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**RELATIONSHIP OF MOTHER'S CLEAN AND HEALTHY LIFE BEHAVIOR
(CHLB) WITH DIARRHEA IN INFANTS AT PAYUNG SEKAKI HEALTH CENTER,
PAYUNG SEKAKI DISTRICT, PEKANBARU**

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ABSTRACT

Diarrhea is still a health problem, especially in Indonesia, the prevalence of diarrhea in Indonesia according to the characteristics based on the 2018 Riskesdas recorded as many as 18,225 children with diarrhea in the 0-12 month age group. Clean and Healthy Lifestyle (CHLB) is one of the causes of diarrhea and is often experienced by infants. This study aims to determine the relationship between maternal clean and healthy behavior (CHLB) with the incidence of diarrhea in infants at Payung Sekaki Health Center, Payung Sekaki District. This research was conducted in January – July 2022. This type of research is quantitative with a cross sectional approach. The total population is 72 people and the sample is 61 people determined by purposive sampling technique. The data were processed univariate and bivariate with a computerized system which was tested with the Chi-Square test. The results showed that the majority of CHLB mothers were in the bad category, namely 34 people (56%) and the incidence of diarrhea in infants, the majority of infants experiencing diarrhea, amounting to 33 people (54.1%). The results of statistical tests showed p-value <0.05 (0.001), meaning that there was a relationship between the mother's clean and healthy lifestyle (CHLB) and the incidence of diarrhea in infants. It is recommended for health workers at the Umbrella Sekaki Public Health Center to provide more comprehensive services in the form of health promotion in improving Clean and Healthy Life Behavior (CHLB) to mothers regarding the prevention of diarrhea in infants at The Payung Sekaki Health Center, Sekaki, Pekanbaru
Keywords: Babies, Diarrhea, CHLB

INTRODUCTION

Diarrhea is a condition in which a person has bowel movements with a soft or liquid consistency and can even be just water and the frequency is more frequent (usually three or more times a day) in one day (Depkes RI, 2012). Diarrheal disease is still the main cause of morbidity and mortality in the world. Almost all age groups are attacked by diarrhea, especially most children under five years old because they do not have maximum immune system or do not have an immune system that is not fully maintained (Sukardi & Iskandar, 2013).

In the world there are 1.7 billion cases of diarrhea with an infant mortality rate of 525,000 each year (WHO, 2017). According to the United Nations Children's Fund (Unicef) 2020 the death rate from diarrhea has increased every year in the world causing diarrhea as the main killer of babies, as many as 8 percent of infant deaths are caused by diarrhea in 2020 around 480,000 each year, regardless of the availability of treatment (Unicef, 2020).

Diarrheal disease is still a health problem, especially in developing countries, Indonesia is one of the developing countries which has high diarrhea morbidity and mortality. The prevalence of diarrhea in Indonesia according to characteristics based on the 2018 Riskesdas was recorded as many as 18,225 children with diarrhea in the age group <1 year, 73,188 children with diarrhea in the age group 1-4 years (Ministry of Health, 2019).

According to data from the Riau Provincial Health Office, Diarrhea is included in the top 10 biggest diseases in Riau Province. The Riau Provincial Health Office reported that from 21 puskesmas it was found that the highest number of diarrhea cases in infants was based on the sub-district and the Pekanbaru city health center was in the Payung Sekaki Health Center with 1,828 cases of diarrhea recorded (Riau Health Office, 2019).

Based on the 2021 report, the most cases of diarrhea at the Payung Sekaki Health Center were suffered by children aged 0-12 months, namely 276 cases of diarrhea. Infants will suffer more cases of diarrhea at the Payung Sekaki Health Center in 2021 compared to toddlers. Babies are more susceptible to dehydration because it is difficult to give fluids by mouth compared to other age groups (Mardta, 2015).

The causes of diarrhea in infants and toddlers are different from the causes of diarrhea in adults. In children it is usually caused by a virus, while in adults it is caused by bacteria. Diarrhea in infants can be infected if they ingest these germs when they pass through the birth canal which are touched by hands, but the most basic cause of diarrhea is Clean and Healthy Behavior (Ahmad, 2021). Diarrheal disease in infants can have a negative impact, namely inhibiting the child's growth and development process so that it can reduce the quality of life of children (Astuti, 2012).

