

**POLITEKNIK KESEHATAN KEMENKES TANJUNG KARANG
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Hubungan Kebiasaan Cuci Tangan Dengan Kejadian Diare Pada Balita Di Puskesmas Yosomulyo

Xiii + 61 halaman , 9 tabel , 4 gambar, 9 lampiran

RINGKASAN

Diare merupakan kondisi meningkatnya frekuensi buang air besar dengan feses encer. Penyebab diare dapat berupa faktor langsung seperti infeksi bakteri, virus, parasit, malabsorpsi, alergi, keracunan zat kimia, serta racun pada makanan seperti ikan, buah, dan sayur. Selain itu, faktor tidak langsung meliputi status gizi, pemberian ASI eksklusif, perilaku hidup bersih dan sehat (PHBS), kebiasaan mencuci tangan, pola makan, status imunisasi, dan kondisi sosial ekonomi. Jika tidak ditangani segera, diare pada balita dapat menimbulkan dehidrasi, gangguan pertumbuhan (gagal tumbuh), penurunan daya tahan tubuh, kekurangan gizi, hingga kematian. Berdasarkan SSGI 2022, prevalensi diare pada balita di Indonesia sebesar 10,2%, meningkat dari 9,8% pada tahun 2021. Di Provinsi Lampung, angka kejadian diare balita mencapai 31,8% dari 152.728 balita. Sementara itu, data Kota Metro menunjukkan sebesar 21,84 kasus per 1000 penduduk pada 2021 dan 2022, lalu meningkat menjadi 24,6 kasus per 1000 penduduk pada 2023. Dari 11 Puskesmas di Kota Metro, tahun 2023 angka tertinggi tercatat di Puskesmas Yosomulyo, yakni 402 kasus (43,6%) dari 921 balita. Dalam tiga tahun terakhir, kasus diare di puskesmas tersebut yaitu 46,38% (2022), turun menjadi 32,34% (2023), dan naik kembali menjadi 41,76% (2024) dari 170 balita. Penelitian ini bertujuan mengetahui hubungan antara kebiasaan cuci tangan dengan kejadian diare pada balita di Puskesmas Yosomulyo.

Penelitian ini menggunakan metode kuantitatif dengan desain *cross-sectional*. Populasi terdiri dari seluruh ibu yang memiliki balita sebanyak 165 orang, dengan sebanyak 61 responden yang dipilih menggunakan teknik *consecutive sampling*. Pengumpulan data dilakukan melalui wawancara menggunakan lembar *checklist* dan rekam medis. Analisis data univariat disajikan dalam bentuk distribusi frekuensi, sedangkan analisis bivariat menggunakan uji *Chi-Square*.

Hasil penelitian menunjukkan bahwa dari 61 responden diketahui proporsi balita yang mengalami diare 24,6% (15 responden), dan proporsi balita yang memiliki kebiasaan cuci tangan kurang baik sebanyak 49,2% (30 responden). Hasil analisis diperoleh dari 30 balita yang memiliki kebiasaan cuci tangan kurang baik dan mengalami diare sebanyak 43,3% (13 responden), sedangkan dari 31 balita yang memiliki kebiasaan cuci tangan baik sebanyak 6,5% (2 responden) yang mengalami diare. Hasil analisis uji *Chi-Square* hubungan antara kebiasaan cuci tangan dengan kejadian diare diperoleh nilai $p\text{ value} = 0,002$ ($\alpha \leq 0,05$).

Simpulan dari penelitian ini adalah bahwa terdapat hubungan yang signifikan antara kebiasaan cuci tangan dengan kejadian diare pada balita. Diharapkan pihak Puskesmas Yosomulyo meningkatkan upaya promosi kesehatan, khususnya kepada ibu balita, mengenai pentingnya membiasakan cuci tangan yang baik dan benar sebagai langkah pencegahan terhadap diare.

Kata kunci : Diare, Kebiasaan Cuci Tangan

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Relationship between Handwashing Habits and Diarrhea Incidence in Toddlers at
Yosomulyo Health Center

Xiii + 61 pages , 9 tables , 4 figures , 9 appendices

SUMMARY

Diarrhea is a condition characterized by an increased frequency of defecation with watery or loose stools. The causes of diarrhea may include direct factors such as infections from bacteria, viruses, parasites, malabsorption, allergies, chemical poisoning, and toxins present in food such as fish, fruits, and vegetables. In addition, indirect factors include nutritional status, exclusive breastfeeding, clean and healthy living behavior (PHBS), handwashing habits, eating patterns, immunization status, and socioeconomic conditions. If left untreated, diarrhea in toddlers may lead to dehydration, growth disorders (failure to thrive), weakened immunity, malnutrition, and even death. According to the 2022 Indonesian Nutritional Status Survey (SSGI), the prevalence of diarrhea in children under five in Indonesia was 10.2%, increasing from 9.8% in 2021. In Lampung Province, the incidence of diarrhea among toddlers reached 31.8% of 152,728 children (Health Office, 2023). Meanwhile, data from Metro City showed 21.84 cases per 1,000 population in both 2021 and 2022, rising to 24.6 cases per 1,000 population in 2023. Of the 11 public health centers (puskesmas) in Metro, the highest number of cases was recorded at Yosomulyo Health Center, with 402 cases (43.6%) out of 921 toddlers. Over the past three years, diarrhea cases at the health center were 46.38% in 2022, decreased to 32.34% in 2023, and increased again to 41.76% in 2024 out of 170 toddlers. This study aimed to determine the relationship between handwashing habits and the incidence of diarrhea among toddlers at Yosomulyo Health Center.

The study employed a quantitative method with a *cross-sectional* design. The population consisted of 165 mothers with toddlers, with a sample of 61 respondents selected using *consecutive sampling*. Data were collected through interviews using a *checklist* and medical records. Univariate analysis was presented in the form of frequency distributions, while bivariate analysis was conducted using the *Chi-Square test*.

The results of the study showed that the of the 61 respondents it is known proportion of toddlers who experienced diarrhea was 24.6% (15 respondents), and the proportion of toddlers who had poor handwashing habits was 49.2% (30 respondents). The results of the analysis were obtained from 30 toddlers who had poor handwashing habits and experienced diarrhea as many as 43.3% (13 respondents), while from 31 toddlers who had good handwashing habits as many as 6.5% (2 respondents) experienced diarrhea. The results of the Chi-Square test analysis of the relationship between handwashing habits and the incidence of diarrhea obtained a p value = 0.002 ($\alpha \leq 0.05$).

The conclusion of this study is that there is a significant relationship between handwashing habits and the incidence of diarrhea in toddlers. It is expected that Yosomulyo Health Center will enhance health promotion efforts, particularly to mothers of toddlers, regarding the importance of proper handwashing habits as a preventive measure against diarrhea.

Keywords : Diarrhea, Handwashing Habits