

Implementation of Health Counseling on Diarrhea in Children at Sdn 08982 Batu Dua Puluh, Panei District, Simalungun Regency

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ABSTRACT

Diarrhea is a very common condition. It can affect both children and adults. The highest incidence is found in children under 2 years of age, where viruses are the most common cause. Diarrhea is defined as an increase in the frequency and looseness of bowel movements. A normal frequency of bowel movements is 1-3 times per day and a volume of 200-300 ml.

250 grams a day. If it exceeds that amount, then a person can be said to have diarrhea. There are several terms for diarrhea, namely: Acute diarrhea if it lasts less than 1 week; Persistent diarrhea is diarrhea that lasts more than 14 days and is caused by an infection, for example, diarrhea caused by a virus due to poor implementation so that it continues for more than 14 days, dysentery that is not treated so that it lasts more than 14 days, or diarrhea caused by bacteria that are resistant to a number of antibiotics so that it lasts more than 14 days; Chronic diarrhea is diarrhea that lasts more than 14 days and is not caused by a virus, for example due to impaired intestinal function in digesting food, the presence of a food substance that cannot be absorbed by the body, and so on; Dysentery is diarrhea accompanied by mucus and blood. Dysentery is caused by the Shigella bacteria or the Entamoeba histolytica parasite; Cholera is watery diarrhea in which almost no stool residue can be found at all (watery diarrhea). Cholera often causes epidemics and very quickly causes dehydration which causes the sufferer to die. Cholera is caused by the bacteria *Vibrio cholerae*.

Keywords: Counseling, Health, Diarrhea, Children

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INTRODUCTION

Diarrhea is a common condition. This can affect both children and adults. The highest incidence is found in children under two years of age, where viruses are the most common cause (Saha et al., 2022). Diarrhea is defined as an increase in the frequency and looseness of the bowel movements. The normal frequency of bowel

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movements is 1-3 times per day and the volume of 200-250 grams per day. Anything exceeding this amount is considered diarrhea (Mebrahtom, Worku, & Gage, 2022).

Formulation of the problem

The mothers low level of knowledge about diarrhea in children is one of the impacts of the disease in children. This is due to a lack of knowledge of mothers in maintaining hygiene (Dwi Wahyuni, Husnina, Sulistyorini, & Azizah, 2024). This can be achieved through preventive measures, namely through health education. Health education regarding personal hygiene is necessary so that children know how to behave when faced with vaginal discharge (Indah et al., 2022). Health education is carried out in groups using the lecture method and audiovisual media. Based on the background of the problem above, the research problem can be formulated: "Is there an influence of health education about diarrhea using the lecture method on the knowledge and attitudes of mothers at SDN 08982 Batu Dua Puluh, Panei District, Simalungun Regency in 2021?"

Activity Objectives

The purpose of this study was to determine the knowledge and attitudes of mothers at SDN 08982 Batu Dua Puluh Elementary School, Panei District, Simalungun Regency regarding diarrhea, whether there was any influence or improvement before and after counseling was given.

Benefits of Activities

The benefits obtained from this research include:

1. It is hoped that mothers will know about diarrhea in dealing with it and after being given health education there will be changes or differences in the level of knowledge and attitudes regarding personal hygiene.
2. For Nurses As reference to further increase their participation in providing health education about diarrhea and improving health levels, especially for mothers around SDN 08982 Batu Dua Puluh, Panei District, and Simalungun Regency (Fitriani, Darmawan, & Puspasari, 2021).

