

ABSTRACT

The Relationship between Clean Water Sources, Personal Hygiene, and Clean Healthy Living Behaviour (PHBS) with the Incidence of Diarrhea among Children Under Five in the Working Area of Aur Duri Health Center, 2025

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XVII + 54 Pages, 13 Tables, 2 Figures, 15 Appendices

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Diarrhea is one of the leading causes of death in children under five and remains a public health problem in Indonesia. In the working area of Aur Duri Health Center, based on disposition reports, the incidence of diarrhea remains high, with environmental factors such as the quality of clean water sources, mothers' personal hygiene, and clean and healthy living behavior (PHBS) playing an important role in diarrhea prevention. This study aims to determine the relationship between clean water sources, personal hygiene, and PHBS with the incidence of diarrhea among children under five in the working area of Aur Duri Health Center in 2025.

This study used a quantitative method with a cross-sectional design. The sample consisted of 73 mothers with children under five, selected through total sampling. Data collected using questionnaires and observations, while data analysis used the chi-square test.

The results showed a significant relationship between clean water sources and diarrhea incidence ($p = 0.009$), personal hygiene and diarrhea incidence ($p = 0.016$), as well as PHBS and diarrhea incidence ($p = 0.003$).

This study concludes that there is a significant relationship between clean water sources, personal hygiene, and PHBS with the incidence of diarrhea among children under five. Efforts are needed to improve access to clean water, promote personal hygiene education, and instill PHBS as preventive measures to reduce the incidence of diarrhea.

Keywords: Clean Water Sources, Personal Hygiene, PHBS, Diarrhea, Children under five

References: 25 (2019-2025)

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ABSTRAK

Hubungan Sumber Air Bersih, Personal Hygiene dan PHBS terhadap Kejadian Penyakit Diare pada Balita di Wilayah Kerja Puskesmas Aur Duri Tahun 2025

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XVII + 54 Halaman, 13 Tabel, 2 Gambar, 15 Lampiran

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Diare merupakan salah satu penyebab utama kematian pada balita dan masih menjadi masalah kesehatan masyarakat di Indonesia. Di wilayah kerja Puskesmas Aur Duri berdasarkan surat Disposisi permasalahannya masih tinggi angka kejadian diare dengan Faktor lingkungan seperti kualitas sumber air bersih, personal hygiene ibu, serta perilaku hidup bersih dan sehat (PHBS) memiliki peran penting dalam pencegahan diare. Penelitian ini bertujuan untuk mengetahui hubungan sumber air bersih, personal hygiene, dan PHBS terhadap kejadian penyakit diare pada balita di wilayah kerja Puskesmas Aur Duri tahun 2025.

Penelitian ini menggunakan metode kuantitatif dengan desain cross sectional. Sampel penelitian berjumlah 73 ibu yang memiliki balita dan dipilih secara total sampling. Pengumpulan data dilakukan melalui kuesioner dan observasi, dengan analisis data menggunakan uji chi-square.

Hasil penelitian menunjukkan terdapat hubungan yang signifikan antara sumber air bersih dengan kejadian diare ($p = 0,009$), personal hygiene dengan kejadian diare ($p = 0,016$), serta PHBS dengan kejadian diare ($p = 0,003$).

Kesimpulan dari penelitian ini yaitu adanya hubungan yang signifikan antara sumber air bersih, personal hygiene, dan PHBS dengan kejadian penyakit diare pada balita. Diperlukan upaya peningkatan akses air bersih, edukasi kebersihan personal, serta pembiasaan PHBS sebagai langkah preventif dalam menurunkan angka kejadian diare.

Kata Kunci : Sumber Air Bersih, Personal Hygiene, PHBS, Diare, Balita
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