



MENINGKATKAN PENGETAHUAN, SIKAP DAN PERILAKU ANAK SD DARUL FADHLI PALEMBANG DALAM PENCEGAHAN PENYAKIT DIARE

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ABSTRAK

Angka kejadian diare di Indonesia sebesar 3,0% pada anak usia 5-14 tahun. Angka kejadian diare di Sumsel pada tahun 2017 mencapai 174.808 dan meningkat menjadi 94.563 juta setiap tahunnya. Perilaku cuci tangan pakai sabun terutama setelah kontak dengan feses dapat menurunkan kejadian diare sebesar 42-47%. Jajanan berisiko bagi kesehatan karena penanganannya seringkali tidak higienis sehingga mencemari jajanan. Kegiatan ini bertujuan untuk mengedukasi anak tentang hubungan personal hygiene dan pola konsumsi jajanan dengan diare. Kegiatan ini melibatkan 57 siswa SD Darul Fadhli Palembang. Kegiatan ini menyimpulkan adanya peningkatan personal hygiene, pola konsumsi jajanan, dan pengetahuan tentang diare. Disarankan agar sekolah lebih memperhatikan anak pada waktu jajan dan bekerjasama dengan puskesmas untuk penyuluhan rutin tentang penyakit diare dan pencegahannya.

Kata kunci: diare, kebersihan diri, konsumsi jajanan

ABSTRACT

The incidence of diarrhea in Indonesia was 3.0% in children aged 5-14. The incidence of diarrhea in South Sumatra in 2017 reached 174,808 and has increased to 94,563 million every year. The behavior of washing hands with soap, especially after contact with feces, can reduce the incidence of diarrhea by 42-47%. Snacks pose a risk to health because their handling is often unhygienic, contaminating the snacks. This activity aims to educate children about the relationship between personal hygiene and snack consumption patterns with diarrhea. This activity observed 57 students of SD Darul Fadhli Palembang. This activity concludes that there is an increase in personal hygiene, snack consumption patterns, and the knowledge of diarrhea. It is recommended that schools pay more attention to children during snack time and collaborate with health centers for routine counseling about diarrheal diseases and their prevention.

Keywords: diarrhea, personal hygiene, snack consumption

LATAR BELAKANG PENGABDIAN

The incidence of diarrhea in Indonesia was 3.0% in children aged 5-14. Most deaths caused by diarrhea are caused by dehydration in children. The child mortality rate due to diarrhea is around 2.2 million yearly. Outbreaks of diarrhea are still familiar to many sufferers and deaths (Margarethy et al., 2020). The incidence of diarrhea in South Sumatra in 2017 reached 174,808 and has increased to 94,563 million every year (Badan Pusat Statistik Provinsi Sumatera Selatan, 2021).

Risk factors for outbreaks of diarrhea are caused by low sanitation hygiene and unclean lifestyle behaviors such as hand washing and snack consumption patterns (Wasliyah et al., 2020). Lack of awareness in maintaining personal hygiene in children is caused by a lack of personal hygiene measures carried out by parents or those around

them because children will follow the behavior of those around them as the figures they follow. The causes of children often experiencing diseases such as diarrhea, skin diseases, worm infestations, and dental diseases are often associated with poor personal hygiene (Khattoon et al., 2017). Snack food poses a risk to health because the handling is often unhygienic, contaminating the snack food. Snack food contains many risks; dust and flies that land on uncovered food can cause disease in the digestive system, one of which is diarrhea (Dyna et al., 2018).

One of the efforts that can be made to reduce the incidence of diarrhea is washing hands with soap. The behavior of washing hands with soap, especially after contact with feces, can reduce the incidence of diarrhea by 42-47% (Afany & Rasyid, 2017). Good hygiene patterns can prevent children from getting diseases that can interfere with daily activities at school (Ghanim et al., 2016). Caring for body parts such as hair, eyes, nose, mouth, teeth, skin, and armpits, among others, is personal hygiene (Tamiru et al., 2017). According to the preliminary assessment conducted with several teachers, it was found that some children were absent from school due to diarrhea. These children prefer snacks outside the school environment rather than bringing lunch to school. The Sako Health Center reported patients aged 5-10 years; 18 people have visited seeking medication. This activity aims to educate children about the relationship between personal hygiene and snack consumption patterns with diarrhea. This activity observed 57 students of SD Darul Fadhlil Palembang.

