



MOTIVATION OF MOTHERS WITH TODDLERS AGED 1-5 YEARS REGARDING THE INITIAL MANAGEMENT OF DIARRHEA

Ernik Rustiana

Universitas Tulungagung

ernik.rustiana14@gmail.com

ABSTRACT	KEYWORDS
<p>There is still a high rate of illness and death due to diarrhea in infants and children because the immune system of children under five is more susceptible to disease, so it is necessary to motivate mothers of toddlers about the initial treatment of diarrhea so that the condition of children under five does not get worse if the initial treatment of diarrhea is carried out. The purpose of this study is to find out the motivation of mothers of toddlers aged 1-5 years about the initial handling of diarrhea at the Tanjungsari Village Posyandu, Boyolangu District, Tulungagung Regency in 2024.</p> <p>The type of research uses observational with a descriptive research design. The single variable is the motivation of mothers under five years old about the initial treatment of diarrhea. The study population is all mothers of toddlers aged 1-5 years at the Tanjungsari Village Posyandu, Boyolangu District, Tulungagung Regency. The sample was taken with the inclusion or exclusion criteria with the sampling technique was stratified random sampling with a sample size of 68 respondents. The instrument used was a closed questionnaire. The research was carried out from September 4 to 30, 2024.</p> <p>Data processing using editing, coding, scoring, tabulating and analyzed with a T score is then percentaged. The results of the research from a total of 68 respondents were obtained that almost all of the 64 respondents (94.12%) had strong motivation.</p>	<p>motivation, mother, toddler, early treatment of diarrhea</p>

INTRODUCTION

Health development represents a collective endeavor undertaken by all segments of the Indonesian population, aimed at enhancing awareness, willingness, and capability to lead a healthy lifestyle for all individuals. This initiative seeks to achieve the highest standard of public health, serving as an investment in the cultivation of socially and economically productive human resources, as outlined in Law Number 17 of 2007 regarding the National Long-Term Development Plan for 2005-2025. The effectiveness of health development is significantly influenced by the ongoing efforts of programs and sectors, as well as the integration with initiatives that were previously executed (Kemenkes RI, 2022).

Infectious diseases continue to pose a significant health challenge for the population of Indonesia and have been incorporated into government initiatives. One such initiative is the

program aimed at eradicating diarrheal diseases, which seeks to prevent these illnesses and decrease the incidence of both morbidity and mortality associated with diarrheal diseases.

In 2018, Basic Health Research reported that the overall prevalence of diarrhea across all age groups was 8%, with a prevalence rate of 12.3% among toddlers and 10.6% among infants. Additionally, the Sample Registration System in 2018 indicated that diarrhea was a significant cause of mortality in neonates, accounting for 7%, and in infants aged 28 days, it accounted for 6%. According to data from Komdat Kesmas for the period from January to November 2021, diarrhea was responsible for 14% of postneonatal deaths. The most recent findings from the 2020 Indonesian Nutrition Status Survey revealed that the prevalence of diarrhea in Indonesia stands at 9.8% (Ministry of Health of the Republic of Indonesia, 2022). In East Java, the number of affected individuals in 2022 reached 183,338, while Tulungagung reported 7,364 cases (BPS Jawa Timur, 2022).

Diarrhea is a condition defined by stool that is more liquid than normal, accompanied by an increase in the frequency of watery stools three or more times within a 24-hour period. It serves as a symptom of infections in the intestinal tract, which can be triggered by various bacteria, viruses, and parasites (Husna Safira alifia, Soviadi Nabila Vebian, 2024).

