

Mother's Knowledge with Self Efficacy in Handling Diarrhea for Toddlers

Intan Fazrin^{1*}, Asifah Sholafiyah

Universitas STRADA Indonesia

*Corresponding author: intanfazrin@iik-strada.ac.id

ARTICLE INFO

Article history:

Received: 24th October 2024

Revised: 21th December 2024

Accepted: 26th December 2024

Keywords:

Diarrhea Handling
Knowledge
Self Efficacy

ABSTRACT

Diarrhea is an endemic disease that has a potential to cause outbreak as a contributor to mortality in Indonesia, especially in children under five, so it must be dealt immediately. Mothers are essential figures in every monitoring of children's health, especially in knowledge and self-efficacy in handling diarrhea. This research aims to analyze the relationship between mother's knowledge and self-efficacy in handling diarrhea for toddlers at Garum Health Center. Researcher uses a quantitative design with cross sectional approach. The population of this study were all mothers whose toddler had diarrhea and came for treatment at the Garum Health Center Blitar. There are 35 respondents as the sample with accidental sampling technique. Researcher conducted informed consent first and then distribute the questionnaire about knowledge and self-efficacy. The data results were analysed by using the Spearman Rho. The respondents having sufficient knowledge as many as 15 respondents (42,9%), most of the respondents have high self-efficacy as many as 20 respondents (57,1%). The results of the Spearman Rank statistical test obtained the value of sig. $0.015 < 0.05$ which indicates there is a relationship between mother's knowledge and self-efficacy in handling diarrhea in toddlers. Mothers who are able to do first aid on diarrhea in their toddlers properly and appropriately can be a factor in the toddler's recovery without referring their toddler to the health center. The good knowledge of mother must be followed by high self-efficacy that is able to carry out proper handling of toddlers with diarrhea.

I. Introduction

Diarrhea occurs when the stools are soft or liquid, if you defecate in a day, it can be three or more times within 24 hours. Infectious diseases are a contributor to death in the group of children aged 29 days - 11 months infants and toddlers at the age of 12-59 months, in 2020 diarrhea is still a major problem for 14.5% of mortality (Indonesian Ministry Of Health, 2021). The observation results showed that the incidence of diarrhea was still increasing from year to year, data for 2020, the incidence of diarrhea at the public health center were 67 cases, while in 2021 it increased with 120 cases. Data from January to June 2022 were 55 cases. The results of interviews with mothers at the public health center about knowledge of handling diarrhea problems showed that 7 out of 10 mothers whose toddlers had diarrhea said they did not know how to handle when toddlers had vomitted and diarrhea. When at home, the mother does not know the first aid to handle, if the toddler experiences vomiting and diarrhea continuously s they are immediately referred to the Public Health Care. Meanwhile, the results of self-efficacy showed that 8 out of 10 mothers were not sure in the process of handling diarrhea in toddlers before being referred to the Public Health Center. This occurs because mothers lack knowledge of handling diarrhea in toddlers.

Maternal factors play a major role in the incidence of diarrhea in toddlers. In some cases, mothers lack of knowledge to handle diarrhea in toddlers such as assessment,



management and practice of prevention and control of diarrhea. In addition, it can be said that mothers who have capable knowledge in handling diarrhea for toddlers can be the determinant in the health sector on how to maintain health, how to avoid diseases that will affect the reduction in mortality and morbidity due to diarrheal diseases. Then, through this knowledge, it can raise the awareness that makes people behave and take attitudes according to the knowledge they have (Sufiati, 2019). *Lintas diare* (five steps to handle diarrhea) recommends that all diarrhea sufferers should receive ORS, so the target for receiving ORS is 100% of all diarrhea cases who receive services at Public Health Center and cadres. In 2020 nationally the use of ORS for all ages has not reached the target of 88.3%. Giving ORS to toddlers was relatively higher at 90.8%, the target was not achieved because service providers at the Public Health Center and cadres had not given ORS in accordance with management standards, namely 6 packs/diarrhea sufferers. People still do not know about the benefits of ORS as a liquid intake that must be given to every patient with diarrhea to prevent dehydration. Toddlers are also given zinc tablets which is a micronutrient that serves to reduce the duration and severity of diarrhea, reduce the frequency of defecation, reduce stool volume and prevent recurrent diarrhea in the next three months, the use of zinc tablets for 10 consecutive days when a toddler has diarrhea is a therapy for toddler diarrhea. In 2020 the coverage of zinc administration to diarrheal toddlers is 89.5% (Indonesian Ministry of Health 2021).

WHO recommends five main treatments for diarrhea called *LINTAS PENATALAKSANAAN DIARE* (rehydration, zinc supplementation, nutrition, selective antibiotics, and parent/caregiver education.) Inappropriate handling and treatment of diarrhea can be a serious problem of dehydration. The level of knowledge for mothers in handling diarrhea is still not good enough to provide good treatment, this is because the level of knowledge about handling diarrhea in toddlers is still low so that will affect the attitude of mothers in handling diarrhea in toddlers (IDAI, 2015).

