

FAKTOR YANG MEMENGARUHI KEJADIAN DIARE PADA BALITA USIA 6–59 BULAN DI WILAYAH KERJA PUSKESMAS JATIASIH TAHUN 2025

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Abstrak

Diare belum sepenuhnya teratasi dalam konteks kesehatan masyarakat, khususnya pada balita. Di wilayah kerja Puskesmas Jatiasih, Kota Bekasi, kasus diare balita meningkat selama tiga tahun terakhir, dengan puncaknya pada tahun 2024 sebanyak 986 kasus. Studi ini dimaksudkan mengidentifikasi faktor-faktor yang memengaruhi kejadian diare pada balita usia 6–59 bulan, rancangan studi menggunakan desain potong lintang. Sampel terdiri dari 117 ibu dengan balita yang dipilih melalui *simple random sampling*. Upaya menghimpun data dilakukan melalui kuesioner dan observasi, kemudian dianalisis hingga tahap multivariat dengan metode *cox regression*. Hasil menunjukkan bahwa 42 balita (35,9%) dari 117 balita mengalami diare. Riwayat ASI eksklusif (aPR 2,541; 95% CI: 1,267–5,096) dan praktik cuci tangan pakai sabun (CTPS) (aPR 4,817; 95% CI: 1,653–14,036) berhubungan signifikan dengan kejadian diare, dengan praktik CTPS ibu sebagai faktor paling dominan. Disarankan agar Puskesmas dan Posyandu mengoptimalkan program edukasi interaktif mengenai praktik CTPS kepada ibu yang memiliki balita, serta mengintensifkan kunjungan rumah ibu yang memiliki balita secara berkala guna memantau secara langsung penerapan CTPS Ibu. Selain itu, puskesmas mengadakan pelatihan konselor ASI bagi kader atau ibu yang berhasil menyusui diharapkan mampu membantu ibu lain yang mengalami kesulitan dalam pemberian ASI.

Kata Kunci: Balita, Diare, ASI Eksklusif, Praktik CTPS Ibu

FACTORS INFLUENCING THE INCIDENCE OF DIARRHEA AMONG TODDLERS AGED 6-59 MONTHS IN THE WORKING AREA OF PUSKESMAS JATIASIH IN 2025

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Abstract

Diarrhea remains a major public health issue, especially in toddler. In the working area of Jatiasih Public Health Center, Bekasi City, cases of diarrhea in children have increased over the past three years, peaking in 2024 with 986 cases. This study aimed to identify the factors associated with diarrhea among children aged 6–59 months using a cross-sectional design. A total of 117 mothers with children were selected through simple random sampling. Data were collected using questionnaires and observation sheets, then analyzed up to the multivariate stage using Cox regression. The results showed that 42 children (35.9%) out of 117 had experienced diarrhea. A history of exclusive breastfeeding (aPR 2.541; 95% CI: 1.267–5.096) and maternal handwashing with soap practices (aPR 4.817; 95% CI: 1.653–14.036) were significantly associated with the occurrence of diarrhea, with maternal handwashing behavior being the most dominant factor. It is recommended that the Public Health Center and Posyandu optimize interactive educational programs on proper handwashing practices for mothers with young children and intensify regular home visits to monitor their implementation. In addition, breastfeeding counselor training should be provided to Posyandu cadres or mothers with successful breastfeeding experience to support others facing challenges in exclusive breastfeeding.

Keyword: Toddler, Diarrhea, Exclusive Breastfeeding, Maternal handwashing with soap behavior