

**POLITEKNIK KESEHATAN TANJUNGPURUN JURUSAN
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**HUBUNGAN *PERSONAL HYGIENE* BALITA DENGAN KEJADIAN DIARE PADA
BALITA DI UPTD PUSKESMAS YOSOMULYO KOTA METRO**

viii + 47 halaman, 6 tabel, 3 gambar, 12 lampiran

RINGKASAN

Diare masih menjadi salah satu masalah kesehatan utama pada balita di Indonesia. Menurut World Health Organization (WHO), diare menempati peringkat ketiga penyebab kematian pada balita di negara berkembang. Salah satu faktor yang berkontribusi terhadap kejadian diare pada balita adalah *personal hygiene* yang buruk. *Personal hygiene* yang tidak optimal dapat menyebabkan penularan penyakit melalui tangan, air, makanan, atau lingkungan yang terkontaminasi. Penelitian ini bertujuan untuk mengetahui hubungan antara *personal hygiene* balita dengan kejadian diare di UPTD Puskesmas Yosomulyo Kota Metro.

Penelitian ini merupakan penelitian kuantitatif analitik dengan desain *case control*. Populasi dalam penelitian ini adalah seluruh balita di wilayah kerja UPTD Puskesmas Yosomulyo. Sampel berjumlah 52 responden, terdiri dari 26 kasus (balita dengan diare) dan 26 kontrol (balita tanpa diare), yang diambil dengan teknik *simple random sampling*. Instrumen pengumpulan data menggunakan kuesioner. Data dianalisis secara univariat dan bivariat menggunakan uji *chi-square*.

Hasil penelitian menunjukkan bahwa sebanyak 26 balita (50,0%) memiliki *personal hygiene* kurang. Berdasarkan hasil uji *chi-square* diperoleh nilai $p = 0,000$ ($p < 0,05$) artinya bahwa ada hubungan *personal hygiene* balita dengan kejadian diare pada balita di UPTD Puskesmas Yosomulyo Kota Metro, dengan nilai OR sebesar 32,571 mengindikasikan bahwa balita yang *personal hygiene* kurang baik memiliki risiko 32,571 kali lebih besar untuk mengalami diare dibandingkan dengan balita yang *personal hygiene* baik.

Kesimpulan penelitian ini bahwa ada hubungan antara *personal hygiene* balita dengan kejadian diare. Disarankan kepada tenaga kesehatan agar meningkatkan edukasi dan konseling kepada orang tua balita mengenai *personal hygiene* yang baik untuk mencegah terjadinya diare pada balita.

Kata Kunci : Diare, *Personal hygiene*, Balita

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**RELATIONSHIP BETWEEN TODDLERS' PERSONAL HYGIENE AND
DIARRHEA INCIDENCE IN TODDLERS AT UPTD YOSOMULYO
COMMUNITY HEALTH CENTER, METRO CITY**

xiv + 47 pages, 6 tables, 3 figure, 12 attachments

SUMMARY

Diarrhea is still one of the main health problems in toddlers in Indonesia. According to the World Health Organization (WHO), diarrhea ranks third as a cause of death in toddlers in developing countries. One of the factors that contributes to the incidence of diarrhea in toddlers is poor personal hygiene. Suboptimal personal hygiene can cause disease transmission through contaminated hands, water, food, or the environment. This study aims to determine the relationship between toddlers' personal hygiene and the incidence of diarrhea at UPTD Yosomulyo Health Center, Metro City.

This study is a quantitative analytical study with a case control design. The population in this study were all toddlers in the working area of the Yosomulyo Health Center UPTD. The sample consisted of 52 respondents, consisting of 26 cases (toddlers with diarrhea) and 26 controls (toddlers without diarrhea), which were taken using a simple random sampling technique. The data collection instrument used a questionnaire. Data were analyzed univariately and bivariately using the chi-square test.

The results of the study showed that as many as 26 toddlers (50.0%) had poor personal hygiene. Based on the results of the chi-square test, the p value was obtained = 0.000 ($p < 0.05$) meaning that there is a relationship between toddler personal hygiene and the incidence of diarrhea in toddlers at the UPTD Yosomulyo Health Center, Metro City, with an OR value of 32.571 indicating that toddlers with poor personal hygiene have a 32.571 times greater risk of experiencing diarrhea compared to toddlers with good personal hygiene.

The conclusion of this study is that there is a relationship between toddler personal hygiene and diarrhea. It is recommended that health workers increase education and counseling to parents of toddlers regarding good personal hygiene to prevent diarrhea in toddlers.

Keywords : Diarrhea, Personal hygiene, Toddlers