

**GAMBARAN KEJADIAN DIARE PADA BALITA
DI WILAYAH KERJA PUSKESMAS CIMARAGAS
KABUPATEN CIAMIS**

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**Gambaran Kejadian Diare Pada Balita Di Wilayah Kerja Puskesmas Cimaragas
Kabupaten Ciamis**

iv + 85 halaman + 6 tabel + 1 gambar + 13 lampiran

ABSTRAK

Diare merupakan penyebab kematian nomor 2 pada balita. Sebanyak 1,7 milyar kasus diare terjadi setiap tahunnya dan menyebabkan sekitar 760.000 anak meninggal. Diare merupakan penyakit potensial Kejadian Luar Biasa yang sering disertai dengan kematian. Tujuan penelitian ini untuk mengetahui gambaran kejadian diare pada balita di wilayah kerja Puskesmas Cimaragas Kabupaten Ciamis. Diare adalah keadaan tidak normalnya pengeluaran feses yang ditandai dengan peningkatan volume dan keenceran feses serta frekuensi buang air besar lebih dari 3 kali sehari. Jenis penelitian deskriptif kuantitatif. Teknik pengambilan sampel dengan teknik *consecutive sampling*. Alat pengumpulan data yaitu lembar kuesioner. Hasil penelitian ini menunjukkan bahwa dari faktor risiko diare berdasarkan faktor perilaku sebagian responden tidak mencuci tangan pakai sabun sebelum memberikan makanan/ASI sebanyak 26 responden (56.5%), saat tangan kotor 27 responden (58.7%) dan sebelum memegang makanan 26 responden (56.5%). Sedangkan dari faktor lingkungan sebagian besar responden memiliki ketersediaan air yang baik. Tanda gejala yang dialami balita saat diare tinja encer sebanyak 46 responden (100.0%), nafsu makan berkurang 40 responden (87.0%), cengeng, gelisah 31 responden (67.4%) serta suhu tubuh meningkat 28 responden (60.9%). Penatalaksanaan diare yang sebagian besar responden lakukan ialah memberikan minum lebih banyak 42 responden (91.3%), memberikan makanan bergizi dan menggunakan air minum yang bersih dan jernih sebanyak 46 responden (100.0%). Simpulan yang didapatkan yaitu Faktor risiko diare berdasarkan faktor perilaku karena kebiasaan cuci tangan pakai sabun yang masih kurang. Tanda dan gejala diare yang sering dialami tinja encer, nafsu makan berkurang, cengeng, gelisah, serta suhu tubuh meningkat. Penatalaksanaan diare yang banyak dilakukan memberikan minum lebih banyak, memberikan makanan yang bergizi dan penggunaan air minum yang bersih dan jernih. Saran diharapkan bagi tenaga kesehatan puskesmas cimaragas sering dilakukan penyuluhan kepada masyarakat tentang bahaya penyakit diare dan Perilaku Hidup Bersih dan Sehat (PHBS).

Kata Kunci : Kejadian Diare, Balita
Daftar Pustaka : 32 buah (2012-2021)

**D III NURSING STUDY PROGRAM
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Isna Kurnia Aprilianti

Description of the Incidence of Diarrhea in Children Under Five in the Working Area of the Cimaragas Health Center Ciamis Regency

iv + 85 pages + 6 tables + 1 picture + 13 attachments

ABSTRACT

Diarrhea is the number 2 cause of death in children under five. As many as 1.7 billion cases of diarrhea occur every year and cause about 760,000 children to die. Diarrhea is a potential disease of extraordinary events which is often accompanied by death. The purpose of this study was to describe the incidence of diarrhea in children under five in the working area of the Cimaragas Public Health Center, Ciamis Regency. Diarrhea is a condition of abnormal expulsion of feces which is characterized by an increase in the volume and dilution of feces and the frequency of defecation more than 3 times a day. This type of quantitative descriptive research. Sampling technique with consecutive sampling technique. The data collection tool is a questionnaire sheet. The results of this study indicate that from the risk factors for diarrhea based on behavioral factors, some respondents do not wash their hands with soap before giving food/breast milk as many as 26 respondents (56.5%), when hands are dirty 27 respondents (58.7%) and before handling food 26 respondents (56.5%). Meanwhile, from environmental factors, most of the respondents have good water availability. The signs and symptoms experienced by children under five with watery stools were 46 respondents (100.0%), decreased appetite 40 respondents (87.0%), whiny, restless 31 respondents (67.4%) and body temperature increased by 28 respondents (60.9%). The management of diarrhea that most respondents did was to give more to drink 42 respondents (91.3%), providing nutritious food and using clean and clear drinking water as many as 46 respondents (100.0%). The conclusion obtained is that the risk factor for diarrhea is based on behavioral factors because the habit of washing hands with soap is still lacking. Signs and symptoms of diarrhea that are often experienced are watery stools, decreased appetite, whiny, restlessness, and increased body temperature. Diarrhea management is mostly done by providing more drinking, providing nutritious food and using clean and clear drinking water. Suggestions are expected for health workers at the Cimaragas Public Health Center to provide counseling to the public about the dangers of diarrheal disease and Clean and Healthy Life Behavior (PHBS).

Keywords : Diarrhea Incidence, Toddler

Bibliography : 32 pieces (2012-2021)