



## Counseling and Demonstration in Efforts to Prevent Diarrhea in Early Childhood in Taba Baru Village, North Lubuklinggau District I

Gustin Widya North<sup>1)</sup>; Fery Surahman<sup>2)</sup>; Herica Amallia<sup>3)</sup>; Meri Yati<sup>4)</sup>; Maya Susanti.<sup>5)</sup>; Siska Rosa Elvina<sup>6)</sup>

<sup>1,2,3,4,5,6</sup> Universitas Dehasen Bengkulu

e-mail: <sup>1</sup> [gustinwdy@gmail.com](mailto:gustinwdy@gmail.com), <sup>2</sup> [fery.surahman@unived.ac.id](mailto:fery.surahman@unived.ac.id), <sup>3</sup> [hericaamalia@gmail.com](mailto:hericaamalia@gmail.com),  
<sup>4</sup> [meriyati@gmail.com](mailto:meriyati@gmail.com), <sup>5</sup> [mayasusanti200588@gmail.com](mailto:mayasusanti200588@gmail.com), <sup>6</sup> [siskarosaelvina22@gmail.com](mailto:siskarosaelvina22@gmail.com)

Received [26-05-2025]

Revised [28-06-2025]

Accepted [12-07-2025]

**Abstract.** Diarrhea is one of the leading causes of morbidity among early childhood. In Lubuklinggau Utara I Subdistrict, Lubuklinggau City, South Sumatra Province, the incidence of diarrhea is relatively high, with 11 reported cases—particularly in the Taba Baru subdistrict, which has been affected by viral and bacterial infections due to poor hygiene and sanitation practices. The 2025 Thematic Community Service Program (KKN-T) of Dehasen University Bengkulu focused on diarrhea prevention through an educational approach, including diarrhea counseling, leaflet distribution, handwashing with soap demonstrations, and practical sessions on how to prepare homemade oral rehydration solution (ORS). This activity was conducted in collaboration with the parents of children enrolled at Paud KB Raudhatul Jannah (RJ). The results showed an increase in parental awareness regarding the importance of home and environmental cleanliness, proper handwashing with soap, and the preparation of homemade ORS—all aimed at promoting clean and healthy living and reducing the risk of diarrhea. This program has proven effective as a promotive and preventive strategy based on early childhood interventions, serving as a potential model for implementation in other regions. Cross-sector collaboration and continuous education are essential to support efforts to reduce the incidence of diarrhea and contribute to stunting prevention through improved early childhood health.

**Keywords:** *Counseling, Demonstration, Diarrhea, Early Childhood*

### INTRODUCTION

Diarrhea is a condition that causes the passage of stools more than three times a day, with a watery consistency, possibly containing blood or mucus, and more frequently than normal. This diarrhea is usually accompanied by other symptoms such as vomiting, leading to dehydration, which, if not treated promptly, can lead to serious complications and even death (Apriani et al., 2022). According to Tantri et al. (2022), several factors cause diarrhea worldwide, including maternal knowledge and attitudes, environmental factors, socioeconomic factors, exclusive breastfeeding, and clean and healthy living behaviors (Utami et al., 2022). Research has shown that mothers play a crucial role in preventing infectious diseases for children. Suryani (2022) states that maternal knowledge and attitudes are key determinants of diarrhea in toddlers. The better a mother's knowledge and attitudes, the better her ability to prevent diarrhea in toddlers (Febrianti, 2018). According to the latest WHO data in 2024, there are approximately 1.7 billion cases of diarrheal disease in children worldwide, with a mortality rate of 443,832 children under 5 years of age and an additional 50,851 children aged 5 to 9 years each year (WHO, 2024). Based on the 2020 Indonesian Health Profile data, diarrhea is the leading cause of death in the toddler group aged 12-59 months (4.55%) and remains the second leading cause of post-neonatal mortality (29 days-11 months) after pneumonia (73.9%). The