Good knowledge in handling and treating diarrhea in toddlers by mothers is really essential, because mothers are important figures in every toddler's development. Mothers who can perform first aid on diarrhea experienced by their toddlers properly and appropriately can be a factor in the recovery of toddlers without having to be rushed to health services. Mother's good knowledge must be accompanied by confidence in herself self efficacy that they are able to carry out in handling and give treatment fortoddlers with diarrhea.

Izzah (2012) explained that someone with high self-efficacy is able to approach difficult tasks as challenges that must be mastered, not as threats to be avoided. Someone with high self-efficacy believes that they are able to do something to change the events around them. The purpose of this study was to determine the analysis of the relationship between mother's knowledge and self-efficacy in handling diarrhea in children under five at the Garum Public Health Center, Blitar Regency.

II. Methods

The researcher applied quantitative approach with a cross sectional research design. There are 55 mothers as the research population whose children experienced diarrhea and come to the public health center for further treatment. The sampling technique in this study is non-probability sampling with accidental sampling so that the sample size were 35 respondents. The researcher gave informed consent to the respondent after that the researcher distribute the instrument namely questionnaire to assess knowledge and self-efficacy in handling diarrhea. The Data were analyzed by using SPSS with statistical test Spearman Rank.

III. Results and Discussion

Results

Tabel. 1 Characteristics of Respondents

Characteristics	Respondent	
	F	%
Age		
< 25 years old	3	9
25 – 35 years	20	57
>35 years old	12	34
Total	35	100
Education		
ELEMENTARY SCHOOL	4	12
JUNIOR HIGH SCHOOL	13	37
SENIOR HIGH SCHOOL	13	37
College	5	14
Total	35	100

Based on table 1 above, it is known that most of the respondents are aged 25-35 years, as many as 20 respondents (57%). Based on the picture above, it is known that most of the respondents have a high school education level, namely 13 respondents (37%) and junior high school as many as 13 respondents (37%).

Table. 2 Identification of Mother's Knowledge and Self-Efficacy Variables in Handling Diarrhea in Toddlers

Variabel	Category	Respondent	
		F	%
Knowledge	Not enough	7	20,0
	Enough	15	42,9
Diarrhea treatment	Well	13	37,1
		35	100
Self efficacy Handling diarrhea	Currently	15	42,9
	Tall	20	57,1
Total		35	100

Based on table 2 above, it is known that most of the respondents have sufficient knowledge of handling diarrhea, namely 15 (42.9%), while most of the respondents have high self-efficacy as many as 20 respondents (57.1%).

Table. 3 Results of Analysis between Knowledge and Mother's Self Efficacy in Handling diarrhea in toddlers

		Self Efficacy				Total	P value
		Moderate N	F	High N	F		
Knowledge	Not enough	7	46,7	0	0	7	0,015
	Enough	4	26,7	11	55,0	15	
	Well	4	26,7	9	45,0	13	
Total		15	100,0	20	100,0	35	

Based on the output above, it is known that the significance value is 0.015, because the value of sig. (2-tailed) $0.015 < 0.05$, it means that there is a relationship between mother's knowledge and self-efficacy in handling diarrhea in children under five at the Garum Public Health Center, Blitar Regency. From the SPSS output, the correlation coefficient is 0.406*. That is, the level of strength of the relationship (correlation) between variables knowledge of mothers with self-efficacy in handling diarrhea in toddlers at the Garum Public Health Center, Blitar Regency is 0.406 or moderate. The correlation coefficient number in the above results is positive, namely 0.406, so that the relationship between the two variables is unidirectional (type of unidirectional relationship), thus it can be interpreted that the more knowledge of mothers about handling *self efficacy* in the management of diarrhea in infants will increase.

Discussion

1. Mother's Knowledge in Handling Diarrhea in Toddlers at Garum Health Center

This study aims to measure mother's knowledge about treating diarrhea on toddler in the place work Public health center Garum Blitar through questionnaire with result of research that has been done shows that the mother's level of knowledge regarding handling diarrhea is sufficient, namely 15 people (42.9%), good knowledge 13 people (37.1%), and less knowledge 7 people (20%). Respondents' knowledge includes information they know about diarrhea in toddlers, including how to handle diarrhea. Handling diarrhea (handling diarrhea without dehydration, handling dehydrated diarrhea, handling severe diarrhea).

Knowledge is the result of "knowing" and this occurs after people have sensed a certain object. At the time of sensing to produce knowledge is strongly influenced by the intensity of attention perception of the object. Most of human knowledge is obtained through the eyes and ears (Donsu, 2016).

This research is supported by research conducted by Khasanah, U & Sari Galuh (2016), regarding the relationship between the mother's level of knowledge about diarrhea with diarrhea prevention behavior in toddlers. (%), less knowledge as many as 16 people (26.2%) and good knowledge as many as 12 people (19.7%).

