

Health Counseling About Prevention of Diarrhea at Elementary School 25 of Bima City

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ABSTRACT

Community service through health education for children regarding the prevention of diarrhoea in elementary school children is vital so that children can prevent the emergence of diarrheal diseases in children, especially in the school environment. The incidence of diarrhoea in Indonesia is around 200–400 cases per 1000 people yearly. The incidence of diarrhoea in Indonesia is 60 million annually, and 80% are children. Health education is crucial to do in order to increase elementary school children's knowledge about diarrhoea prevention in the elementary school environment in Kota Bima, especially the children of SDN 25 Kota Bima. Based on the preliminary studies that have been carried out, the number of children who know about preventing diarrhoea in children is 4 out of 10 children. The aim is to conduct counselling on preventing diarrhoea in children so that Indonesia is free from diarrheal diseases, especially in early childhood. The activity method is carried out by making pre- and post-test questions to measure the level of knowledge before and after being given counselling. Based on the results of the assessment before (pretest), counselling was given; namely, 21 children with less knowledge (70%) had sufficient knowledge of 9 people (30%). Furthermore, experienced an increase after counselling was carried out by conducting a reassessment (post-test) where children who had less knowledge, namely 5 people (16.7%), 15 people (50%) were good, and 10 people (33.3%) were good.



1. INTRODUCTION

Diarrhoea is a disease characterized by urination more than three times a day. (Ariani, 2016). Diarrhoea is still a global problem with high levels of pain and death in various countries, especially in developing countries, and is also one of the leading causes of high rates of child pain and mortality worldwide. Diarrhoea can occur worldwide and cause 4% of all deaths and 5% of health losses that cause disability. (Berhe, Mihret, & Yitayih, 2016).

Diarrhoea in Indonesia is about 200–400 cases per 1,000 people yearly. The number of cases of diarrhoea in Indonesia is 60 million per year, and 80% are children. (Risikedas, 2018). In Central Java, diarrhoea became among the top 5 contributors after food poisoning, leptospirosis, bleeding fever, and chikungunya. The prevalence of diarrhoea in children in Central Java in 2018, according to diagnosis by health workers, was 8.4% (Risikedas, 2018). The number of cases of diarrhoea in school-age children in Central Java, according to BPS, in 2017 was 408,858 cases and increased in 2018 to 584,259 cases. Meanwhile, the number of diarrhoea cases in Semarang school-age children in 2017 was 25.578 and increased in 2018 by 33.195. (Dinkes Provinsi Jawa Tengah, 2018).

School-age children are an age group that is prone to nutrition and disease, mainly infectious diseases. Epidemiologically, the spread of environmental-based diseases among schoolchildren in Indonesia is still high, especially in infections such as diarrhoea. (Kemenkes RI, 2011). Given the high risk of death from diarrhoea in children, appropriate treatment is necessary to

reduce diarrhoea's death rate and pain. Reduce the incidence of diarrhoea in schoolchildren. It can be done by maintaining hygiene and processing healthy food. This is because diarrhoea is closely associated with clean living behaviours, especially personal hygiene. Personal hygiene is one of the factors that can affect the occurrence of diarrhoea in primary school children. There is a very close link between personal hygiene and the occurrence of diarrhoea in children, as most children have minimal information about health, especially diarrhoea. (Ernawati, 2012).

The knowledge of school-age children about diarrhoea is one of the predisposition factors affecting their behaviour in carrying out diarrhoea prevention. (Notoatmodjo, 2014). The role of children in preventing diarrhoea requires knowledge because knowledge is one of the crucial components of predisposition factors. Although the increase in knowledge does not always lead to changes in attitudes, it has a positive relationship; with increased knowledge, attitudes can change, and behaviour can be followed. (Farida, 2016).

Children's behaviour regarding their hygiene and environmental hygiene plays an essential role in their physical and mental development. Lack of child hygiene will facilitate worm disease and diarrhoea in the child (Tambuwun, 2015). Increased knowledge among schoolchildren about diarrhoea specifically can help children change habits and implement changes in the school and family environment. Behavioural change is a process of teaching children to increase their knowledge about preventing diarrhoea in children. (Rahmawati, dkk, 2017).



Many school-age children still do not know what diarrhoea is, how to treat it, or how to prevent it. Knowledge of diarrhoea also dramatically affects the incidence of diarrhoea in children. Based on research conducted by Paskalita (2011), elementary school children's knowledge about diarrhoea affects the incidence of diarrhoea.