diarrhea morbidity rate in Indonesia in 2020 was still quite high, at 270/1000 population across all ages and 843/1000 population in toddlers (Ministry of Health of the Republic of Indonesia, 2020). In Indonesia, diarrhea prevalence is a public health problem with a high incidence. According to data from the Indonesian Ministry of Health, the prevalence of diarrhea in 2018 was 37.88%, or approximately 1,516,438 cases, among toddlers. This prevalence increased in 2019 to 40%, or approximately 1,591,944 cases among toddlers (Nugraha et al., 2022). Data from the Central Statistics Agency (BPS) of South Sumatra shows that the number of diarrhea cases by age group was 174,808 in 2019, 90,094 in 2020, and 94,653 in 2021. Based on these figures, 100% of diarrhea cases were managed with oral rehydration salts (ORS) for all ages and toddlers, starting in Muara Enim Regency, Musi Rawas, Banyuasin, Musi Banyuasin, North Musi Rawas, Pagaralam City, and South Ogan Komering Ulu. It is known that the most common cases of diarrhea in South Sumatra are caused by viruses, bacteria, food poisoning, and poor handwashing practices (South Sumatra Provincial Health Office, 2021). According to 2020 data from the Central Statistics Agency (BPS) of Lubuklinggau City, diarrhea is among the top five most common diseases suffered by the community. Data from the Lubuklinggau City Health Office in 2021 showed a prevalence of 1,770 cases (all ages). The highest incidence of diarrhea in Lubuklinggau City was at the Megang Community Health Center in North II District in 2021, with 805 cases of all ages. Data from the Petanang Community Health Center shows that the number of diarrhea cases in Taba Baru Village is 16.70%, with the majority occurring in children (Petanang Community Health Center 2024). Diarrhea is a disease that is environmentally related, particularly to the availability of clean water sources, and is closely related to hygiene behavior. As a promotional and preventive measure, diarrhea education programs are being conducted to raise public awareness and preventative measures.

## RESEARCH METHODS

This KKN-T program uses the Counseling Method, lectures, demonstrations, questions and answers with leaflet media. Partners in this program are parents of preschool children in Taba Baru Village, Lubuklinggau Utara I District, Lubuklinggau City. Which was held on Thursday, June 5, 2025. Which involved around 13 KKN students from Dehasen Bengkulu University and all parents of preschool children in this activity. The Counseling activity, carried out starting from providing material on Diarrhea Prevention, Hand Washing Demonstration with Soap (CTPS), and Making Homemade ORS. The KKN Team collaborated with Teachers to encourage parents of preschool children to participate in this counseling and demonstration in order to prevent diarrhea in early childhood. Data collection techniques were carried out through direct observation, pre- and post-extension questionnaires, short interviews with participants, and documentation of activities to assess changes in knowledge among parents of preschool children.

## RESULTS AND DISCUSSION

### Results

**Table 1. Questionnaire Results Before Counseling**

<b>Knowledge Category</b>	<b>Before Counseling</b>
Not enough	14 people (33.3%)
Enough	12 people (40%)
Good	2 people (26.7%)
<b>Total</b>	<b>28 People (100%)</b>

Judging from the table above, before the counseling was conducted, there were 28 participants who answered the pre-counseling questionnaire, 14 (33.3%) participants did not understand enough about preventing and treating diarrhea, 12 (40%) participants had sufficient understanding about preventing and treating diarrhea regarding questions about preventing diarrhea in early childhood and 2 (26.7%) participants already understood about diarrhea.

**Table 2. Questionnaire Results After Counseling**

<b>Knowledge Category</b>	<b>After Counseling</b>
Not enough	0 people (0%)
Enough	5 people (23.3%)
Good	23 people (76.7%)
<b>Total</b>	<b>28 People (100%)</b>

After conducting education in the form of counseling using leaflets, parents of preschool children understood the prevention and treatment of diarrhea, so that 0 (0%) participants did not understand diarrhea, 5 (23.3%) participants understood enough, and 23 (76.7%) other participants understood the material presented in the counseling.

