husband not taking part in looking after the child or helping to care for the child if he experiences diarrhea, the family does not help prepare ORS when there is children with diarrhea. There are also families who do not want to take the mother and child to health workers for treatment when the child has diarrhea. (Nadeak, 2019).

The researcher's analysis is that the support provided by the informant's family was quite good. This can be seen from the husband helping if the child has diarrhea, such as accompanying the informant to take the child to a health service facility. (Nadeak, 2019).

F. Health Worker Support

It can be concluded that by improving the PHBS program in the community and providing education about the importance of clean and healthy living, increasing the role of the community in working together to maintain a clean environment will improve the health status of children under five and avoid diarrhea. The results of this research are strengthened by Ajzen's theory which states that support from health workers in TRA is included in subjective norms. A person's normative beliefs reflect the impact of subjective norms which will refer to a person's beliefs about how and what people who are considered important by the individual (referent persons) think and a person's motivation to follow that behavior. (Afriani, 2017).

This research is in line with Afriani's research which states that health workers play less of a role in efforts to prevent diarrheal disease. This can be seen from the absence of counseling by providing instructions if someone in the family suffers from diarrhea to immediately give them plenty to drink by explaining the need to drink a lot when a child has diarrhea. (Afriani, 2017).

The researcher's analysis shows that informants did not receive information regarding diarrhea prevention from health workers either at the posyandu or at the puskesmas. However, they get information when visiting health services outside the

community health center. Mothers who receive support from health workers have a chance of successfully preventing diarrhea in toddlers. (Afriani, 2017).

5. CONCLUSION

Mother's behavior towards preventing diarrhea is said to be still not good. This is caused by low knowledge of mothers regarding the meaning of diarrhea prevention and low support from health workers who do not provide counseling or information regarding prevention and how to deal with diarrheal diseases.

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