

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU**

PROGRAM STUDI DIPLOMA III GIZI

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**HUBUNGAN *HYGIENE* SANITASI MP-ASI DAN *PERSONAL HYGIENE*
IBU DENGAN KEJADIAN DIARE PADA BALITA DI WILAYAH KERJA
PUSKESMAS HARAPAN RAYA**

XII, 44 Halaman, 12 Tabel + 2 Gambar, 3 lampiran

INTISARI

Dampak diare yang terjadi pada balita selain kematian adalah dehidrasi, terganggunya pertumbuhan (gagal tumbuh), dan merupakan penyebab utama kekurangan gizi pada anak dibawah umur lima tahun serta dapat berdampak buruk pada perkembangan kognitif anak. Tujuan penelitian ini adalah melihat hubungan *hygiene* sanitasi MP-ASI dan *personal hygiene* ibu dengan kejadian diare pada balita di wilayah kerja puskesmas Harapan Raya. Jenis penelitian ini merupakan penelitian deskriptif dengan pendekatan *cross sectional*. Populasi dalam penelitian adalah seluruh balita usia 6-24 bulan di wilayah kerja Puskesmas Harapan Raya. Pengambilan sampel secara *purposive sampling* sebanyak 48 orang. Metode pengambilan data dengan wawancara dan observasi menggunakan lembar kuisioner dan lembar observasi. Analisis data menggunakan analisis *Chi Square* dengan derajat kepercayaan 95%. Hasil penelitian menunjukkan balita yang mengalami diare sebanyak 31 balita dengan persentase (65%). Hasil uji statistik menunjukkan terdapat hubungan antara *personal hygiene* ibu dengan kejadian diare pada balita ($p= 0,030$) dan tidak terdapat hubungan antara *hygiene* sanitasi MP-ASI dengan kejadian diare pada balita ($p= 0,252$). Disarankan bagi puskesmas untuk lebih mengaktifkan penyuluhan terkait factor risiko penyakit diare pada balita lalu bagi masyarakat khususnya ibu yang memiliki anak balita diharapkan dapat memperhatikan *personal hygiene* lebih baik lagi.

Kata Kunci : *Hygiene* sanitasi MP-ASI, *Personal Hygiene* ibu, Kejadian
Diare

Referensi : 34 (2012-2021)

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THE RELATIONSHIP BETWEEN HYGIENE SANITATION OF COMPLEMENTARY FOODS AND MATERNAL PERSONAL HYGIENE WITH THE INCIDENCE OF DIARRHEA IN CHILDREN UNDER FIVE IN THE WORKING AREA OF THE PUSKESMAS HARAPAN RAYA

44 Page, 12 Tables + 2 Pictures + 3 Attachment

ABSTRACT

The impact of diarrhea that occurs in infants in addition to death is dehydration, impaired growth (failure to thrive), and is the main cause of malnutrition in children under the age of five and can have a negative impact on children's cognitive development. The purpose of this study was to see the relationship between MP-ASI sanitation hygiene and maternal personal hygiene with the incidence of diarrhea in children under five in the work area of Harapan Raya Health Center. This type of research is a descriptive study with a cross sectional approach. The population in this study were all toddlers aged 6-24 months in the work area of the Harapan Raya Health Center. Sampling by purposive sampling as many as 48 people. Methods of collecting data by interview and observation using questionnaire sheets and observation sheets. Data analysis used Chi Square analysis with 95% confidence degree. The results showed that there were 31 toddlers who had diarrhea with a percentage (65%). The results of statistical tests showed that there was a relationship between maternal personal hygiene and the incidence of diarrhea in children under five ($p = 0.030$) and there was no relationship between the sanitation hygiene of MP-ASI and the incidence of diarrhea in infants ($p = 0.252$). It is recommended for the puskesmas to further activate counseling related to risk factors for diarrheal disease in toddlers and then for the community, especially mothers who have children under five, it is hoped that they can pay attention to personal hygiene better.

Keywords : *Hygiene sanitation of complementary foods, personal hygiene of mothers, incidence of diarrhea*

Reference : *34 (2012-2021)*