## **Discussion**

This activity shows that education and demonstration-based interventions are very effective in increasing awareness of parents and preschool children about the importance of diarrhea prevention, handwashing with soap (CTPS), and how to make home-made oralit which is taught practically can be well accepted because it is simple and can be directly applied. In the pre-extension questionnaire there were 28 participants who answered the pre-extension questionnaire, 14 (33.3%) participants did not understand enough about prevention and treatment of diarrhea, 12 (40%) participants who understood enough about prevention and treatment of diarrhea to questions about preventing diarrhea in early childhood and 2 (26.7%) participants who already understood about diarrhea disease. In the post-counseling using leaflets, parents of preschool children understood the prevention and treatment of diarrhea, so that 0 (0%) participants did not understand diarrhea, 5 (23.3%) participants understood enough, and 23 (76.7%) other participants already understood the material presented in the counseling. This is in line with the results of research conducted by Nuzul, et al. (2022) that there was an increase in knowledge after being given counseling, cadres and housewives understood about diarrhea and its prevention. Likewise, according to Sinaga, et al. (2024) there was an increase in the average pre-test score in the post-test of parents'/family knowledge about the prevention and treatment of diarrhea in toddlers after being given counseling. Demonstrations on diarrhea prevention are a major draw for parents of preschool children. A lack of knowledge about diarrhea prevention is a key factor for parents to increase. Furthermore, live demonstrations at the preschool provide a better understanding for both parents and children, making them easier to implement at home.



Figure 1 Photo With Parents, Children , and Student KKN



Figure 2 Counseling Diarrhea in Early Childhood Education KB Raudhatul Paradise (RJ)



Figure. 3 Handwashing Demonstration with Soap in Early Childhood Education KB Raudhatul Paradise (RJ)



**Figure. 4 Demonstration of Making Homemade ORS in Early Childhood Education KB Raudhatul Paradise (RJ)**

### **Problem solving**

#### **1. Diarrhea Counseling**

Diarrhea counseling was conducted at the Raudhatul Jannah Preschool in Taba Baru Village. Parents of the preschool children participated in the diarrhea counseling activities from the beginning until the end of the activity, then participants also participated in a series of questions and answers sessions given by KKN-T students from Dehasen University, Bengkulu. It is hoped that this diarrhea counseling will be beneficial for parents of preschool children in Taba Baru Village, North Lubuklinggau I District.

#### **2. Distribution Leaflet**

Several studies have shown that leaflets are an effective medium for increasing parents' understanding of diarrhea prevention efforts. A study in Indonesia revealed that distributing leaflets accompanied by educational materials can significantly increase community knowledge. Because they are easy to distribute and low-cost, leaflets are suitable for use in areas with limited internet access. Visual support in the form of pictures or illustrations is very helpful for groups with low literacy levels in understanding the information. Besides being cost-effective, leaflets can also strengthen other educational activities such as health campaigns, direct education, and community activities. However, their effectiveness can be reduced if the community is reluctant to read or does not understand the leaflet's contents, so integration with other educational methods is necessary. Continuous evaluation of leaflet design and content, such as the use of easy-to-understand language and an attractive appearance, is crucial to increase the effectiveness and reach of health messages related to diarrhea.

#### **3. Diarrhea Prevention Demonstration**

The demonstration of diarrhea prevention efforts was a major draw for parents of preschool children. The lack of knowledge about diarrhea prevention encouraged parents to expand their knowledge. Furthermore, the demonstration, conducted directly at the preschool, provided parents and children with a better understanding and made it easier to implement at home. The participation of parents and preschool children in this outreach and demonstration demonstrated the effectiveness of educational activities in transforming attitudes into concrete actions.

