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Diarrhea Prevention and Treatment Counseling In Suka Maju Village, Penarik District, Mukomuko Regency

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Abstract. Diarrhoea is usually caused by a virus or, sometimes, food contaminated by bacteria. It is rarely a sign of other disorders, such as inflammatory bowel disease or irritable bowel syndrome (Febriyanti and Triredjeki, 2021). According to WHO and the United Nations Children's Fund (UNICEF), there are approximately two billion cases of diarrhoeal disease worldwide each year, and 1.9 million children under the age of 5 die from diarrhoea. Of all child deaths from diarrhoea, 78% occur in Southeast Africa and the Asian region (World gastroenterology Organisation, 2020). January the number of patients suffering from diarrhoea was 70 patients, rising to 84 patients in February, an increase of 14%. (WHO, 2020). Based on the PISP Report Data Recap UPTD Puskesmas Penarik in 2024, there were 6 cases of diarrhoea from RT 04 Suka Maju Village out of a total of 32 cases of diarrhoea in the UPTD Puskesmas Penarik Working Area. This should certainly be a concern because according to WHO diarrhoea is the third cause of death in children aged 1-59 months. This disease can be prevented and treated, one of which is by washing hands effectively after every activity. This Community Service through KKN-T is a form of community service that aims to improve the knowledge, awareness and behaviour of the community of RT 04 Suka Maju Village about the prevention and treatment of diarrhoea. The program was carried out through educational methods, hand washing campaign practices and Gotong Royong implementation of Clean and Healthy Living Behaviour (PHBS) which was carried out at Integrated Paud Desa Suka Maju Kec. Penarik Kab. Mukomuko Bengkulu with the target of Paud children, teachers, and mothers of toddlers totalling 44 people. The community has received information about the causes, signs and symptoms, prevention and treatment of diarrhoea and how to wash hands effectively and the community together participated in gotong royong cleaning the school environment for the implementation of PHBS. The results of this activity showed an increase in community knowledge and awareness about diarrhoea, prevention and application of effective hand washing and PHBS for diarrhoea prevention efforts in Suka Maju village. It is hoped that the community can implement clean and healthy living behaviour.

Keywords: *Diarrhoea, Handwashing, PHBS*

INTRODUCTION

Diarrhea is usually caused by viruses or, sometimes, food contaminated with bacteria. It is rarely a sign of other disorders, such as inflammatory bowel disease or irritable bowel syndrome (Febriyanti and Triredjeki, 2021). Diarrhea is projected to increase in prevalence from 2010 to 2030 (WHO, 2021). Diarrhea is a condition that causes the passage of stools more than three times a day with a liquid consistency, possibly accompanied by blood or mucus, and more

frequently than normal. This diarrheal disease is usually characterized by other symptoms such as vomiting, causing the patient to experience a lack of body fluids or dehydration, which, if not treated promptly, can ultimately lead to serious illnesses and even death (Apriani et al., 2019). et al. , 2022). According to the WHO and the United Nations Children's Fund (UNICEF), there are approximately two billion cases of diarrheal disease worldwide each year, and 1.9 million children under the age of 5 die from diarrhea. Of all child deaths from diarrhea, 78% occur in Southeast Africa and Asia (World Gastroenterology Organization, 2020). In January, the number of patients suffering from diarrhea was 70, rising to 84 patients in February, a 14% increase (WHO, 2022). Based on data from the 2020 Indonesian Health Profile, infectious diseases, particularly diarrhea, contributed to deaths in children aged 29 days to 11 months. Similar to the previous year, diarrhea remained a major problem in 2020, causing 14.5% of deaths. Among children under five (12–59 years old), diarrhea-related deaths were 4.55% (Ministry of Health, Republic of Indonesia, 2023). Prevention and treatment of diarrhea through the main steps to prevent diarrhea which include: access to safe drinking water, use of better sanitation, washing hands with soap, exclusive breastfeeding in the first 6 months of life, good personal hygiene and eating, health education about how infections spread, and rotavirus vaccination (WHO, 2024). According to data from the Bengkulu Provincial Health Office, the highest number of cases of acute diarrhea was found in Bengkulu City, reaching 1,661 cases, followed by Rejang Lebong Regency with 1,299 cases, Mukomuko with 964 cases, North Bengkulu with 913 cases, Lebong with 885 cases, and Seluma with 599 cases, then in Central Bengkulu Regency with 475 cases, South Bengkulu with 432 cases, Kepahiang with 381 cases, and Kaur Regency with 355 cases. (Bengkulu Provincial Health Office. 2024). Based on the 2024 Diarrhea Report Data Recapitulation of the Penarik Community Health Center (UPTD) in 2024, there were 6 cases of diarrhea from RT 04, Suka Maju Village, out of a total of 32 cases of diarrhea in the Penarik Community Health Center's working area. This certainly requires attention because according to the WHO, diarrhea is the third leading cause of death in children aged 1-59 months. This disease is preventable and treatable (UPTD Penarik Community Health Center, 2024). The implementation of the diarrhea disease eradication program is part of health development, and is an effort that supports improving the quality of human resources and is part of efforts to eradicate and prevent infectious diseases. As a promotive and preventive effort, counseling on diarrhea is carried out, to prevent the transmission of diarrhea in the community of RT 04 Suka Maju Village to increase awareness, prevent infection, and support overall public health.