The occurrence of diarrhoea is due to a number of factors, including inadequate environmental health, unsatisfactory nutritional conditions, socio-economic conditions, and public behaviour that directly or indirectly affect diarrhoea. In addition, diarrhoea can also be caused by unhealthy foods or foods processed in unclean ways, so they are contaminated with diarrhoea-causing bacteria such as Salmonella, Shigella, and Campylobacter jejuni. (Purwaningdyah, 2015).

The effects of diarrhoea on children are hazardous. As a result of both acute and chronic diarrhoea, there will be a loss of water and electrolytes (dehydration), resulting in a disturbance of the balance of basal acids (metabolic acidosis, hypokalemia), disorders of nutrition due to hunger (low intake, increased production), hypoglycemia, and disruption of blood circulation. In addition to causing death, diarrhoea can also interfere with the growth process of children at school age, which in the end can reduce the quality of life of children at school age. (Ngastiyah, 2015).

School-age children generally do not understand proper hygiene for their bodies, especially when rest time comes. They play and eat, so they must remember to wash their hands. Hands are the leading carriers of diseases; therefore, it is crucial to know and remember that hand washing

with soap is a healthy behaviour that effectively prevents the spread of infectious diseases, such as diarrhoea. Therefore, knowledge of the causes, prevention, management, and treatment of diarrhoea and the complications of diarrhoea in schoolchildren is essential. (Suroso, 2009).

Therefore, we, the teachers and students of the Akademi Kebidanan Harapan Bunda Bima, want to move forward with a community service program that will hold a discussion on health related to the problem of diarrhoea disease, which is a disease that often attacks children in primary school and is caused by the lack of cleaning awareness in primary schools.

2. METHOD

This activity takes place from February to April 2023. Forms of activity are as follows :

- 1) Preparation is carried out on February 5, 2023, by conducting a location survey and identifying problems.
- 2) Material settlement for dedication on March 20, 2023.
- 3) Implementation of Disclosure Activities on April 14, 2023, with the following steps :
 - a. Complete list of attendants, Weight, and height.
 - b. Use of Kuosioner Pre-Test.
 - c. Leaflet Prevention of Diarrhea.
 - d. Delivery of Materials.
 - e. Tagged post-test.
 - f. Closing of Activities
- 4) The participants who followed the activity were representatives of the



children of Classes IV and V at SDN 25 City Bima.

3. RESULTS AND DISCUSSION

A declaration in the dedication to this community is carried out in SDN 25 Kota Bima on April 14, 2023, from 9:00 a.m. to 12:00 p.m. The study focuses on increasing the child's knowledge about preventing diarrhoea in the primary school

environment. The submitted material is: what is diarrhoea, what causes diarrhoea, what are the signs and symptoms of diarrhoea, the consequences of further diarrhoea, and how to prevent diarrhoea.

The differences in knowledge of children before and after the implementation of public service activities in SDN 25 Cities can be seen in the following table :

Table 1. Distribution of Pretest Children's Knowledge Levels

Knowledge Category	Frequency	Percentage
Not enough	21	70
Enough	9	30
Good	0	0
Total	30	100

Table 2. Distribution of Knowledge Levels of Posttest Children

Knowledge Category	Frequency	Percentage
Not enough	5	16,7
Enough	15	50
Good	0	33,3
Total	30	100

According to the table, there is an increase in the participant's knowledge of the dissemination activities. Where the results of the pretext showed child knowledge of fewer than 21 people (70%) and Child knowledge of as many as 9 people (30%), and after the dedication of the teaching form and the submission of materials on the Prevention of Diarrhea in children, there was an improvement in knowledge, where the posttest results showed Child knowledge of fewer than 5 people (16.7%), enough knowledge of 15

people (50%) and good knowledge of 10 people (33.3%).

The increased knowledge of children about the prevention of Diarrhea in the school environment affects their attitude and behaviour toward health in the School, home, and surrounding environment. Health education is very influential on the behaviour of children who used to not wash their hands before eating after giving them the knowledge that before eating, they had an obligation to wash their hands to avoid diarrhoea.

Figure 1. Documentation of Diarrhea Prevention Counseling Activities in Children at Elementary School 25 of Bima City



4. CONCLUSION

Based on the results of this dissemination activity, it is concluded that community service activities can improve the child's knowledge about the prevention of diarrhoea in the school environment in order to be able to channel health education information to friends, parents, and the surrounding environment to prevent diarrhoea disease, especially in children, which can cause pain and even death. Educators can optimally educate children from an early age, especially themselves, their parents, their families, and the nation and country, with increased knowledge of teachers and children gained through this activity.

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