

ABSTRAK

Maslikhatul Afdila

**HUBUNGAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) IBU
DENGAN KEJADIAN DIARE PADA BAYI DAN ANAK DI RS CHARLIE
HOSPITAL KENDAL**

xiii + 87 halaman + 12 tabel + 3 gambar + 10 lampiran

Latar Belakang Diare masih menjadi salah satu masalah kesehatan utama pada bayi dan anak di Indonesia. Perilaku Hidup Bersih dan Sehat (PHBS) yang diterapkan ibu berperan penting dalam pencegahan diare. Namun, masih banyak ibu yang belum menerapkan PHBS secara optimal sehingga meningkatkan risiko diare.

Tujuan Penelitian: Mengetahui hubungan perilaku hidup bersih dan sehat (PHBS) ibu dengan kejadian diare pada bayi dan anak di RS Charlie Hospital Kendal.

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif dengan desain *cross sectional*. Sampel penelitian berjumlah 78 responden yang dipilih dengan teknik *total sampling*. Instrumen penelitian berupa kuesioner PHBS dan kuesioner kejadian diare. Analisis data menggunakan uji *Rank Spearman*. Penelitian telah melalui uji etik Universitas Widya Husada Semarang.

Hasil Penelitian: Mayoritas ibu memiliki pengetahuan PHBS kategori kurang (60,3%), sedangkan kejadian diare pada bayi dan anak sebagian besar berada pada kategori jarang (55,1%). Hasil analisis bivariat menunjukkan adanya hubungan yang signifikan antara PHBS ibu dengan kejadian diare ($Rho = 0,880$; $p = 0,000$). Arah korelasi negatif menunjukkan bahwa semakin baik perilaku PHBS ibu, maka semakin rendah risiko anak mengalami diare.

Kesimpulan: Terdapat hubungan signifikan antara PHBS ibu dengan kejadian diare pada bayi dan anak. Semakin baik PHBS yang diterapkan ibu, semakin rendah kejadian diare pada anak.

Manfaat: Penelitian ini diharapkan dapat menjadi bahan masukan bagi institusi pendidikan, tenaga kesehatan, dan masyarakat dalam upaya pencegahan diare melalui peningkatan pengetahuan serta penerapan PHBS secara konsisten.

Kata kunci: PHBS, ibu, diare, bayi dan anak

Daftar Pustaka: 55 (2017–2025)

ABSTRACT

Maslikhatul Afdila

RELATIONSHIP BETWEEN MOTHERS' CLEAN AND HEALTHY LIVING BEHAVIORS (PHBS) AND DIARRHEA INCIDENTS IN INFANTS AND CHILDREN AT CHARLIE HOSPITAL, KENDAL

xiii + 87 pages + 12 tables + 3 figures + 10 appendices

Background: Diarrhea remains a major health problem for infants and children in Indonesia. Clean and Healthy Living Behaviors (PHBS) implemented by mothers play a crucial role in preventing diarrhea. However, many mothers still do not optimally implement PHBS, increasing the risk of diarrhea.

Research Objective: To determine the relationship between maternal clean and healthy living behaviors (PHBS) and diarrhea incidence in infants and children at Charlie Hospital, Kendal.

Research Method: This study used a quantitative method with a cross-sectional design. The sample size was 78 respondents selected using a total sampling technique. The research instruments consisted of a PHBS questionnaire and a diarrhea incidence questionnaire. Data analysis used the Spearman Rank Test. The study has undergone ethical review by Widya Husada University, Semarang.

Results: The majority of mothers had poor PHBS knowledge (60.3%), while the incidence of diarrhea in infants and children was mostly in the rare category (55.1%). Bivariate analysis showed a significant relationship between maternal PHBS and diarrhea incidence ($Rho = 0.880$; $p = 0.000$). The negative correlation indicates that the better the mother's PHBS behavior, the lower the child's risk of diarrhea.

Conclusion: There is a significant relationship between maternal PHBS and diarrhea incidence in infants and children. The better the PHBS behavior implemented by the mother, the lower the incidence of diarrhea in children.

Benefits: This study is expected to provide input for educational institutions, health workers, and the community in efforts to prevent diarrhea by increasing knowledge and consistently implementing PHBS.

Keywords: PHBS, mothers, diarrhea, infants and children

References: 55 (2017–2025)

