

BEBERAPA INDIKATOR PERILAKU HIDUP BERSIH SEHAT DAN KEJADIAN DIARE DI DESA UJUNGGEDE, AMPELGADING, KABUPATEN PEMALANG

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ABSTRAK

Latar Belakang: Diare hingga saat ini masih merupakan salah satu penyebab utama kesakitan dan kematian hampir di seluruh daerah geografis dunia dan semua kelompok usia bisa diserang oleh diare, tetapi penyakit berat dengan kematian yang tinggi terutama terjadi pada bayi dan anak balita. Salah satu upaya pencegahan diare dilakukan dengan penilaian perilaku hidup bersih dan sehat. Tujuan penelitian mengetahui Beberapa Indikator Perilaku Hidup Bersih Sehat Dan Kejadian Diare. **Metode:** Jenis penelitian deskriptif dengan pendekatan cross sectional, sampel penelitian dengan teknik jumlah random sampling. Variabel penelitian kepemilikan sarana air bersih, kepemilikan jamban, kepemilikan tempat sampah dan perilaku buang air besar, perilaku cuci tangan pakai sabun, kebiasaan memotong kuku dua minggu sekali. Data dianalisis secara deskriptif. **Hasil:** Semua responden sudah mempunyai sarana air bersih, sebagian besar sarana air bersih berupa sumur pompa(62,96%), dan 42,59% responden tidak memiliki jamban, penggunaan jamban 42,59% Jenis jamban 42,59% selain septic tank leher angsa, sehingga membuang tinja di tempat lain. Kepemilikan tempat di dalam dan di luar rumah 37,04% dan yang tidak memiliki tempat sampah 18,52%. Perilaku cuci tangan pakai sabun kurang baik 38,88% dan perilaku buang air besar selain di jamban 38,88%. Kebiasaan memotong kuku .2 minggu sekali 29,63% dan kejadian diare sebesar 53,70% **Kesimpulan:** Kepemilikan sarana air bersih, kepemilikan jamban, kepemilikan tempat sampah dan perilaku hidup bersih dan sehat berpotensi menyebabkan diare. **Kata Kunci:** Lingkungan, perilaku hidup bersih dan sehat, kejadian diare.

ABSTRACT

Background: Diarrhea is still one of the major causes of illness and death in almost every geographic region of the world and all age groups can be attacked by diarrhea, but severe illness with high mortality occurs mainly in infants and toddlers. One of the diarrhea prevention efforts is done by the assessment of clean and healthy life behavior. The objectives of the study were to find out some of the indicators of healthy hygiene and diarrhea. **Method:** The type of descriptive research with cross sectional approach, research sample with technique of random number of sampling. Research variables of ownership of clean water facilities, latrines ownership, ownership of waste bins and defecation behavior, handwashing with soap behavior, nail cutting habits every two weeks. Data were analyzed descriptively. **Result:** All respondents already have clean water facilities, most of the clean water facilities are pump well (62.96%), and 42.59% of respondents do not have latrines, the use of latrines 42.59% Types of latrines 42.59% other than septic tanks swan neck, thereby throwing feces elsewhere. Ownership of premises inside and outside of the house 37.04% and which has no bins 18.52%. Hand washing behavior with soap is not good 38.88% and defecation behavior other than in latrine 38.88%. The habit of cutting the nails 2.2 weeks once 29.63% and the incidence of diarrhea of 53.70% **Conclusion:** Ownership of clean water facilities, latrine ownership, ownership of waste and clean and healthy life behavior potentially cause diarrhea. **Keywords:** Environment, clean and healthy life behavior, incidence of diarrhea