The results of this study indicate that mothers aged 25-35 years tend to know more about handling diarrhea in toddlers, namely mothers who have good knowledge about handling diarrhea in toddlers at the age of 25-35 years, as many as 10 people (76.9%). This is in line with research conducted by Rusminingsih (2012) regarding the description of mother's knowledge, attitudes and actions in first aid for diarrhea in toddlers at home in the Karangnongko Public Health Center, Klaten that the distribution of respondents based on age is known that the majority of respondents are in the age group of 21-30 years. namely as many as 16 people (61.5%). Age affects the perception and mindset of a person. The more you get older, the more your grasping power and mindset will develop.

Fitri, Shinta Milanda (2017), the more mature the level of maturity and strength of a person will be more mature in thinking and working in terms of public trust, more mature people will trust more than people who are not yet mature enough. Good knowledge is influenced by factors of information and experience received. The experience factor is one of the most important ways humans acquire knowledge.

2. Mother's Self Efficacy Handling Diarrhea in Handling Diarrhea in Toddlers at Garum Health Center

This research aims to measure self efficacy in mother about confectionery diarrhea on toddler. The results of the research that have been carried out show that the level of self-efficacy is high in the majority of respondents namely as many as 20 mothers (57%). Respondents' self-efficacy includes information they know about handling diarrhea in toddlers, including breastfeeding, giving ORS, giving food and drinks, giving zinc, bringing toddlers to the hospital or community health center.

Self-efficacy is a positive indicator of Core Self Evaluation to conduct self-evaluation that is useful for self-understanding. Self-efficacy is one of the most influential aspects of self-knowledge or self-knowledge in everyday human life because self-efficacy also influences individuals in determining the actions to be taken to achieve a goal, including estimates of the challenges to be faced. Gufron & Wita, 2012).

This is in line with the research conducted by Pohan Nur Asiah (2016) on maternal self-efficacy in efforts to treat diarrhea in infants treated in Inpatient at Dr. Pirngadi General Hospital Medan which showed the results that the mother's self-efficacy in efforts to treat diarrhea in infants was high as many as 18 respondents (60.0%). Self-efficacy will have an individual's coping ability in overcoming the amount of stress and depression that individuals experience in difficult and stressful situations, and will also affect the individual's level of motivation. Self-efficacy plays an important role in anxiety, namely to control stress (Jess Feist & Feist, 2014). The results showed that the level of self-efficacy was divided into 3 (three) namely low (63.6%), moderate (12.3%), and high (24.1%). These results recommend that the mother's self-efficacy needs to be improved by health workers at the community level (Astuti and Syahreni, 2013)

The High Self efficacy in mothers is proven by their confidence in dealing with diarrhea in children, they are able to give ORS when toddlers have diarrhea and stop giving ORS if the diarrhea has stopped, give toddlers to drink more to overcome dehydration, and take children to health services if the condition is getting worse.

3. Relationship between Mother's Knowledge and Self Efficacy in Handling Diarrhea in Toddlers at Garum Health Center, Blitar Regency

This study aims to know the relationship between mother's knowledge and self-efficacy in handling diarrhea in toddlers at the Garum Health Center, Blitar Regency through questionnaire.

The results of data analysis using the Spearman Rho statistical test known value because the value of sig. (2-tailed) $0.015 < 0.05$, it means that there is a relationship between mother's knowledge and self-efficacy in handling diarrhea in children under five at the Garum Public Health Center, Blitar Regency. Based on the correlation coefficient of 0.406^* . That is, the level of strength of the relationship (correlation) between variables knowledge of mothers with self-efficacy in handling diarrhea in toddlers at the Garum Public Health Center, Blitar Regency is 0.406 or moderate. This illustrates that mothers have good knowledge so they can perform self-efficacy in handling toddlers.

The results of this study are also in line with research conducted by Herwindasari (2014) which examined the relationship between maternal knowledge level and early management of diarrhea in toddlers.

Self-efficacy for mothers in efforts to prevent diarrhea is part of the theory of self-efficacy (Bandura et al, 2009). In this theory, it is explained that changes in behavior experienced by a person are influenced by his perception. Diarrhea prevention behavior in toddlers is determined by the role of the mother (Joventino et al., 2012). Mothers play a role in breaking the chain of contamination by pathogens that cause diarrhea through several hygiene practices (Nguyen et al., 2005). Self-efficacy map is based on three factors, namely knowledge, metacognition, and goal setting (Suciono, 2021).

Knowledge plays an important role as the basis that determines one's confidence and belief before doing something (Nastiti, 2020). The results showed that mothers with good knowledge about handling diarrhea will contribute to forming high self-efficacy in an effort to properly treat diarrhea in toddlers and reduce the severity.

IV. Conclusion

The results of the Spearman Rank uji test because the value of sig. (2-tailed) 0.015 < 0.05, it means that there is a relationship between mother's knowledge and self-efficacy in handling diarrhea in children under five at the Garum Public Health Center, Blitar Regency.. The Spearman correlation value of 0.406 indicates that the direction of the correlation is positive with moderate correlation strength. Suggestions for active respondents in increasing knowledge and skills in handling diarrhea in toddlers. For health workers, it can be used as a reference to develop modules or guidelines for information and counseling for parents about health, especially regarding the management in handling diarrhea.

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