

HEALT PREVENTION : OVERVIEW OF PARENTS' KNOWLEDGE AND ATTITUDE ABOUT DIARRHEA DISEASE IN THE CHILDREN'S POLY PARIAMAN HOSPITAL

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Abstract: The incidence of diarrhea is not less than one billion episodes every year worldwide, 25-35 million of which occur in Indonesia. Each child under five experiences diarrhea two to eight times each year with an average of 3.3 times. From the results of the Pariaman Hospital medical record report, cases of diarrhea treated from January to August 2018 recorded 108 patients and diarrhea cases who visited the pediatric polyclinic from January to October 2017 recorded as many as 82 sufferers. The purpose of the study was to see how the knowledge and attitudes of parents about diarrheal disease at the Children's Poly Hospital of Pariaman Hospital were described. Diarrhea is an excessive loss of fluids and electrolytes that occurs due to the frequency of one or more bowel movements in the form of watery/liquid stools. The causes of diarrhea are infection factors, malabsorption factors, food factors, psychological factors. This research uses a descriptive method. This research was conducted on February 02 to February 09, 2018 at the children's poly hospital Pariaman. The target of this study were all parents who visited the children's polyclinic of RSUD Pariaman during the research period. A sample of 30 respondents using the Accidental Sampling technique. The data is processed using manual methods. From the results of the study in general, it shows that of the 30 respondents, who have low knowledge 56.7%, 63.3% have a negative attitude. Knowledge and attitude variables are a description that causes low knowledge and attitudes of parents at the Children's Poly Hospital Pariaman in 2018. It is hoped that parents can increase knowledge about diarrhea which is useful for reducing the incidence of diarrhea and increasing attitudes towards diarrheal disease, and immediately go to the hospital. or other health services if diarrhea occurs. It is also recommended for health care workers to play an active role in providing information and counseling about diarrhea.

Keywords- *Diarrhea*, Prevention, Children, Parents

INTRODUCTION

One of the health development programs to realize a Healthy Indonesia is to reduce morbidity, mortality and disability due to infectious diseases, Indonesia still has several infectious diseases that exist in the community such as tuberculosis, hepatitis, diarrhea, including one of them because these diseases are the most widespread and contagious. endemic with high morbidity and mortality (Depkes RI, 2008)

The incidence of diarrhea is not less than one billion episodes every year worldwide, 25-35 million of which occur in Indonesia. Every child under five experiences diarrhea two to eight times each year with an average of 3.3 times (Wibowo, 2009).

The World Health Organization (WHO) explained that in developed countries, although there have been improvements in public health and economy, the incidence of infectious diarrhea remains high and is still a health problem. Diarrhea can be caused by infection or non infection. The most common cause of diarrhea is infectious diarrhea. Infectious diarrhea can be caused by viruses, bacteria and parasites. In developing countries infectious diarrhea causes the death of about 3 million people every year. In the United States, complaints of diarrhea are ranked 3rd from the list of patient complaints in the doctor's office.

In Indonesia, diarrhea is still one of the main public health problems. This is due to the high morbidity rate and causes many deaths, especially in infants and toddlers, and often causes extraordinary events (KLB). The population of Indonesia every year there are 112,000 cases of diarrhea that die at all ages, in toddlers there are 55,000 cases of death (Depkes RI, 2009). In 2009 around 162 thousand children under five died every year or about 460 children under five every day. Based on the results of the 2009 household health survey (SKRT) in Indonesia, diarrhea is the number 2 cause of death for children under five and number 3 for infants, number 5 for all ages. Diarrhea is still one of the main problems in

Indonesia. In Pekalongan from year to year, the incidence of diarrhea tends to be high. In 2008 there were 36,215 cases and in 2009 cases of diarrhea reached 31,854 cases. (Profile of the Pekalongan Health Office 2015).

Data from Indonesia's health profile for 2000-2010 shows an increasing trend of incidence. In 2000 the IR (incident rate) of diarrheal disease was 301/1000 population, in 2003 it rose to 423/1000 population and in 2010 it became 411/1000 population (Kemenkes RI, 2011).

Diarrhea is still a major health problem in children under five, especially in developing countries such as Indonesia (Segeren 2008). Diarrhea still often causes extraordinary events with many sufferers in a short time. Diarrhea is a disease characterized by an increase in the frequency of defecation more than usual (> 3 times / day) accompanied by the consistency of changes in stools to liquid, with or without blood or mucus (Suraatmaja, 2007). Children under the age of 5 years (toddlers) in developing countries, on average experience 1.6-2.3 million per year. (Pitono, 2009).

