

HUBUNGAN pEMBERIAN ASI EKSKLUSIF, MPASI, HIGIENE PERORANGAN DAN SANITASI LINGKUNGAN DENGAN KEJADIAN DIARE BAYI 4-12 BULAN DI WILAYAH KERJA PUSKESMAS PURWOSARI KUDUS

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Sampai kini masalah utama kesehatan Indonesia adalah diare karena menyebabkan kematian anak cukup tinggi. Kejadian diare meningkat pada umur 6-11 bulan. Angka kesakitan diare cenderung menurun dengan adanya intervensi pencegahan yang efektif seperti : upaya peningkatan pemberian ASI, kebiasaan cuci tangan, penyediaan air bersih dan penggunaan jamban. Tujuan penelitian ini adalah mengetahui faktor pemberian ASI Eksklusif, MP ASI, higiene perorangan dan sanitasi lingkungan dengan kejadian diare bayi 4-12 bulan di wilayah kerja Puskesmas Purwosari Kudus.

Jenis penelitian ini adalah *explanatory research* dengan pendekatan *cross sectional*. Jumlah populasi bayi di wilayah kerja Puskesmas Purwosari Kudus adalah 473, kemudian diambil sampel sebanyak 79 yaitu bayi umur 4-12 bulan yang tinggal di wilayah kerja Puskesmas Purwosari Kudus pada saat dilaksanakan penelitian dan ibu bayi tidak menderita suatu kelainan payudara yang menyebabkan tidak dapat memberi ASI kepada bayi. Uji statistik yang digunakan adalah *Chi Square* dan untuk mengetahui keeratan hubungan menggunakan koefisien kontingensi dengan program *SPSS for Window 11*.

Hasil penelitian ini menunjukkan bahwa ada hubungan pemberian ASI Eksklusif dengan kejadian diare bayi 4-12 bulan di wilayah kerja Puskesmas Purwosari Kudus ($p=0.001$, $C=0.487$). Ada hubungan pemberian MP SAI dengan kejadian diare bayi 4-12 bulan di wilayah kerja Puskesmas Purwosari Kudus ($p=0.011$, $C=0.329$). Ada hubungan higiene perorangan dengan kejadian diare bayi 4-12 bulan di wilayah kerja Puskesmas Purwosari Kudus ($p=0.014$, $C=0.296$). Ada hubungan saniyasi ligkungan dengan kejadian diare bayi 4-12 bulan di wilayah kerja Puskesmas Purwosari Kudus ($p= 0.033$, $C=0.265$).

Dari hasil penelitian ini disarankan (1) peningkatan cakupan ASI Eksklusif dan penurunan kejadian diare dengan cara kebijakan rawat gabung bagi rumah sakit dan rumah bersalin, penyuluhan pentingnya ASI Eksklusif kepada masyarakat melalui tatap muka dan media cetak dan elektronik, (2) penyuluhan kepada masyarakat tentang pentingnya ketepatan pemberian MP ASI, higiene perorangan dan sanitasi lingkungan untuk menurunkan kejadian diare, (3) membuat program sanitasi setempat untuk membantu masyarakat yang belum mempunyai tempat buang air besar dan sumber air, dan (4) diharapkan ada penelitian lain yang melanjutkan penelitian tentang hubungan kejadian diare dengan status gizi.

Kata Kunci: Diare, Bayi, ASI Eksklusif, MP ASI, Higiene Perorangan, Sanitasi Lingkungan

CORRELATION BETWEEN EXCLUSIVE BREAST FEEDING, WEANING
FOOD, INDIVIDUAL HYGIENE, ENVIRONMENTAL SANITATION AND
THE OCCURRENCE OF DIARRHEA ON 4-12 MONTHS IN THE
WORKING AREA OF PURWOSARI PRIMARY HEALTH CENTRE,
DISTRICT OF KUDUS

(Diarrhea has been a main problem in health sector in Indonesia because it caused high amount of death among children. the occurrence of diarrhea has increase in children in the age of 6-11 months. The occurrence of diarrhea tend to decrease with effective prevention intervention such as increasing the breast feeding, washing hands, supplying of clean water, and the use of lavatory. The purpose of this study was to know the factors the breast feeding, weaning food, individual hygiene, environmental sanitation that related with the occurrence of the diarrhea on 4-12 months babies in the working area of Purwosari Primary ealth Centre, District of Kudus.

This study was explanatory research with cross sectional design. The population of the babies in the working area of Purwosari Primaary Health Centre, District of Kudus was 473, but the sample require for the research was 4-12 months babiea which were 79 babies that live in the working area of Purwosari Primary Health Centre, District of kudus and their mother were not having certain kind of disease that can cause her abstain in feeding them. The statistic test that being used in this study was Chi Square and to know how close the correlation used Contingency Coefficient with SPSS for Windows 11.

The result of this study showed that there was a correlation between exclusive breast feeding with the occurrence of diarrhea in the working area of Purwosari Primary Health Centre, District of Kudus ($p=0.001$, $C=0.487$). There was a correlation between weaning food with the occurrence of diarrhea in the working area of Purwosari Primary Health Centre, District of Kudus ($p=0.011$, $C=0.329$). There was a correlation between individual hygiene with the occurrence of diarrhea in the working area of Purwosari Primary Health Centre, District of Kudus ($p=0.014$, $C=0.296$). There was a correlation between environmental sanitation with the occurrence of diarrhea in the working area of Purwosari Primary Health Centre, District of Kudus ($p=0.033$, $C=0.265$).

From the result of the study there is need to inform the community about the imprtance of exclusive breast feeding, the accurate weaning food, individual hygiene and environmental sanitation with the occurrence of diarrhea and launch clean water and lavatory, including using and maintaining.

Keyword: Diarrhea, Baby, Exclusive Breast Feeding, Weaning Food, Individual Hygiene, Environmental Sanitation