The causes of diarrhea include infectious agents, malabsorption (the impaired absorption of nutrients), as well as dietary and psychological factors. Parental ignorance and lack of motivation, inadequate medical treatment, malnutrition in children, and abrupt dietary changes are all contributors to the onset of diarrhea. The substitution of breast milk with formula can lead to chronic (prolonged) diarrhea due to lactose intolerance. Furthermore, introducing supplementary food too early can damage the intestinal lining. Children suffering from diarrhea may experience metabolic disturbances because their fluid intake does not adequately match the loss through vomiting and minor excretions. If left untreated, this can lead to severe dehydration and potentially death. However, even if diarrhea is treatable, frequent occurrences can result in a continuous decline in the child's weight. Consequently, this can lead to malnutrition, which impedes both physical growth and brain development (Widjadja MC, 2020).

One of the key strategies for preventing and controlling diarrhea begins with the elderly. Parents who possess a solid understanding of the issue are likely to exhibit a strong motivation to address diarrhea in their children. Motivation is defined as an internal or external stimulus that drives an individual to improve specific behaviors or activities compared to previous circumstances. It manifests when an individual has the desire or willingness to engage in an action or activity to achieve a particular objective (Hamzah, 2023).

With motivation, individuals are encouraged to take proactive measures as part of a parent's efforts to manage diarrhea in their children.

Interviews conducted with eight mothers of children under five revealed that three of these mothers (37.5%) reported that upon discovering their child had diarrhea, their initial response was to administer a solution of salt and sugar or oral rehydration solution to their toddlers. In contrast, five mothers (62.5%) indicated that their initial treatment involved simply providing the usual amount of water without any sugar and salt solution, resulting in significant fluid loss in the child. This situation arises from a lack of understanding among mothers regarding the appropriate initial management of diarrhea in toddlers.

METHOD

The research conducted in this study is classified as observational research. The design employed is descriptive research. Descriptive research is a methodology aimed at describing and

interpreting subjects as they exist (Notoatmodjo, 2019). This study focuses on the motivations of mothers with children under five regarding the initial management of diarrhea at the Tanjungsari Village Posyandu, located in the Boyolangu District, Tulungagung Regency in 2024. The primary variable examined in this study is the motivation of mothers with children under five concerning the initial management of diarrhea at the Tanjungsari Village Posyandu, Boyolangu District.

The population consists of all subjects that meet the established criteria (Notoatmodjo, 2019). In this study, the population comprises 211 mothers with children under five. The sample was selected based on specific inclusion criteria. The sampling method utilized in this research is a stratified random sampling technique, which considers the strata or position of individuals within society. The sample size for this study is determined according to the guidelines proposed (Nursalam, 2020).

The sample size for this study consisted of 68 respondents.

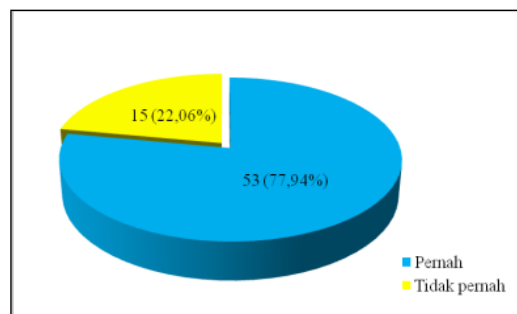
Data collection was conducted using a questionnaire instrument. The model of the questionnaire employed was a closed format, where respondents were required to select from the provided answers without the need to justify their choices. The research period spanned from September 4 to September 30, 2024. The research was conducted at the Posyandu in Tanjungsari Village, Boyolangu District, Tulungagung Regency.

Data processing involved several stages: the initial stage was editing, followed by coding, after which scoring was performed, and finally, the data was entered into tabulation.

RESULT

The findings of this study will be displayed using pie charts and tables that encompass general data, including both information and its sources, as well as specific data regarding the motivations of mothers with children under five years old concerning the initial management of diarrhea.

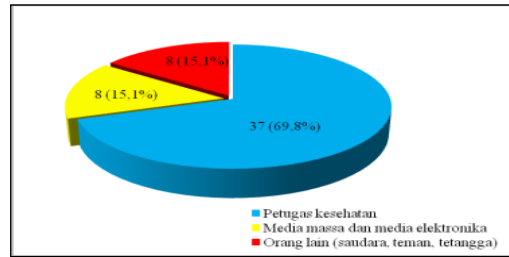
1.1 Characteristics of respondents based on their receipt of information.



