

INTISARI

Diare adalah perubahan konsistensi tinja serta peningkatan frekuensi buang air besar akibat mikroorganisme pada makanan atau air minum. Pengalaman diare mahasiswa membentuk persepsi terhadap diare yang kemungkinan berhubungan dengan perilaku pencarian pengobatan dan mempengaruhi kualitas hidup mahasiswa. Persepsi dapat dirubah, tetapi penelitian mengenai pengaruh persepsi terhadap diare dan perilaku pencarian pengobatan masih minim. Untuk menjembatani kesenjangan tersebut, penelitian diperlukan untuk mengetahui hubungan persepsi terhadap penyakit diare dengan perilaku pencarian pengobatan pada mahasiswa Universitas Gadjah Mada.

Penelitian dilakukan dengan rancangan *Cross-sectional* dan studi deskriptif secara *online*. Subjek penelitian 100 mahasiswa Universitas Gadjah Mada. Digunakan kuesioner B-IPQ untuk mengukur persepsi terhadap diare dan kuesioner perilaku pencarian pengobatan untuk mengukur perilaku pencarian pengobatan diare. Analisis hubungan persepsi terhadap diare dan perilaku pencarian pengobatan menggunakan uji *Chi Square* dan kekuatan hubungan dianalisis dengan uji korelasi *Spearman*.

Subjek penelitian rata-rata remaja akhir berusia 20,7 tahun, perempuan (78,2%), mahasiswa S1 (100%), klaster non-kesehatan (58%), domisili DIY (50%), persepsi terhadap diare sedang (71,0%), dan perilaku pencarian pengobatan baik (72,0%). Ditemukan adanya hubungan antara persepsi terhadap diare dengan perilaku pencarian pengobatan ($p= 0,03$; $r=0,291$). Diperlukan upaya tenaga kesehatan untuk mengedukasi pasien terkait diare, serta penyusunan program kesehatan untuk menurunkan angka kejadian diare pada mahasiswa Universitas Gadjah Mada.

Kata kunci: persepsi terhadap diare, perilaku pencarian pengobatan, mahasiswa Universitas Gadjah Mada.

ABSTRACT

Diarrhea is a change in the consistency of the stool and an increase in the frequency of bowel movements caused by microorganisms in contaminated foods or water. Diarrhea experience in students forms perceptions of diarrhea which may be related to treatment-seeking behavior that affects the success of therapy, student productivity, performance, and achievement. Perceptions are changeable, but studies on the effect of perceptions on diarrhea and its relationship to treatment-seeking behavior are limited. For the knowledge gap, this study is needed to understand the relationship between perceptions of diarrhea and treatment-seeking behavior among Universitas Gadjah Mada students.

A cross-sectional study was conducted with a descriptive online study. The study subjects were 100 students of Universitas Gadjah Mada. The B-IPQ questionnaire measures perceptions of diarrhea, while the treatment-seeking behavior questionnaire measure treatment-seeking behavior for diarrhea. Analysis of the relationship between perceptions of diarrhea and treatment-seeking behavior used Chi-Square test and correlation analysis used Spearman Correlation.

Subjects were dominated by the late adolescents aged 20.7 years, women (78,2%), bachelor degree (100%), non-health cluster (58%), DIY domicile (50%), moderate levels of perception of diarrhea (71,0%), and high levels of treatment-seeking behavior (72.0%). The study found an association between the perception of diarrhea and treatment-seeking behavior ($p = 0.03$; $r = 0.291$). Health worker's intervention is needed to educate the students about diarrhea. Health program preparation is also required to reduce the incidence of diarrhea among Universitas Gadjah Mada students.

Keyword: perceptions of diarrhea, treatment-seeking behavior, Universitas Gadjah Mada students.