

ABSTRACT

Diarrhea is an abnormal bowel movement characterized by loose stool and a frequency of >3 times a day that is susceptible to be experienced by children aged 1-59 months so that WHO calls it the second cause of child mortality with 443,832 deaths every year. This analysis aims to determine the risk factors for diarrhea among toddlers at the Sigli City Health Center in 2024. This study was quantitative using the cross sectional method, involved 96 mothers of children under five, selected through purposive sampling. Data were analyzed through two stages: bivariate analysis using Pearson's chi-square test and multivariate analysis using logistic regression. Results indicated that there was an association between the habit of washing hands with soap ($p = 0.020$), the habit of processing food and beverages ($p = 0.024$) and the mother's knowledge ($p = 0.036$). However, there was no relationship between education level ($p = 0.254$), maternal occupation ($p = 0.928$), maternal age ($p = 0.435$), clean water source ($p = 0.488$), latrine condition ($p = 1.000$), house floor condition ($p = 0.896$) and nutritional status ($p = 0.320$). It can be concluded that behavioral factors such as poor hand washing habits with soap and poor food and drink processing habits as well as poor maternal knowledge affect diarrhea in toddlers. It is hoped that communication, information and education about diarrhea, risk factors, and the importance of washing hands with soap and food and beverage processing in the family will be provided.

Keywords: *diarrhea, behavior, environment, nutritional status, knowledge*

ABSTRAK

Diare adalah kondisi buang air besar tidak normal ditandai dengan keenceran tinja dan berfrekuensi >3 kali sehari yang rentan dialami anak usia 1-59 bulan sehingga WHO menyebutnya sebagai penyebab kedua kematian anak dengan angka 443.832 kematian setiap tahun. Analisis ini bertujuan untuk mengetahui faktor risiko diare pada balita di UPTD Puskesmas Kota Sigli Tahun 2024. Penelitian ini berjenis kuantitatif menggunakan metode *cross sectional* dengan jumlah responden 96 ibu balita yang diambil secara *purposive sampling*. Analisis data yang digunakan adalah bivariat dengan korelasi *pearson chi-square* yang dilanjutkan ketahap multivariat dengan uji regresi logistik. Hasil analisis menunjukkan terdapat hubungan antara kebiasaan cuci tangan pakai sabun ($p = 0,020$), kebiasaan mengolah makanan dan minuman ($p = 0,024$) dan pengetahuan ibu ($p = 0,036$). Namun tidak terdapat hubungan antara tingkat pendidikan ($p = 0.254$), pekerjaan ibu ($p = 0,928$), umur ibu ($p = 0,435$, sumber air bersih ($p = 0,488$), kondisi jamban ($p = 1,000$), kondisi lantai rumah ($p = 0,896$) dan status gizi ($p = 0,320$). Dapat disimpulkan bahwa faktor perilaku seperti kebiasaan cuci tangan pakai sabun kurang baik dan kebiasaan mengolah makanan dan minuman kurang baik serta pengetahuan ibu yang kurang baik berpengaruh terhadap diare pada balita. Diharapkan komunikasi, informasi dan edukasi (KIE) tentang diare, faktor risiko, dan pentingnya cuci tangan pakai sabun serta pengolahan makanan dan minuman dalam keluarga.

Kata kunci: diare, perilaku, lingkungan, status gizi, pengetahuan