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THE RELATIONSHIP BETWEEN KNOWLEDGE AND SOCIAL HABITS ON THE INCIDENCE OF DIARRHEA AMONG STUDENTS IN INDRA JAYA SUB-DISTRICT, ACEH JAYA DISTRICT IN 2023

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Abstract

Diarrhea is a disease that is still a child health problem in Indonesia that is closely related to the food consumed. In Indonesia, elementary school students are a group that often experiences food poisoning and diarrhea due to careless snacking. To determine the relationship between knowledge and social habits with the incidence of diarrhea in students of SD Negeri 2 Indra Jaya, this study used analytical research with a descriptive design design, namely used in sampling is non probability sampling with purposive sampling technique, with a minimum sample size of 50 students. The population of this study were grade 3-5 students totaling 50 students. With a sample taken as many as 50 students. Data collection using questionnaires and data analysis using the fisher test. The results of the study obtained children who have knowledge and social habits with frequent diarrhea as many as 35 respondents. Based on the analysis of the relationship between knowledge and habits of students about diarrhea with handling actions in diarrhea, the results obtained there is a significant relationship between knowledge and social habits of students about diarrhea with handling actions in diarrhea.

Keywords: *Diarrhea, Social Habits, Knowledge, Elementary School*

1. INTRODUCTION

Diarrhea is one of the leading causes of morbidity and mortality in almost all geographical regions of the world and all age groups are affected. Diarrhea is one of the leading causes of morbidity and mortality in children in developing countries. In developing countries, children under five experience an average of 3-4 episodes of diarrhea per year but in some places there are more than 9 episodes of diarrhea per year almost 15-20% of life time is spent on diarrhea (Ragil & Dyah, 2017).

Diarrhea is one of the infectious diseases. Diarrheal disease is influenced by several factors, including the state of the environment, community behavior, community services, nutrition, population, education which includes knowledge, and socioeconomic conditions (Widoyono, 2008). Meanwhile, the causes of diarrheal disease itself include viruses, namely Rotavirus (40-60%), Escherichia coli bacteria (20-30%), Shigella sp. (1-2%) and parasites Entamoeba hystolitica (<1%) Diarrhea can occur due to poor hygiene and sanitation, malnutrition, crowded environments and poor medical resources (Ragil & Dyah, 2017).

School-age children are still vulnerable to digestive diseases such as diarrhea (Akbar et al., 2023). Epidemiologically, the transmission of environment-based diseases in school-age children is still in the high category, especially in infectious diseases such

as diarrhea. Diarrhea is still a public health problem in developing countries. This can be seen in the high morbidity and mortality in children caused by diarrheal diseases. As many as 1.6 million people in the world die each year due to diarrhea, a quarter of whom are children. The impact of diarrhea on children will affect physical (nausea, vomiting, abdominal pain), mental and academic performance (Khan et al., 2016).

Water is a good place for bacterial growth, contamination will very easily occur if water sanitation and hygiene are not considered. The use of inappropriate water sources will increase the risk of diarrhea. In addition to a clean water source, the container / place of water storage after the cooking process also needs to be considered (Ibrahim & Sartika, 2021). Hand washing behavior is one of the principles of healthy and clean living. Hand washing behavior will not become a habit if it is not done early. Hand washing behavior can be done after defecating, before eating, and preparing or processing food (Ibrahim & Sartika, 2021; Najikhah et al., 2023). In addition to washing hands, hand hygiene can also be seen from the cleanliness of nails, namely by cutting or shortening nails and cleaning existing dirt. Nail growth in one week on average reaches 0.5-1.5 mm (Ibrahim & Sartika, 2021).

One habit that children often do is biting their nails. Keeping nails short and clean is the most important thing to maintain personal hygiene because nails can be a medium for bacterial growth (Suraya, 2020). Consuming bad snacks will have an impact on the health of consumers, in this case children. The lack of knowledge and discipline of traders about applying cleanliness in food processing and serving is one of the factors that make these snacks less hygienic. In addition, there is a limited water supply, as well as eating utensils that are not washed thoroughly. This will trigger the onset of digestive tract diseases for consumers (Lusida et al., 2023; Suraya, 2020).

A previous study at SDN 3 Gogamogan Kotamobagu, North Sulawesi, on grade IV and V students totaling 124 students. The results of interviews with homeroom teachers IV and V found that there were some children who asked permission to be sick because they had diarrhea and there were several students who asked permission during the teaching and learning process, because they had stomachaches. The results of interviews from 5 children in grades IV and V found that 3 children had experienced diarrhea. The child also said that he rarely had breakfast and preferred to consume snacks around the school environment.

Based on this background, the study aims to investigate the relationship between knowledge, social habits, and the incidence of diarrhea among elementary school students in the Indra Jaya sub-district, Aceh Jaya district in 2023.