Diarrheal disease often attacks infants. One of the risk factors that is often studied is environmental factors which include clean water facilities, environmental sanitation and housing conditions. Recent data shows that poor sanitation is the cause of much contamination of e.coli bacteria occurring in the clean water consumed by the public. E.coli contamination occurs in groundwater and river water, which are the source of raw water in PDAMs, which are also contaminated with bacteria, causing health problems (Laila, 2019). Behavior is one of the factors that play an important role in determining the degree of health. Healthy conditions can be achieved by changing behavior from unhealthy to healthy, and creating a healthy environment in the household. Clean and healthy living behavior in the household is an effort to empower household members to know, want and be able to practice clean and healthy living behaviors and play an active role in the Community for Healthy Living (Germas).

Based on 10 indicators of PHBS in households that are associated with the incidence of diarrhea, babies are exclusively breastfed, use clean water, use healthy latrines and wash hands with soap. PHBS coverage in Payung Sekaki District will reach 30% in 2021. The obstacle is people's habits that are still difficult to change, due to not understanding the importance of PHBS, especially PHBS which is closely related to diarrhea, namely exclusive breastfeeding, using clean water, washing hands and using healthy latrines.

Several studies say that one of the Clean and Healthy Behaviors (PHBS), namely: Handwashing with Soap (CTPS) is very effective in reducing the incidence of diarrhea in infants, as quoted from Ahmad's research (2021) in the Working Area of the Kopang Health Center it is known that there is a significant relationship with the incidence of diarrhea in infants obtained a value of $p = 0.007$ or $p < 0.05$. Statistically, it can be said that there is a

relationship between hand washing with soap (CTPS) and the incidence of diarrhea in infants. Based on Fitri's research (2018) in the Working Area of the Selindung Health Center it is known that the value of $p = 0.017$ where the value of $p (0.017) < \alpha (0.05)$ so that it can be concluded that there is a significant relationship between exclusive breastfeeding and the incidence of Diarrhea in Babies in the Working Area Pangkalpinang City Protected Health Center. Based on Helga Ruth (2017) at the Klasaman Community Health Center, Sorong City, a $p = 0.002 < \alpha = 0.05$, which means that there is a relationship between the behavior of using clean water and the incidence of diarrhea in children 0-5 years at the Klasaman Health Center, Sorong City.

The results of an initial survey conducted by researchers on January 24 2022 at the Payung Sekaki Health Center were obtained from 10 mothers carrying babies, 5 mothers said their babies had experienced diarrhea and 5 mothers said their babies had never had diarrhea. Mothers whose babies suffer from diarrhea find that the latrine used is one without a septic tank and sometimes they forget to wash their hands before feeding their child. The water used for washing cooking and eating utensils is well water, which has a high risk of contamination. Based on the description above, the authors are interested in conducting research with the title "Relationship of Mother's Clean and Healthy Behavior (PHBS) with Diarrhea in Infants at the Payung Sekaki Health Center, Payung Sekaki District, Pekanbaru".

RESEARCH METHODS

This research uses descriptive analytic with cross sectional approach. This research was carried out at the Payung Sekaki Health Center, Payung Sekaki District, Pekanbaru. This research was conducted from January 2022 to July 2022. The population in this study were all mothers who had babies at the Payung Sekaki Health Center, Payung Sekaki District, Pekanbaru in the Banda Raya Village, namely 72 people. The research sample was taken using purposive sampling in which the study measured the relationship between the mother's clean and healthy lifestyle and the incidence of diarrhea in infants at the Payakumbuh Public Health Center, Sekaki District, Pekanbaru on 61 respondents out of a total of 72 respondents. Data in this study were collected using a questionnaire. This study uses univariate and bivariate data analysis. Bivariate analysis in this study used the chi-square test

RESULTS AND DISCUSSIONS

Table 1 Frequency Distribution of Respondents Based on Clean and Healthy Behavior (PHBS) at the Payung Sekaki Health Center in 2022

PHBS	F	%
Good	27	44%
Bad	34	56%
Total	61	100%

Based on Table 3.1 it is known that of the 61 respondents the majority had bad PHBS, namely 34 people (56%)

Table 2 Frequency Distribution of Respondents Based on the Incidence of Diarrhea at the Payung Sekaki Health Center
Year 2022

<i>Diarrhea incident</i>	<i>F</i>	<i>%</i>
<i>Occur</i>	33	54%
<i>Not occur</i>	28	46%
<i>Total</i>	61	100%

Based on Table 3.2, it is known that of the 61 respondents, the majority experienced diarrhea, namely 33 people.