RESEARCH METHODS

The activity was carried out at the Integrated Early Childhood Education (PAUD) in Suka Maju Village, Penarik District, Mukomuko Regency, Bengkulu, using the method of providing counseling, effective handwashing practices, and mutual cooperation in implementing PHBS. Counseling was also carried out by observing through pre-test and post-test sheets to determine the community's understanding of the material presented. Partners in this program are residents of RT 04 Suka Maju Village, Penarik District, Mukomuko Regency, Bengkulu Province, namely the community, mothers of toddlers, and teachers totaling 44 people . The counseling was carried out on Wednesday, June 4, 2025, at the integrated Early Childhood Education (PAUD) in Suka Maju Village. The activity also involved around 11 KKN students from group 1 of Dehasen University, Bengkulu, and cadres. The counseling activity, carried out starting from preparation, coordination with the Principal of the integrated Early Childhood Education (PAUD) in Suka Maju Village and cadres, preparation of places and equipment such as flipcharts and leaflets, before starting the activity, the community filled out the pre-test sheet, delivered material about diarrhea, effective handwashing practices, post-test, and education on the importance of clean and healthy living behavior (PHBS). Group 1 KKN collaborated with the

Community Health Center and Village Apparatus to encourage the community to work together in the diarrhea prevention and treatment program.

RESULTS AND DISCUSSION

Results Activity

The activity was attended by around 44 participants consisting of from preschool children ,teachers, and mothers of toddlers. The main topic was diarrhea counseling, including understanding, signs, symptoms, complications, treatment methods, and how to overcome diarrhea through effective handwashing and implementing healthy lifestyles (PHBS).

Table 1. Results of the Pre- Study Sheet Summary Test

| Knowledge Category | Before Counseling |
|--------------------|-------------------|
| Less than | 34 people (76.8%) |
| Good | 10 people (22.8%) |
| Total | 44 people (100%) |

Judging from the pre -counseling table, there were 44 participants who attended the counseling, 34 (76.8%) participants did not understand much about diarrhea, did not understand that children who did not receive exclusive breastfeeding and complete basic immunization were at high risk of getting diarrhea, and did not know that diarrhea could be prevented with PHBS.

Table 2. Post Sheet Summary Results Test

| Knowledge Category | Before Counseling |
|--------------------|-------------------|
| Less than | 2 people (4.5%) |
| Good | 42 people (95.5%) |
| Total | 44 people (100%) |

After conducting education in the form of counseling using flipcharts, the community understood about diarrhea so that obtained 42 (95.5%) other participants already understood what was conveyed in the counseling.

Discussion

This Community Service Program (KKN-T) is a form of community service. It demonstrates the effectiveness of educational and demonstration-based interventions in raising awareness among children, teachers, parents, and residents about diarrhea prevention and management. The activities include outreach, effective six-step handwashing practices, and the implementation of clean and healthy living behaviors through education and community cooperation.

