
RELATIONSHIP BETWEEN MOTHER'S KNOWLEDGE ABOUT CLEAN AND HEALTHY BEHAVIOR (PHBS) AND DIARRHEA IN CHILDREN AGED 0-3 YEARS AT THE AEK NAULI HEALTH CENTER IN PEMATANGSIANTAR

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Abstract

The incidence of diarrhea is the inadequate provision of clean water, water contaminated with feces, lack of sanitation facilities, unhygienic disposal of feces, dirty personal and environmental hygiene, and inappropriate food preparation and storage. Many factors directly or indirectly become factors driving the occurrence of diarrhea, consisting of agent, host, environment and mother's lack of knowledge about clean and healthy living behavior. The purpose of this research is to find out the relationship between mother's knowledge about clean and healthy living behavior (PHBS) and the incidence of diarrhea in children aged 0-3 at the Aek Nauli Health Center in 2017. This type of research is descriptive quantitative with a cross-sectional research design. The population in this study were all mothers who had children aged 0-3 years who came to visit the Aek Nauli Health Center in 2017 with an average monthly visit of 30 people. Sampling using a total sampling technique of 30 people. Based on the results of the study, the majority of mothers' knowledge about PHBS at the Aek Nauli Health Center had less knowledge, as many as 22 people (73,300). The majority of respondents reported that the incidence of diarrhea at the Aek Nauli Health Center was 25 people (83 30). For this reason, it is hoped that mothers will increase their knowledge about PHBS by seeking more information, especially from health workers so that the incidence of diarrhea in children is reduced.

Keywords: Knowledge of Mothers, PHBS, Incidence of Diarrhea in Children Aged 0-3 Years

INTRODUCTION

Realizing health is basically carrying out health efforts by the Indonesian people to live healthy for every life in order to realize optimal public health status as one of the elements of general welfare of the national goal, one of the policies in the framework of achieving this is to increase health efforts. Diarrhea is currently a problem that can be found throughout the world. According to WHO, diarrhea is defecation in liquid form more than three times in one day. In developing countries, the spread of diarrhea cases is high due to several factors, namely poor environmental sanitation conditions, insufficient supply of clean water, poverty and low education (WHO, 2010).

The incidence of diarrhea in children in the world reaches 1 billion cases each year, with around 5 million deaths. Statistics in America record that every year there are 20-35 million cases of diarrhea and 16.5 million of them are toddlers (Pickering, 2005). Diarrheal disease in Indonesia, around 162 thousand children under five die every year, around 460 children under five every day. From the results of the Household Health Survey (SKRT) in Indonesia, diarrhea is the number 2 cause of death for toddlers and number 3 for infants and number 5 for all ages (Umar. 2007).

Diarrhea is more dominant in toddlers because their immune system is still more, so toddlers are very vulnerable to the spread of diarrhea-causing bacteria. If diarrhea is

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accompanied by continuous vomiting it will cause dehydration (lack of fluids). This is what you should always watch out for because it often happens | delay in aid and result in death. Dehydration that occurs in infants or children will quickly become severe. This is because a child is lighter than an adult. So the body fluids are relatively less, so if you lose even a little fluid it can interfere with your vital organs. Moreover, the child also has not been able to communicate his complaints, so it is not easy to detect them. Dehydration will get worse if it is coupled with other complaints such as diarrhea and heat due to loss of body fluids through evaporation. Cases of under-five deaths due to dehydration are still . often found and usually occurs due to the inability of parents to detect these danger signs. (Cahyono, 2010) "

There are several factors related to the incidence of diarrhea, namely inadequate provision of clean water, water contaminated with feces, lack of clean water facilities, unhygienic disposal of feces, dirty personal and environmental hygiene, and inappropriate food preparation and storage (Sander, 2005).). Many factors directly or indirectly become factors driving the occurrence of diarrhea, consisting of agent, host, environment and mother's lack of knowledge about clean and healthy living behavior. Where the mother is still lacking in terms of cleanliness, namely using unclean pacifier bottles, not washing her hands with clean water and soap.

Mother's knowledge is very influential in everyday life where the mother plays a direct role in the growth and development of toddlers. The role of the mother is to maintain cleanliness so as to avoid diarrheal diseases. If a toddler has diarrhea, the actions that the mother takes will determine the course of the disease. Mothers who always maintain cleanliness will protect their children from contamination by germs, both those found in the food and drinks they consume. Mother's clean habits, such as washing hands before eating, will protect toddlers from germs that were attached to the mother's hands before. Based on the phenomenon above, the researcher is interested in examining the relationship between mother's knowledge about clean and healthy behavior (PHBS) and diarrhea in children aged 0-3 years at the Aek Nauli Health Center in 2017.