Pie chart 1.1. Distribution of Frequency of Respondent Characteristics Based on Never Received Information on Initial Handling of Diarrhea

Pie chart 1.1 illustrates that from a total of 68 respondents, nearly all had received information regarding the initial management of diarrhea, with 53 respondents (77.94%) indicating they had.

1.2 Characteristics of respondents according to the sources of information regarding the initial management of diarrhea



Pie chart 1.2. Distribution of Respondent Characteristics Frequency Based on Information Sources Regarding the Initial Management of Diarrhea

Pie chart 1.2 illustrates that among the 53 respondents who received information, the majority sourced their information from health professionals, with 37 respondents (69.8%) indicating this source

1.3 Motivational tabulation of mothers with children under five years old regarding the initial management of diarrhea

Table 1. Motivational tabulation of mothers with children under five years old regarding the initial management of diarrhea

No	Motivation	Sum	%
1.	Low	0	0
2.	Keep	4	5,88
3.	Strong	64	94,12
	Total	68	100

According to table 1.1, it indicates that among a total of 68 respondents, nearly all of the 64 respondents (94.12%) exhibited strong motivation.

Motivation is defined as the interaction between behavior and the environment, which can lead to an increase, decrease, or maintenance of behavior. This is a complex concept due to the intricate nature of human beings (Notoatmodjo, 2019). In this study, the motivation of mothers with toddlers aged 1-5 years regarding the initial treatment of diarrhea revealed that almost all respondents demonstrated strong motivation. The strong motivation exhibited by these respondents indicates a tendency, a strong desire, and positive encouragement—both consciously and unconsciously—to engage in positive behaviors concerning the initial treatment of diarrhea. Consequently, this strong motivation is likely to encourage respondents to take early action when they recognize that their toddler is suffering from diarrhea, thereby preventing the condition from worsening and facilitating recovery. If left untreated, the body can lose significant amounts of water and electrolytes, leading to dehydration, which manifests as weight loss, a sunken fontanelle in infants, decreased skin tone and turgor, and dry mucous membranes in the mouth and lips. If not addressed promptly, this can deteriorate the condition of toddlers, potentially resulting in the most severe outcome: death.

The findings presented in pie diagram 1.1 indicate that out of 68 respondents, nearly all have received information regarding the initial management of diarrhea, with 53 respondents (77.94%) reporting such knowledge. Among these 53 respondents, the majority, specifically 37 respondents (69.8%), acquired their information from health workers.

Motivation can be influenced by various factors, which include internal factors (such as age, education, and information) and external factors (including physical and mental processes, hereditary influences, and environmental conditions) (Salma, 2018).

The information regarding the initial management of diarrhea that respondents have received is likely to enhance their understanding and knowledge, potentially leading to a change in behavior that aligns with their desires and needs. In addition to the information received, the strong motivation observed among respondents is also attributed to the fact that most of them obtained their information from health workers. Health workers serve as a reliable source of accurate information concerning the initial management of diarrhea, as they possess a deeper understanding of the subject. This reliable information source plays a crucial role in fostering a heightened motivation among respondents regarding the initial treatment of diarrhea.

CONCLUSION

In conclusion, the study conducted on the motivation of mothers with children under five regarding the initial management of diarrhea at the Posyandu of Panggungrejo Village, Boyolangu District, Tulungagung Regency in 2024 revealed that out of 68 respondents, nearly all, specifically 64 respondents (94.12%), exhibited strong motivation.

SUGGESTION

The outcomes of this study should serve as valuable input for research sites to enhance the knowledge of mothers with children under five concerning early treatment. This can be achieved by providing counseling to these mothers about the initial management of diarrhea, with the hope that it will lead to improved practices.

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