Pre Results test counseling, there were 34 (76.8%) participants who did not understand about diarrhea, did not understand that children who did not receive exclusive breastfeeding and complete basic immunization were at high risk of getting diarrhea, did not know that diarrhea could be prevented with PHBS. After conducting education in the form of counseling using flipcharts and leaflets, the community understood about diarrhea so that obtained 42 (95.5%) of the other participants understood the information presented in the counseling. This activity demonstrates that overall, the program is beneficial in its promotional and preventive efforts to improve public health.

Based on various previous studies that confirm the importance of maternal or caregiver knowledge in preventing diarrhea in toddlers. Research (Kombais et al. 2022) showed that mothers' knowledge about diarrhea and clean living patterns greatly influences the incidence of diarrhea in toddlers (Kombais et al., 2022).

This is in line with research conducted by Support for these findings is also seen in research by Amat S Arhama et al. (2022) and Silitonga et al. (2023), which confirmed the existence of a strong relationship between maternal knowledge and nutritional status and the incidence of diarrhea in toddlers (Amat S Arhama et al., 2022; Silitonga et al., 2023). Yulia Rahmaniu et al. (2022) added that good maternal knowledge significantly contributes to reducing the risk of diarrhea in toddlers (Yulia Rahmaniu et al., 2022).

The importance of parental (mother) knowledge about diarrhea and dehydration will influence efforts to prevent mild, moderate, or severe dehydration. When most mothers have limited knowledge, when their child experiences diarrhea, they will be confused about treatment options, including how to manage dehydration. Therefore, it is crucial for mothers to have good knowledge of diarrhea management to help prevent dehydration. If dehydration occurs and is not treated promptly, it can lead to death (Christy, 2021).

It is necessary to carry out follow-up counseling periodically so that the information is not only stop until here But Also implemented in daily life. Cross-sectoral collaboration (health, cross-sector, and sub-district/village) to strengthen diarrhea monitoring in Suka Maju village.



Figure 1 & 2 Group photo of participants of the diarrhea counseling



Figure. 3 Counseling Diarrhea

Settlement Problem Diarrhea Counseling

Diarrhea education was held at the Suka Maju Village Integrated Preschool. The community participated in a series of activities, starting with a pre-test, effective handwashing practice (6 steps using soap), a post-test, and a question and answer session. Participants were very enthusiastic throughout the education, from start to finish. It is hoped that this diarrhea education will benefit the community. Diarrhea education plays a crucial role in reducing the risk of malnutrition and stunting.

Effective Hand Washing Practices with Soap

One way to prevent diarrhea is hand hygiene. Washing hands with soap and running water is recommended by the Ministry of the Republic of Indonesia as an effort to prevent the transmission of diarrhea. The purpose of community service is to increase public awareness and behavior regarding the importance of washing hands before and after activities because hands contain many germs and bacteria that can cause diarrhea. Participants were very enthusiastic and participated well in the activity. It is hoped that in the future, a sustainable approach and education will be carried out so that this activity can be implemented in everyday life.

PHBS

The next step was implementing Clean and Healthy Living Behaviors (PHBS). This activity involved education and a collaborative effort to clean the environment. Students provided direct education and encouraged the community to work together to maintain environmental cleanliness as a way to prevent the spread of diarrheal diseases. Residents were very enthusiastic and welcomed this activity, as evidenced by their active participation.

CONCLUSION

Collaboration of the 2025 UNIVED KKN Group 1 Team with the Maju Village Government in preventing and handling diarrhea by using diarrhea counseling methods, effective hand washing practices and PHBS has proven its effectiveness, increasing community knowledge, awareness and behavior. And beneficial in RT 04 Suka Maju Village. Enthusiasm participant Active listening and Q&A sessions demonstrate that this outreach program has had a positive impact and warrants continuation. This program emphasizes not only individual participation but also strengthens community participation in diarrhea prevention. This approach increases awareness, knowledge and behavior of residents regarding the prevention and treatment of diarrhea. It is necessary to carry out regular follow-up counseling in collaboration with related cross-sectors so that information continues to be implemented in daily life and to strengthen monitoring of diarrhea cases in Suka Maju village, especially residents of RT 04.

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