METODE PENGABDIAN

The activity was held on March 8, 2022, and the participants were pupils attending SD Darul Fadhlil in the Sako District of Palembang City. The pupils were in classes 1 through 5 at the time. Our activity focused on enhancing knowledge, personal hygiene, and the presence of diarrhea. Before the health counseling was given, the participants filled out a questionnaire. Further univariate and bivariate Kolmogorov-Smirnov analyses were used to analyze the data. Univariate analysis is the method that represents the variation of all variables by developing a frequency distribution table.

HASIL DAN PEMBAHASAN PENGABDIAN

The main advantage of the activity is its suitability to community conditions at the location of primary school activities, which are locations with moderate transmission diarrheal cases (Figures 1 and 2). Promotive and preventive efforts, especially personal hygiene, are needed to reduce morbidity due to diarrhea (Ismainar et al., 2022)

The results show that the level of personal hygiene and snack consumption is good (Tables 2 and 3). The respective values for personal hygiene and snack consumption are 80.7 percent and 57.9 percent, respectively (Table 1). Students' understanding and behavior toward personal cleanliness should be improved to prevent them from developing infections such as tinea cruris (Afany & Rasyid, 2017). Based on the results of observations by researchers in the field, some sellers do not prepare food hygienically; they do not wash their hands before serving children who want to buy, and the yard where they sell food is not clean. School-age children tend to ignore the food's cleanliness (Dyna et al., 2018). Epidemiological studies show that not washing hands before handling or preparing food is a risk factor for diarrhea (Gultom et al., 2018).



Figure 1. Documentation of committee and lecturers of SD Darul Fadhli Sako District Palembang City



Figure 2. Health Counseling for Preventing and promoting diarrheal disease of SD Darul Fadhli Palembang

Table 1. Distribution of Respondents' Regarding Sexes, Ages, Personal Hygiene, Snack Consumption, and Incidence of Diarrheal (n=57).

Variable	Category	Frequency (n)	Percentage
Sex	Boys	25	43,9
	Girls	32	56,1
Age (years)	6-8	39	68,4
	9-11	18	31,6
Personal hygiene	Bad	11	19,3
	Well	46	80,7
Snack consumption	Often	24	42,1
	Never	33	57,9
History of diarrhea	Yes	30	52,6
	No	27	47,4

Table 2. The relationship between personal hygiene and the incidence of diarrhea (n=55)

Personal hygiene	Diarrhea				Total		P-value
	Yes		No		F	%	
	F	%	F	%			
Poor	9	15,8	2	3,5	11	19,3	0.031
Good	21	36,8	25	43,9	46	80,7	
Total	30	52,6	27	47,4	57	100	

Table 3. The relationship between snack consumption and the incidence of diarrhea (n=55)

Snack Consumption	Diarrhea				Total		P-value
	Yes		No		F	%	
	F	%	F	%			
Poor	21	36,8	3	5,3	24	42,1	0.000
Good	9	15,8	24	42,1	33	57,9	
Total	30	52,6	27	47,4	57	100	

KESIMPULAN

This activity concludes that there is an increase in personal hygiene, snack consumption patterns, and knowledge of diarrhea after the health counseling. Despite the activities carried out during the COVID-19 pandemic, they activity has been carried out well and smoothly. The support from the parents and teachers of Darul Fadhli, Sako District Palembang city, was outstanding for the program to be implemented sustainably.

REKOMENDASI

It is recommended that schools pay more attention to children during snack time and collaborate with health centers. Further routine counseling about diarrheal diseases and their transmission can prevent students of Darul Fadhli, Sako District Palembang city, from diarrheal diseases.

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