Diarrhea is a disease that causes frequent, loose stools. Generally, diarrhea occurs due to food and drink exposure to viruses, bacteria, or parasites. Diarrhea is a health problem in Indonesia (Hailu, Ji-Guo, & Hailu, 2021). According to the 2017 Indonesian health profile information data from the Indonesian Ministry of Health, the number of diarrhea cases throughout Indonesia is around 7 million, with the highest number occurring in West Java province, with 1.2 million cases (Kurniawati, Arini, Awwalina, & Pramesti, 2021). Diarrhea usually lasts for only a few days (acute), but in some cases it can last for weeks (chronic). In general, diarrhea is not dangerous if it does not cause dehydration (A. A. Iryanto, Joko, & Raharjo, 2021). However, if accompanied by dehydration, this disease can be fatal, and the sufferer (Maliga, Rafi'ah, Lestari, Hasifah, & Sholihah, 2022).

Problem Solving Framework

This community service aims to determine the knowledge and attitudes of mothers regarding diarrhea in SDN 08982 Batu Dua Puluh, Panei District, and Simalungun

Regency. This counseling is quantitative, with a pre-experimental method, pre-posttest design without a control group (one group pre and post test design) one experimental group was given an intervention (Mulatu et al., 2022). Determination of the number of mothers in this counseling uses a total sampling technique, namely a method of collecting samples based on a population of 75 mothers according to predetermined criteria (Anggraini & Purnamawati, 2023). Based on the results of the implementation of the activities that have been carried out, several conclusions can be drawn as follows: Mothers' knowledge regarding health counseling about personal hygiene in general has increased after the training, Improved mothers' skills in how to wash their hands properly in running water directly with a fairly good response from children so that children avoid diarrhea, This increase in knowledge and skills is a stimulant so that mothers at SDN Batu Dua Puluh, Panei District, Simalungun Regency have health knowledge, especially about personal hygiene (A. Iryanto, Joko, & Raharjo, 2021). Suggestions are needed for further training programs related to health education so that mothers can avoid negative behavior in society (Umiati, 2021).

METHOD

Problem Solving Realization

This counseling is quantitative, with a pre-experimental method, a pre-posttest design without a control group (one group pre and post test design) where one experimental group was given the intervention (Cameron et al., 2021). The determination of the number of mothers in this counseling uses a total sampling technique, namely a method of collecting samples based on the population of a number of mothers according to predetermined criteria (Rehana, Setiabudi, Sulistiawati, & Wahyunitisari, 2021).

Attitude is a response given by respondents which manifest in the perception of personal hygiene in mothers. The attitudes of mothers who have cervical cancer are influenced by several factors, including age Although they are one group of mothers their ages are different, which causes differences in thinking about decision making in solving problems (Soboksa, 2021). Age also influences their acceptance of the counseling provided. Those who are used to listening to counseling will be more experienced than those who have just listened to counseling, which will certainly affect the way mothers maintain personal hygiene. (Getachew et al., 2018) Health counseling factors, the hope is that the messages conveyed suggest and determine the direction of attitudes The increase in information obtained influences opinions and beliefs and provides a cognitive basis for the formation of attitudes (Dwi Wahyuni et al., 2024). According to Achmadi (Chassagne et al., 2022) changes in attitudes can be measured spontaneously after an intervention through the delivery of arguments The results of observations on an object are cognitive-based changes in attitudes, while measurements some time after the intervention through emotional changes and real decision making are changes in affective attitudes (Qiu et al., 2018). In this community service, the attitude changes carried out were cognitive-based therefore, an evaluation of changes in knowledge was carried out after health education interventions regarding personal hygiene for mothers (Ullah et al., 2019).

Activity Method

This counseling is quantitative, with a pre-experimental method, a pre-posttest design without a control group (one group pre and post test design) where one experimental group was given an intervention. The determination of the number of mothers in this counseling used a total sampling technique, namely a method of collecting samples based on the population of a number of mothers according to predetermined criteria (Ningsih et al., 2024).

