

ABSTRAK

SUHAIDA. Gambaran Faktor-Faktor yang Berkaitan dengan Diare pada Balita di Kota Pekanbaru. Dibimbing oleh Dewi Rahayu, SP, M.Si.

Diare masih menjadi salah satu masalah kesehatan utama pada balita dan berdampak terhadap status gizi serta pertumbuhan anak. Penelitian ini bertujuan untuk mendeskripsikan faktor-faktor yang berkaitan dengan kejadian diare pada balita di Kota Pekanbaru. Jenis penelitian ini adalah deskriptif dengan desain *cross-sectional*, menggunakan data sekunder dari Survei Gizi dan Kesehatan Balita (PPG 2024). Sampel sebanyak 179 balita usia 6–60 bulan yang mengalami diare dalam satu bulan terakhir dan tersebar di 21 Puskesmas. Data dianalisis secara univariat dan disajikan dalam bentuk distribusi frekuensi. Hasil penelitian menunjukkan bahwa sebagian besar balita memiliki status gizi baik (65,9%), namun diare juga ditemukan pada balita dengan gizi kurang (27,9%) dan gizi lebih (6,1%). Sebanyak 87,7% balita mengonsumsi air isi ulang dan 89,4% memperoleh makanan dari masakan ibu. Sebanyak 25,7% ibu tidak mencuci tangan sebelum menyuapi anak. Meskipun sebagian praktik kebersihan sudah cukup baik, kejadian diare masih cukup tinggi. Kesimpulan dari penelitian ini menunjukkan bahwa kejadian diare pada balita berkaitan dengan beberapa faktor seperti status gizi, sumber air minum, serta praktik kebersihan ibu. Diperlukan edukasi berkelanjutan mengenai higiene, pengawasan mutu air minum, dan peningkatan perilaku cuci tangan serta sanitasi makanan di rumah tangga untuk menurunkan angka kejadian diare.

Kata Kunci: Diare, Balita, Status Gizi, Air Minum Isi Ulang, Cuci Tangan

ABSTRACT

SUHAIDA. Overview of Factors Associated with Diarrhea Incidence among Children Under Five in Pekanbaru City. Supervised by Dewi Rahayu, SP, M.Si.

Diarrhea remains one of the main health problems affecting children under five, with significant impacts on nutritional status and growth. This study aimed to describe the factors associated with diarrhea incidence among under-five children in Pekanbaru City. This research is a descriptive study with a cross-sectional design, utilizing secondary data from the 2024 Child Nutrition and Health Survey (PPG). The sample consisted of 179 children aged 6–60 months who had experienced diarrhea within the last month, across 21 community health centers. The data were analyzed univariately and presented as frequency distributions. The results showed that most children had good nutritional status (65.9%), but diarrhea also occurred in children with poor (27.9%) and excess nutrition (6.1%). A majority of children (87.7%) consumed refill drinking water, and 89.4% obtained food from home-cooked meals. Meanwhile, 25.7% of mothers did not wash their hands before feeding their children. Despite generally good hygiene practices, diarrhea cases remain prevalent. In conclusion, diarrhea incidence among children under five is associated with several factors, including nutritional status, drinking water source, and maternal hygiene practices. Continuous education on hygiene, quality control of drinking water, and improvements in handwashing and food sanitation practices at the household level are necessary to reduce the incidence of diarrhea.

Keywords: Diarrhea, Under-Five Children, Nutritional Status, Refill Drinking Water, Handwashing