

POLITEKNIK KESEHATAN TANJUNG KARANG
JURUSAN KESEHATAN LINGKUNGAN PROGRAM STUDI SANITASI
LINGKUNGAN PROGRAM SARJANA TERAPAN

Skripsi, September 2023

Salsabila

Hubungan Perilaku Hidup Bersih Dan Sehat (PHBS) dengan Kejadian Diare Pada Balita Di Wilayah Kerja Puskesmas Wonogiri Kecamatan Kotabumi Selatan Kabupaten Lampung Utara 2023

xv + 70 halaman, 11 tabel, 5 gambar, dan 7 lampiran.

ABSTRAK

Program perilaku hidup bersih dan sehat adalah salah satu bentuk pendidikan kesehatan yang dikenal dengan kegiatan promosi kesehatan. Penelitian ini bertujuan untuk mengetahui hubungan perilaku hidup bersih dan sehat (PHBS) dengan kejadian diare pada balita di Wilayah kerja Puskesmas Wonogiri Kecamatan Kotabumi Selatan Kabupaten Lampung Utara Pada Tahun 2023.

Jenis penelitian ini merupakan jenis penelitian *kuantitatif* dengan menggunakan metode *cross sectional*. Penelitian ini dilakukan pada bulan April - Mei 2023. Variabel independen yaitu sarana air bersih, sarana jamban sehat, kebiasaan mencuci tangan pakai sabun, perilaku minum air sudah dimasak, dan perilaku buang air besar, sedangkan variabel dependen yaitu kejadian diare balita.

Hasil penelitian ini menunjukkan bahwa variabel sarana air bersih dengan kejadian diare pada balita ($p\ value = 0,000$; $PR = 2,748$), sarana jamban sehat dengan kejadian diare pada balita ($p\ value = 0,000$; $PR = 2,750$), kebiasaan mencuci tangan pakai sabun dengan kejadian diare pada balita ($p\ value = 0,000$; $PR = 4,413$), perilaku minum air sudah dimasak dengan kejadian diare pada balita ($p\ value = 0,821$; $PR = 0,886$), dan perilaku buang air besar dengan kejadian diare pada balita ($p\ value = 0,000$; $PR = 2,750$).

Kesimpulannya adalah ada hubungan sarana air bersih, sarana jamban sehat, kebiasaan mencuci tangan pakai sabun dan perilaku buang air besar dengan kejadian diare pada balita di Wilayah kerja Puskesmas Wonogiri Kecamatan Kotabumi Selatan Kabupaten Lampung Utara.

Saran, untuk itu diharapkan agar pimpinan puskesmas memberikan pembinaan dan masukan terhadap penanggung jawab dalam bidang kesehatan lingkungan atau kepada sanitarian yang ada di puskesmas supaya kedepannya dapat meningkatkan kualitas promosi kesehatan terhadap masyarakat terutama berperilaku hidup bersih dan sehat di rumah tangga agar dapat terhindar dari penyakit seperti diare..

Kata kunci : phbs, diare, balita

Kepustakaan : 34 (2007 - 2022)

TANJUNG KARANG HEALTH POLYTECHNIC DEPARTMENT OF ENVIRONMENTAL HEALTH STUDY PROGRAM ENVIRONMENTAL SANITATION APPLIED GRADUATE PROGRAM

Thesis, September 2023

Salsabila

The Relationship between Clean and Healthy Lifestyle Behavior (PHBS) and the Incidence of Diarrhea in Toddlers in the Working Area of the Wonogiri Health Center, Kotabumi Selatan District, North Lampung Regency 2023

xv + 70 pages, 11 tables, 5 figures and 7 appendices.

ABSTRACT

Clean and healthy behavior program is a form of health education known as health promotion activities. This study aims to determine the relationship between clean and healthy living behavior (PHBS) and the incidence of diarrhea in toddlers in the working area of the Wonogiri Health Center, Kotabumi Selatan District, North Lampung Regency in 2023.

This type of research is a type of research *quantitative* by using the method *cross sectional*. This research was conducted in April - May 2023. The independent variables were clean water facilities, healthy latrines, the basicity of washing hands with soap, the behavior of drinking boiled water, and the behavior of defecating, while the dependent variable was the incidence of toddler diarrhea.

The results of this study indicate that the variable means of clean water with the incidence of diarrhea in toddlers (*p value* = 0,000 ; PR = 2,748), healthy latrines with the incidence of diarrhea in toddlers (*p value* = 0.000 ; PR = 2,750), the habit of washing hands with soap with the incidence of diarrhea in toddlers (*p value* = 0.000 ; PR = 4,413), the behavior of drinking boiled water with the incidence of diarrhea in toddlers (*p value* = 0,821 ; PR = 0,886), and defecation behavior with the incidence of diarrhea in infants (*p value* = 0,000 ; PR = 2,750).

The conclusion is that there is a relationship between clean water facilities, healthy latrines, the habit of washing hands with soap and defecation behavior with the incidence of diarrhea in toddlers in the work area of the Wonogiri Health Center, Kotabumi Selatan District, North Lampung Regency.

Suggestions, it is hoped that the leadership of the puskesmas will provide guidance and input to those in charge in the field of environmental health or to the sanitarians at the puskesmas so that in the future they can improve the quality of health promotion for the community, especially for clean and healthy living behavior in the household so that they can avoid diseases such as diarrhea..

Keywords: phbs, diarrhea, toddlers

Literature : 34 (2007 - 2022)