2. RESEARCH METHODS

This study was an analytical study with a descriptive design to get the relationship between knowledge and social habits with diarrhea in students of SD Negeri 2 Indra Jaya in 2023. The method used in sampling is non probability sampling with purposive sampling technique, with a minimum sample size of 50 students. The inclusion criteria are students who have children aged 8-10 years and are students in grades 3 to 5 at SD Negeri 2 Indra Jaya. The exclusion criteria in this study were students who had filled out

this research questionnaire before and students who were not willing to become respondents.

The instrument used in this study was a questionnaire. The questionnaire was used to determine the relationship between knowledge and social habits with the incidence of diarrhea at SD Negeri 2 Indra Jaya. The test used in this study is a hypothesis test with an ordinal categorical scale. The test used to analyze the relationship between knowledge and social habits of students regarding Clean and Healthy Living Behavior (PHBS) with the incidence of diarrhea is the fisher test and the test used to analyze the relationship between Clean and Healthy Living Behavior (PHBS) of students with the incidence of diarrhea is the Kolmogorov-Smirnov test.

This research was conducted by students of Abulayatama University Aceh who mastered the material and were assisted by lecturer staff who were experts in the importance of maintaining PHBS and habits. The discussion provided contains various issues, such as: Counseling on everything about diarrhea, understanding diarrhea, the purpose of maintaining personal hygiene and various actions to maintain diarrhea and the impacts that will be caused if you do not maintain personal hygiene.

3. RESULTS AND DISCUSSION

Based on the results of research conducted at SD Negeri 2 Indra Jaya on November 02 to December 02, 2023. The population in this study were 50 students of SD Negeri 2 Indra Jaya in the November-December period with a sample of 50 respondents. The questionnaire was distributed to 50 respondents. The variables studied were students' knowledge and attitudes towards the incidence of diarrhea in students based on education, age and social habits of students through questionnaires.

a. Students' Knowledge Level about Diarrhea

From the results of the study, it was found that students' knowledge and social habits towards diarrhea in children were still low. This can be seen in the results of a questionnaire of 50 respondents against 35 respondents who answered with less results. According to the study, a low level of knowledge causes students to not understand how to handle diarrhea on their own. This is because they tend to be lazy to do something like looking for information or following health counseling provided by health workers. The results of this study on the incidence of diarrhea in students are due to the fact that respondents only know and have not yet understood, applied, analyzed, synthesized, and evaluated material related to the incidence of diarrhea.

While the lack of understanding that students have will certainly meet difficulties in order to prevent further impacts on diarrhea that does not get complete treatment, namely dehydration and further impacts are death in students. The results of this study also show that students who have knowledge in the poor category are 36 people, this indicates that most students, especially SD Negeri 2 Indra Jaya, have not gained a good understanding of diarrhea, which can indicate that efforts to disseminate information about diarrhea to the community have not been able to be linked evenly to the maximum.

In addition to education, age also affects a person's education, as seen in the results of this study. The results showed 25 students that all respondents had less knowledge.

Too young an age is usually not ready to receive information so he has no interest in seeking information related to his life. Age also affects a person's ability to understand and think. The older the age, the more developed the power of capture and mindset, so that the knowledge gained is getting better.

This factor is also due to the lack of awareness of students to find out the importance of knowledge about the incidence of diarrhea on themselves which can be obtained from various media such as information from health workers, especially midwives, stories from other people, as well as information from mass media such as television, radio, newspapers or magazines. More respondents have a lack of knowledge because of the lack of information from health workers and mass media, for example by providing counseling.

b. Diarrhea Management Measures in Toddlers

Based on the results of the study, it was found that most students did not have good handling actions for diarrhea, as many as 40 respondents. This is due to the age of the students who are 8-10 years old so that the students depend on the actions given by their respective parents. With good action, it is expected to achieve good health behavior so that diarrhea diseases can be avoided by students.

c. Relationship between Mother's Knowledge about Diarrhea and Handling Actions in Students

It is known that the higher a person's knowledge, the better their actions. So the higher the level of knowledge of student mothers about diarrhea, the better the actions of student mothers in handling diarrhea in students. This means that student mothers who have a good level of knowledge about diarrhea will apply what they know to take action to treat diarrhea in students rather than student mothers who have a poor level of knowledge.

4. CONCLUSION

Based on data on the relationship between knowledge and social habits of students about diarrhea with handling actions in students carried out on November 02 to December 02, 2023 at SD Negeri 2 Indra Jaya, it can be identified that the level of knowledge of students about diarrhea is mostly poor and the level of action of students' mothers in handling diarrhea students is mostly good. Then based on the analysis of the relationship between knowledge and habits of students about diarrhea with handling actions in diarrhea, the results obtained there is a significant relationship between knowledge and social habits of students about diarrhea with handling actions in diarrhea. So that the better the knowledge and habits of students about diarrhea, the better the actions of students in handling diarrhea on themselves, and vice versa.

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