

INTISARI

Latar belakang: Diare adalah penyebab utama kedua kematian balita di seluruh dunia saat ini. Salah satu penyebab hal tersebut adalah perilaku keluarga tentang perawatan balita diare masih sangat rendah di Indonesia. Oleh karena itu sangat penting agar petugas kesehatan yang memberikan perawatan balita diare perlu menginformasikan dan melibatkan keluarga dalam tatalaksana diare dan memberitahukan kepada ibu/pengasuh balita cara melakukan tatalaksana diare di tingkat rumah tangga. Pendidikan kesehatan dipandang sebagai salah satu kunci utama dari beberapa kebijakan dan strategi yang digunakan untuk mencegah terjadinya penyakit diare

Tujuan: Mengetahui perbedaan pengaruh antara pemberian pendidikan kesehatan diskusi kelompok menggunakan *booklet* dengan pemberian pendidikan kesehatan diskusi kelompok menggunakan poster terhadap pengetahuan dan sikap ibu dalam tatalaksana diare balita di rumah.

Metode: Penelitian ini menggunakan *quasi experimental design* dengan pendekatan rancangan *nonequivalent control group design*. Subjek penelitian adalah ibu yang memiliki balita dengan rentang usia 6 bulan-5 tahun, sebanyak 92 responden tersebar dalam 11 posyandu. Kelompok intervensi diberikan pendidikan kesehatan diskusi kelompok menggunakan *booklet*, sementara kelompok kontrol diberi pendidikan kesehatan diskusi kelompok menggunakan poster. Pemilihan sampel secara purposif dengan teknik *consecutive sampling*. Pengumpulan data menggunakan kuesioner pengetahuan dan sikap. Data diolah dengan program komputer menggunakan uji statistik *paired t-test* dan *independent t-test*.

Hasil: Terdapat peningkatan pengetahuan dan sikap setelah pendidikan kesehatan pada masing-masing kelompok ($p < 0,05$). Tidak ada perbedaan pengetahuan dan sikap antara responden yang diberi pendidikan kesehatan diskusi kelompok menggunakan *booklet* dan responden yang diberi pendidikan kesehatan diskusi kelompok menggunakan poster ($p > 0,05$).

Kesimpulan: Pendidikan kesehatan diskusi kelompok menggunakan *booklet* dan pendidikan kesehatan diskusi kelompok menggunakan poster terbukti memberikan pengaruh dalam meningkatkan pengetahuan dan sikap ibu dalam tatalaksana diare balita di wilayah dengan akses sarana kesehatan terbatas.

Kata kunci: pendidikan kesehatan, tatalaksana diare, balita, pengetahuan dan sikap ibu

ABSTRACT

THE EFFECT OF HEALTH EDUCATION ON THE MOTHER'S KNOWLEDGE AND ATTITUDE IN THE MANAGEMENT OF UNDER FIVE YEARS OLD CHILDREN DIARRHEA IN AREA WITH LIMITED ACCES TO HEALTH FACILITY

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Background of the study: Diarrhea is the second leading cause of under five years old children mortality worldwide today. One of the causes of this is the lack of the family behavior in the treatment of under five years old children mortality diarrhea, and therefore it is very important to health care to inform and involve patients' family in the management of under five years old children mortality diarrhea. Moreover, the health care workers need to inform the way of performing under five years old children mortality diarrhea in the family to mother or nursemaid of the under five years old children mortality. Health education is seen as a main key from some policies and strategies used to prevent diarrhea.

Objective: This research aimed to know the difference of effect between giving group discussion of health education using booklet and giving group discussion of health education using poster against the mothers' knowledge and attitude in the management of under five years old children mortality diarrhea at home.

Method: This research used quasi experimental design with nonequivalent control group design approach. The subject of this research was mothers with under five years old children mortality s aged from six months to five years. The subjects of this research were 92 respondents from 11 *Posyandu* (public health center). The intervention group was given a group discussion of health education with booklet, while the control group was given a group discussion of health education with poster. The selection of sample is purposive with consecutive sampling technique. The data collection technique is by a knowledge and attitude questionnaire. Data was analyzed in paired t-test, and independent t-test.

Result: There was an increase in knowledge and attitude after health education in each group ($p < 0,05$). There was no difference in knowledge and attitude between respondents who were given group discussion of health education using booklet and respondents who were given group discussion of health education using poster ($p > 0,05$).

Conclusion: The group discussion of health education with booklet and the group discussion of health education with poster proved to have an effect in improving mothers' knowledge and attitude in the management of under five years old children mortality diarrhea in the area with limited access to health facilities.

Keywords: health education, the management of diarrhea, under five years old children mortality , mother's knowledge and attitude