Table 3 Relationship between Clean and Healthy Behavior (PHBS) of Mothers with Diarrhea in Infants at Payung Sekaki Health Center, Payung Sekaki District, Pekanbaru in 2022

PHBS	Diarrhea Incident				Total		<i>P Value</i>
	Occur		Not Occur		F	%	
	F	%	F	%			
Good	8	29,6	19	70,4	27	100	0,001
Bad	25	73,5	9	26,5	34	100	
Amount	33	54,1	28	45,9	61	100	

Based on Table 3.3 it shows that of the 61 respondents who had bad PHBS but diarrhea occurred, namely 25 people (73%) higher than bad PHBS but no diarrhea, namely 9 people (26%) and from good PHBS but it did not occur, namely 19 people (70 %) higher than good PHBS but it happened in 8 people (29%). Based on the results of the clean and healthy test (PHBS) for mothers with the incidence of diarrhea in infants, a p-value <0.05 (0.001) was found, meaning that there was a relationship between the living behavior of the Payakumbuh Public Health Center, Sekaki District, Pekanbaru.

Frequency Distribution of Respondents for Clean and Healthy Behavior (PHBS) at the Payung Sekaki Health Center

Based on the results of research that has been done, the majority of 61 respondents have bad PHBS, namely 34 people (56%). Clean and Healthy Living Behavior (PHBS) is a reflection of a family's lifestyle that always pays attention to and maintains the health of all family members. Families that carry out PHBS, each family member will improve their health and not get sick easily (Proverawati, 2016).

According to Namiroh's research, Siti (2018), concerning the relationship between maternal clean and healthy behavior (PHBS) and the incidence of infant diarrhea in the Bumiji Jetis sub-district, Yogyakarta city. Where the results of the study showed that 33 people (55%) mothers did not have bad PHBS. There are still many mothers who do not live a clean and healthy lifestyle due to a lack of awareness of the importance of living a healthy life.

This is in line with the results of research conducted by Wahyuni, Kurniawan and Isyana (2017). From the conclusions of the interviews with the respondents, it was found that 25 people (78.1%) were not aware of the importance of clean and healthy living by saying that this behavior was too troublesome and as many as 7 people (28.6%) did not know about clean and healthy behaviors.

Communities can recognize and overcome their own problems, and can adopt healthy ways of life by maintaining, maintaining and improving their health. According to the researchers' assumptions, from the results of the study, it was found that more than half of the respondents (56.0%) had clean and healthy living behaviors of mothers in the bad category because mothers adopted bad and incorrect habits. Such as not giving exclusive breastfeeding to babies, using a source of drinking water from well water where the water source is close to a septic tank, washing hands without using soap especially after washing the baby, cleaning the latrines only if they look dirty.

Frequency Distribution of Respondents Based on the Incidence of Diarrhea at the Payung Sekaki Health Center

Based on the results of the research that has been done, it was found that out of the 61 respondents, the majority experienced diarrhea, namely 33 people (54%). Diarrhea is a condition in which a person defecates with a soft or liquid consistency and can even be just water and the frequency is more frequent (usually three times or more) in one day (Ministry of Health, 2016).

According to research by Sukardi, Yusran and Tina (2016) it shows that the distribution of respondents according to the incidence of diarrhea with the highest number is the respondent who suffers from diarrhea with a percentage of 61.8% while the least number is the respondent who does not suffer from diarrhea, with a percentage of 38.2 %.

This research is in line with Yuvrista, Yuliana (2018), concerning the relationship between mother's knowledge about PHBS and the incidence of diarrhea in infants in Jubelan village in 2018. The results obtained were that many babies had diarrhea, namely 37 babies (62.7%). This is due to the lack of knowledge of parents regarding clean and healthy living behaviors, such as exclusive breastfeeding, using clean water, using healthy latrines and washing hands with soap.