The increase was caused by an unsanitary environment, an unhealthy lifestyle, easily contagious diarrheal diseases, especially the lack of public awareness of the dangers of diarrheal disease. Diarrhea disease is often encountered in infants and toddlers, therefore the role of parents is needed to prevent diarrheal disease if not followed up will cause dehydration which causes death (Hendri, 2012).

One of the steps in achieving the Millennium Development Goals (MDGs) target is to reduce child mortality to 2/3 of the year 1990-2015.

The main cause of death due to diarrhea is improper management, both at home and in health facilities. To reduce deaths due to diarrhea, fast and appropriate management is needed. Various factors influence the occurrence of death, malnutrition or recovery of patients with diarrhea. In toddlers the incidence of diarrhea is more dangerous than in adults because the body composition of toddlers is more prone to dehydration and other complications that can lead to malnutrition or death (Kemenkes, 2011).

For this reason, one of the efforts to reduce the incidence of diarrhea is to increase the knowledge of mothers, namely by providing information or counseling about diarrhea so that diarrhea does not occur again which can lead to further complications such as dehydration which can lead to death.

The prevalence of diarrhea in Indonesia is 9% and West Sumatra is included in one of the provinces with the prevalence of clinical diarrhea above the average of 9.2%. In the city of Padang, diarrhea is still included in the 10 most common diseases suffered by the community. The most age group is children under five years old (45.8%). Based on data on diarrhea in the city of Padang in 2011, there were 11,653 cases of diarrhea with 4755 cases (40.8%). (West Sumatra Health Profile Data, 2015).

Data from the Padang City Health Office in 2016 showed that the highest cases of diarrhea in the city of Padang were at the Lubuk Buaya Health Center (12.3%). The number of cases of diarrhea in children under five at the Lubuk Buaya Public Health Center was 493 (34.3%). Based on case data per kelurahan in 2011 in the working area of the Lubuk Buaya Public Health Center, the most diarrhea cases were found in Lubuk Buaya subdistrict with 470 cases (31.5%). (Profile of Padang City Health Office 2015).

According to Irwan's research in 2012 conducted at the Kuranji Health Center in Padang city, that mother's knowledge about diarrhea is still low (50%), this is because some mothers only take care of their children in their own way without knowledge where this has a very bad effect when children's diarrhea has started. heavy.

Based on the data that the researchers got on August 30, 2019 at Pariaman Hospital at IRNA Anak, the data obtained for the ten most diseases in IRNA Anak Pariaman Hospital in 2019, where cases of diarrheal disease were the disease with the most sufferers with 108 patients, which occurred in infants, toddlers, toddlers and children at IRNA Anak

RSUD Pariaman. This shows that diarrheal disease is still an extraordinary disease suffered by children/toddlers at this time.

Based on the initial survey that the researchers conducted on 7 mothers who were in the Children's Clinic at Pariaman Hospital, it was found that from the 7 mothers, 3 of them still did not know what the cause of diarrhea was, this could be caused by food poisoning or food poisoning. stale food. These mothers, if their children have diarrhea, only treat their children in their own way, such as buying over-the-counter medicines or herbal medicines to stop the diarrhea, and these mothers pay little attention to the behavior of their children who, when finished playing, immediately hold the food without washing their hands first. first, and the mother did not wash her child's hands. The mother still thinks that diarrhea is an ordinary stomach disease, and if the diarrhea has made her child not want to eat and her child's weight has dropped drastically, so that the mother is very weak, then the mother takes her child to the hospital for treatment.

Based on interviews that researchers conducted on December 23, 2018 on mothers who visited the children's poly at the Pariaman Hospital with 6 mothers, 3 of them did not know the cause of this diarrheal disease. The mother who if her child has diarrhea the mother just acts relaxed, it's normal because the mother thinks this disease is easy to cure, the mother takes care of her child who has diarrhea in her own way, such as buying her child medicine that many people use to stop diarrhea, but if the medicine is not After healing their child, then the mother takes her child to the doctor or to the hospital, but there are also mothers who take their children to smart people or shamans they trust. And also mothers pay less attention to their children's activities, after playing the child sometimes holds food and also puts his hand into his mouth without washing his hands.