Schedule of activities

The training participants were 20 children and their mothers from Batu Dua Puluh Elementary School, Panei District, Simalungun Regency (Shine, Muhamud, Adanew, Demelash, & Abate, 2020). The training was conducted on October 11, 2021, at Batu Dua Puluh Elementary School, Panei District, Simalungun Regency. The schedule and materials used were as follows

Table 1. Activity Schedule

Time	Program	Person responsible
3 to 5 August 2015		
08.00– 08.30	Opening Welcome I and II	Committee and Elementary School Principal
08.30– 09.30	Delivery of material through elaboration	Jumadiyah Wardati, SKM.,MM
09.30– 10.30	Delivery of material Diarrhea	Meyana Marbun, SST., M.Kes
12.00–13.00	Closing	Committee

RESULTS AND DISCUSSION

This community service is to determine the knowledge and attitudes of mothers at SDN Batu Dua Puluh, Panei District, Simalungun Regency about diarrhea, whether there is an influence or improvement before and after being given counseling (Magdalena, Rantetampang, Pongtiku, & Mallongi, 2019). This counseling is quantitative, with a pre-experimental method, pre-posttest design without a control group (one group pre and post test design) one experimental group is given an intervention (Manetu, M'masi, & Recha, 2021). Determination of the number of mothers in this counseling uses a total sampling technique, namely a method of collecting samples based on the number of populations of 25 mothers according to predetermined criteria (Susanti, 2018).

Based on the results of the implementation of the activities that have been carried out, several conclusions can be drawn as follows: mothers knowledge regarding

health counseling about diarrhea in general has increased after the training, improved mothers' skills in how to wash their hands properly in running water directly with a fairly good response from their children this increase in knowledge and skills is a stimulant so that mothers at Batu Dua Puluh Elementary School have health knowledge, especially about personal hygiene. Suggestions need to be made for further training programs that are still related to health counseling, because mothers can avoid negative behavior in the community (Dadonaite, Ritchie, & Roser, 2018).

This counseling is quantitative, with a pre-experimental method, a pre-posttest design without a control group (one group pre and post test design) where one experimental group was given the intervention. The determination of the number of mothers in this counseling uses a total sampling technique, namely a method of collecting samples based on the population of a number of mothers according to predetermined criteria (Otsuka, Agestika, Widyarani, Sintawardani, & Yamauchi, 2022).

Attitude is a response given by respondents which manifest in the perception of personal hygiene in mothers. The attitudes of mothers who have been towards personal hygiene when mothers are influenced by several factors, including age, even though they are one group of mothers, their ages are different, which causes differences in thinking about decision making in solving problems (Janiwarty, 2013). Age also influences their acceptance of the counseling provided (Rugo et al., 2019). Those who are used to listening to counseling will be more experienced than those who have just listened to counseling, which will certainly affect the way mothers maintain personal hygiene. Health counseling factors hope that the messages conveyed suggest and determine the direction of the attitudes. The increase in information obtained will influence opinions and beliefs and provide a cognitive basis for the formation of attitudes (Eriksen et al., 2021). According to Achmadi (Olortegui et al., 2018) changes in attitudes that can be measured spontaneously after an intervention through the delivery of arguments to the results of observations on an object are cognitive-based changes in attitudes, while measurements at some time after the intervention through emotional changes and real decision making are changes in affective attitudes. In this community service, the attitude changes carried out were cognitive-based therefore, an evaluation of changes in knowledge was carried out after health education interventions regarding diarrhea in children.

CONCLUSION

Based on the results of the activities that have been carried out, several conclusions can be drawn as follows:

1. The mothers' knowledge regarding health counseling for diarrhea in children at Batu Dua Puluh Elementary School, Panei District, and Simalungun Regency is generally understood and comprehended.
2. Improving mothers' skills in socializing and interacting directly with their children's responses is quite good.
3. This increase in knowledge and skills is a stimulant so that mothers at SDN Batu Dua Puluh, Panei District, and Simalungun Regency have health knowledge, especially to avoid diarrhea.

Suggestion

There needs to be further counseling that is still related to health counseling so that mothers can avoid negative behaviors in society.

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