According to the assumption of researchers, an unhealthy environment makes it easy for bacteria or viruses to multiply and spread disease. Diarrheal disease if no prevention will result in further disease. For this reason, there is a need for awareness from the community to prevent diarrheal diseases.

Relationship between Mother's Clean and Healthy Behavior (PHBS) and Diarrhea in Infants at the Payung Sekaki Health Center, Pekanbaru

The results of the Clean and Healthy Behavior Research (PHBS) with Diarrhea Obtained based on univariate analysis found that the majority of 61 respondents had bad PHBS, namely 34 people (56%) and the majority experienced diarrhea incidents, namely 33 people (54%). Based on bivariate analysis, it was known that of the 61 respondents who had bad PHBS but had diarrhea, 25 people (73%) were higher than those with bad PHBS but no diarrhea, namely 9 people (26%) and of good PHBS but it had not happened, namely 19 people (70 %) higher than good PHBS but it happened in 8 people (29%). Based on the results of the clean and

healthy test (PHBS) for mothers with the incidence of diarrhea in infants, a p-value <0.05 (0.001) was found, meaning that there was a relationship between the living behavior of the Payakumbuh Public Health Center, Sekaki District, Pekanbaru. This research was conducted on 4 (four) PHBS indicators (Exclusive breastfeeding, Using clean water, Washing hands, Using healthy latrines) to see the relationship with the incidence of diarrhea in infants at the Payung Sekaki Health Center.

The results of this study are in line with research conducted by Wongkar & Futunanembun (2017) concerning the relationship between clean and healthy living behavior (PHBS) of mothers and the incidence of diarrhea in infants at the Tompaso Baru Health Center, South Minahasa Regency. The results showed that 46.7% PHBS was not good with the incidence of diarrhea with the results of the statistical test p value $0.000 < 0.005$. Mothers who have good PHBS, their babies do not experience diarrhea, whereas mothers with poor PHBS are at risk for their babies to suffer from diarrhea.

The results of this study on the variable use of clean water are in line with research conducted by Azaria and Rayhana (2016) from the results of the chi square test on the variable use of clean water showing a p value of 0.000, meaning that the p value is <0.05, so H_0 is rejected and CI is 95% : 3.405 - 23.048 so that there is a significant relationship between the use of clean water and the incidence of infant diarrhea, supported by the OR value of 8.859 which indicates that the use of clean water that is not good is 9 times more at risk of causing infant diarrhea than the use of good clean water.

This research is in line with Sutomo's research (2020), concerning the relationship between exclusive breastfeeding and the incidence of diarrhea in infants in the working area of the Cibadak Health Center, Lebak Regency, which shows that there are still many babies who suffer from diarrhea (36.0%) and babies who are not exclusively breastfed. full (47.2%), there is a significant relationship between exclusive breastfeeding and the incidence of diarrhea in infants (0.000), where mothers who do not give exclusive breastfeeding to their babies are more than 8 times at risk of getting diarrhea compared to mothers who give exclusive breastfeeding for diarrhea in their babies.

According to the researchers' assumptions, from the research results obtained, namely some babies who experience diarrhea with poor maternal hygiene and healthy living habits. This is because the mother's unhealthy lifestyle and poor health conditions are carried out by the mother and will affect the occurrence of diarrhea, compared to giving exclusive breastfeeding to babies, using clean water, washing hands with soap and using healthy latrines are good habits related with personal hygiene which is important in the transmission of diarrhea germs. It is hoped that mothers who have babies can apply clean and healthy living behaviors so that babies do not get diarrhea easily.

CONCLUSION

Based on the results of the study entitled "Clean and Healthy Living Behavior (PHBS) Correlation of Mothers with Diarrhea in Infants at the Payung Sekaki Health Center, Payung Sekaki District, Pekanbaru" it can be concluded as follows:

- a. The majority have bad clean and healthy behavior (PHBS), namely 34 people (56%).
- b. The majority experienced diarrhea, as many as 33 people (54%).

- c. There is a relationship between mothers' clean and healthy lifestyle (PHBS) with the incidence of diarrhea in infants at the Payakumbuh Public Health Center, Sekaki Payakumbuh District, Pekanbaru.

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