

HUBUNGAN TINGKAT PENGETAHUAN IBU DAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DENGAN KEJADIAN DIARE PADA BALITA DI PUSKESMAS KECAMATAN TAMBORA JAKARTA BARAT

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Abstrak

Sampai saat ini, diare masih dikategorikan sebagai masalah kesehatan utama pada balita. Kondisi ini menuntut penanganan yang cepat dan tepat guna mencegah risiko komplikasi serius, seperti dehidrasi berat, gangguan tumbuh kembang, hingga kematian. Masih tingginya kasus diare ini erat kaitannya dengan sejumlah faktor risiko, terutama pemahaman ibu serta kebiasaan menerapkan Perilaku Hidup Bersih dan Sehat (PHBS) sehari-hari. Untuk mengkaji hal tersebut, sebuah penelitian analitik dengan pendekatan cross-sectional telah dilakukan. Studi ini melibatkan sebanyak 187 ibu yang mempunyai balita, yang dipilih menggunakan metode purposive sampling berdasarkan kriteria inklusi dan eksklusi tertentu. Data dikumpulkan lewat kuesioner valid serta reliabel, lalu diuji secara univariat dan bivariat memakai uji Chi-Square. Berdasarkan hasil analisis, sebagian besar responden berada pada kategori kurang baik, baik dari segi tingkat pengetahuan (39,6%) maupun penerapan PHBS (37,4%). Lebih lanjut, uji bivariat mengonfirmasi adanya korelasi yang bermakna antara pengetahuan ibu dan kejadian diare pada anak ($p\text{-value} = 0,001$). Hubungan signifikan yang sama juga ditemukan antara praktik PHBS dengan insidensi diare ($p\text{-value} = 0,001$). Kesimpulan dari riset ini menegaskan urgensi peningkatan pemahaman ibu melalui penyuluhan kesehatan yang konsisten serta digencarkannya promosi PHBS demi menekan angka kesakitan diare pada balita. Di samping itu, penelitian mendatang direkomendasikan untuk meneliti variabel lain yang turut memengaruhi, seperti faktor lingkungan, kualitas air bersih, status gizi anak, serta kondisi sosial ekonomi keluarga.

Kata Kunci: Balita, Diare, Tingkat Pengetahuan Ibu, Perilaku Hidup Bersih dan Sehat (PHBS)

THE RELATIONSHIP BETWEEN MATERNAL KNOWLEDGE LEVEL AND CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) WITH THE INCIDENCE OF DIARRHEA IN TODDLERS AT TAMBORA DISTRICT HEALTH CENTER, WEST JAKARTA

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Abstract

Until now, diarrhea is still categorized as a major public health problem among toddlers. This condition requires prompt and appropriate management to prevent the risk of serious complications, such as severe dehydration, stunted growth, and even death. The persistently high incidence of diarrhea is closely related to a number of risk factors, particularly maternal understanding and the daily practice of Clean and Healthy Living Behavior (PHBS). To examine this, an analytical study with a cross-sectional approach was conducted. This study involved 187 mothers who have toddlers, selected using purposive sampling based on predetermined inclusion and exclusion criteria. Data were collected using valid and reliable questionnaires, and then analyzed through univariate and bivariate analyses using the Chi-Square test. Based on the analysis results, the largest proportion of respondents fell into the poor category, both in terms of knowledge level (39.6%) and the application of PHBS (37.4%). Furthermore, the bivariate analysis confirmed a significant correlation between maternal knowledge and the incidence of diarrhea in children ($p\text{-value} = 0,001$). The same significant relationship was also found between PHBS practices and the incidence of diarrhea ($p\text{-value} = 0,001$). The conclusion of this research emphasizes the urgency of improving maternal understanding through consistent health education, accompanied by intensified promotion of PHBS as a strategy to prevent diarrhea in toddlers. In addition, future research is recommended to examine other potential factors influencing the incidence of diarrhea, such as environmental sanitation conditions, clean water quality, the nutritional status of toddlers, and the family's socio-economic conditions.

Keywords: *Toddlers, Diarrhea, Maternal Knowledge Level, Clean and Healthy Living Behavior (PHBS)*