Formulation of the problem

Based on the background described above, the formulation of the problem in this study is Is there a relationship between Mother's Knowledge about Clean and Healthy Behavior (PHBS) and Diarrhea in Children Aged 0-3 at the Aek Nauli Health Center in 2017.

METHODS

Types of research

The type of research used is descriptive quantitative research using a cross-sectional approach, namely research by measuring or observing at the same time (Hidayat, 2009).

Research sites

This research was conducted at the Aek Nauli Health Center.

Research time

This research was conducted in July - September 2017.

Data analysis

Univariate analysis

This analysis can be used to explain or describe the characteristics of each research variable.

Bivariate Analysis

Bivariate analysis was used to determine the relationship with the incidence of diarrhea by using the Chi square test.

Sample

The sample is part of the population being studied or part of the total characteristics possessed by the population (Nursalam, 2011). The sampling technique used in this study is to use total sampling, namely all members of the population are used as research samples. The number of samples is 42 cases.

RESULTS AND DISCUSSION

Child Age

The majority of the infants who were the respondents were aged 0-1 years, namely 16 people (53.3%).

Respondent Knowledge

Based on the results of the study, it was shown that the majority of respondents L lacked knowledge of 73.3%, from the results of the questionnaire it can be seen that mothers do not understand PHBS. Mother's knowledge is the dominant factor. in influencing the incidence of diarrhea in infants. Knowledge of having Ga Pang similar to Mebensian reduces the incidence of diarrhea, mother's knowledge can affect the baby's health condition.

Diarrhoea

The results of the research on the distribution of diarrhea in children aged 0-3 years, namely there were 25 babies who had diarrhea (83.3%), while there were 5 babies who did not have diarrhea (16.7%). Babies who experience diarrhea are babies whose bowel movements experience a change in the consistency of the stool and defecate 3 times a day.

Diarrheal disease is a disease that can attack anyone and is a contagious disease so that anyone is at risk of getting diarrheal disease. Moreover, it is not supported by healthy sanitation behavior and environment. The distance between the water source and the toilet that is too close can cause contamination of the water source by *Escherichia coli* bacteria which is a bacteria that causes diarrhea.

Relationship Level of Knowledge with the Incidence of Diarrhea

The results showed that knowledge was related to the incidence of diarrhea, namely the level of knowledge of the mother who was lacking as many as 22 people (73.3%), resulting in the incidence of diarrhea, which continued to be as many as 25 people (83.3%). There were 6 (20.0%) who had adequate knowledge and their toddlers did not experience diarrhea, 2 (6.7%) had good knowledge and their toddlers had diarrhea.

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The statistical test results showed that the chi square value ($0.000 < 0.005$), it can be concluded that there is a significant relationship between mother's knowledge about maternal clean and healthy behavior and the incidence of diarrhea in infants aged 0-3 years.

So that H1 is accepted, which means that there is a significant relationship between knowledge and the incidence of diarrhea in toddlers at the Aek Nauli Health Center in Pematangsiantar. Knowledge will greatly support one's understanding of a disease including mother's knowledge of diarrheal disease which will be very helpful in preventing diarrheal disease in toddlers. Good knowledge will support good behavior, and vice versa, lack of knowledge will lead to negative behavior or behavior that does not support health efforts.

Success in preventing and controlling diarrheal diseases in the community is the result achieved by good knowledge which is manifested by activities/programs to prevent this disease. This is in accordance with what was conveyed by Notoatmojo (2007). That behavior based on a good knowledge will last longer and produce better things than behavior that is not based on a knowledge. The results of this study were also supported by Muhajirin's research, 2007, concerning the relationship between knowledge of mothers under five and the incidence of diarrhea in children.

CLOSING

Conclusion

Based on the results of research and discussion of the relationship between maternal knowledge and clean and healthy living behavior (PHBS) with the incidence of diarrhea in children aged 0-3 years at the Aek Nauli Health Center, the following conclusions can be drawn:

1. Of the 30 respondents, 22 mothers (73.3%) had knowledge.
2. Of the 30 respondents, the incidence of diarrhea in infants was 83.3%.
3. There is a relationship between knowledge and the incidence of diarrhea, this is indicated by the results of the chi-square test $P \text{ value} = 0.000 < 0.05$.

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