RESEARCH METHOD

The type of research used is descriptive, namely research that describes or explains (Notoadmodjo, 2012) namely how the description of parents' knowledge and attitudes about diarrheal disease in the children's clinic of RSUD Pariaman.

FINDINGS

a. Respondent Knowledge Description

Description of respondents' knowledge about diarrheal disease from 30 respondents, 17 respondents (56.7%) have low knowledge about diarrheal disease. Based on the results of the analysis of the research that the author did, it turns out that the knowledge of parents about diarrheal disease in the children's clinic of RSUD Pariaman is still a lot and almost some parents have low knowledge about caring for children with diarrhea, namely (56.7%) of the 30 respondents who visited the polyclinic. child. This is due to the low knowledge of parents about how the first care given to children with diarrhea is influenced by education and work. That the education level of the respondents in this research, many of them have low education, namely elementary school (43.3%) and junior high school (26.7%) and almost all respondents' occupations are housewives (93.3).

According to the researcher's assumptions for this study, it turns out that the knowledge of parents who visit the children's poly at Pariaman Hospital turns out that there are still many who have low knowledge about first care for children with diarrhea if it is associated with the results of the questionnaire that it is found that respondents do not know what actions to take when children have diarrhea. in accordance with question no 20 where more than some respondents (90%) did not know that the first action taken when a child had diarrhea was to give the child more fluids than usual, but in the researcher's questionnaire, many respondents answered giving diarrhea medicine. This is because the low knowledge of parents is influenced by education where as many as 21 parents (70%) have low education,

graduating from elementary and junior high schools. And also environmental factors also affect children to get diarrhea where in the questionnaire questions about the correct place to dispose of defecation, there are still respondents who answer to throw their defecation in the river, this indicates that there are still respondents who defecate carelessly and this occurs in respondents who live in rural areas. .

And according to Notoadmodjo's (2010) theory, knowledge is a very important domain for the formation of one's actions. If the respondent's knowledge is lacking, it will be difficult for someone to apply it in real practice because knowledge is a very important domain for the formation of one's behavior.

The results of this study are also the same as the research conducted by Irwan (2012) regarding the relationship between mother's knowledge of toddlers about diarrhea and the incidence of diarrhea at the Kuranji Health Center in Padang city. In his research it was also found that half of the respondents had low knowledge (50%).

b. Description of Respondents' Attitudes

The description of respondents' attitudes about diarrheal disease from 30 respondents, 19 respondents (63.3%) had a negative attitude about diarrheal disease. Attitude is a person's feelings about objects, activities, events and other people. This feeling becomes a concept that represents likes or dislikes (positive, negative or neutral) someone on something. (Indonesian Wikipedia, 2008)

This is relevant to the theory of Notoadmodjo (2007) knowledge is a very important domain for the formation of one's attitude. If the respondent's knowledge is lacking, it will be difficult for someone to apply it because knowledge is a very important domain for the formation of one's attitude. Respondents will use puskesmas services if they have good knowledge. Knowledge is very important for the formation of a person's attitude, an attitude based on knowledge will be more lasting than an attitude that is not based on knowledge (Notoadmodjo, 2003).

The negative attitude of the respondents here is more than the positive attitude, this can be seen in the questionnaire that the researchers distributed that in statement no. 16 more than most of the respondents stated that the cause of diarrhea in children was due to the reaction of the child's development being large (73.3%), from statement no 8 that mothers give complementary foods to breast milk to children before the child is 6 months old (70%), mothers/parents have a habit if their child has diarrhea/diarrhea in 1 day 2 times the mothers only take it lightly, but if the child has diarrhea it's been 5 or more times a day then parents take their children to the hospital, but if the diarrhea is still mild, parents only take care of their children at home by buying diarrhea medicine, this is influenced by the low level of parental knowledge (56.7%) and low levels of elementary and junior high school education (70%). This is what makes respondents behave inappropriately in dealing with diarrheal diseases.

The results of this study are also similar to the research conducted by Dewi Hera Setyati (2012) regarding the relationship between knowledge and attitudes of DAMIU customers with the incidence of diarrheal disease in the working area of Tiku Health Center, Tanjung Mutiara District, Agam Regency. In his research, it was also found that more than half of the respondents had a negative attitude (84.2%).

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