## CONCLUSION

Collaboration between the UNIVED 2025 KKN Team and the Lubuklinggau City Government in diarrhea prevention efforts using the CTPS strategy and how to make home-made ORS. has proven the effectiveness of an integrated approach in controlling diarrheal disease. This program not only emphasizes individual prevention but also strengthens community participation through community outreach activities to work together every Friday to clean up the village environment and conduct outreach and awareness campaigns. The implementation of the Handwashing with Soap strategy and how to make home-made oralit, was successfully conveyed through field activities and educational media and leaflets. This approach increases public awareness of the importance of environmental cleanliness and builds positive behavioral changes to break the chain of transmission of bacterial and viral infections that cause diarrhea. As a result, the risk of diarrheal disease transmission decreased, demonstrating the importance of cross-sector collaboration in achieving better public health. These steps are expected to serve as a model for other sub-districts to reduce the risk of diarrhea through active participation and environmental awareness.

## LITERATURE

- Apriani, D. G. Y., Putri, D. M. F. S., & Widiyanti, N. S. (2022). *Gambaran Tingkat Pengetahuan Ibu Tentang Diare Pada Balita Di Kelurahan Baler Bale Agung Kabupaten Jembrana Tahun 2021*. *Journal of Health and Medical Science*, 1(3). <https://pusdikrapublishing.com/index.php/jkes/home>
- Badan Pusat Statistik Sumatera Selatan (2020), *Kasus Penyakit Diare* <https://sumsel.bps.go.id/id>
- Dinas Kesehatan Prov Sumatera Selatan. (2021). *Profil Kesehatan Provinsi Sumatera Selatan Tahun 2020*. Dinas Kesehatan Provinsi Sumatera Selatan, 251.
- Dinkes Lubuklinggau. (2021). *Profil Kesehatan Kota Lubuklinggau Tahun 2021*. Dinas Kesehatan Kota Lubuklinggau, 72, 23.
- Febriyanti, D., & Triredjeki, H. (2021). *Asuhan keperawatan pada klien dengan diare akut dehidrasi sedang (DADS) di bangsal Seruni RSUD Kabupaten Temanggung*. *Indonesia Jurnal Perawat*, 6(1), 42–45.
- Febrianti, A. (2018). *The Relationship between Socio-Economic Factors , Mother ' s Knowledge of Healthy Environment and Diarrhea with the Incidence of Diarrhea in Toddlers Aged 1-5 Years at Puskesmas Pembina Palembang*. *Science Midwifery*, 7(1), 32–37.
- Lutfiyati, H., Ikawati, Z., & Wiedyaningsih, C. (2022). *Efek Samping Penggunaan 43 Terapi Oral Pada Pasien Asma*. *Jurnal Farmasi Sains Dan Praktis*, 1(1), 27.
- Lufthiani, S.dkk (2022). *Penyakit dan Pencegahan masalah Kesehatan Anak di Rumah*. Sumatra Barat: Cv Azka Pustaka.
- Maharani. (2020). *Etiologi Diare pada Anak: Faktor Infeksi dan Penyebab Lainnya*. *Jurnal Kesehatan Anak*, 15(2), 123–130.
- Ngastiyah. (2012). *Perawatan Anak Sakit (Edisi 2)*. EGC.
- Selviana. (2022). *Faktor-Faktor yang berhubungan dengan kejadian diare pada anak usia 4-6 tahun*. *poltekkes kemenkes pontianakUtami, T., Kadang, Y., Justitia, A. K., & Justitia, A. K. (2022). Faktor-Faktor Yang Mempengaruhi Kejadian Diare pada Balita Di Wilayah Kerja Puskesmas Birobuli Kota Palu*. *An Idea Health Journal*, 02(01), 35–40
- Kementerian Kesehatan RI. 2021. *Buku saku petugas kesehatan*. Jakarta. Kemenkes RI.
- Kementerian kesehatan RI. 2022. *Pedoman Umum Program Indonesia Sehat dengan Pendekatan Keluarga*. Jakarta. Kemenkes RI
- WHO (2022). *Child mortality (under 5 years)*. *World Health Organization*. 2022. <https://www.who.int/News-Room/Fact-Sheets/Detail/Levels-AndTrends-In-Child-Under-5-Mortality-In-2020>. Diakses Feb 2022.