


Overview Of Diarrhea Incidents In Toddlers In The Work Area Wera Public Health Center, Bima District

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Article Info	ABSTRACT
Keywords: Incident Diarrhea, Toddler .	Less than 1.7 billion per year, digestive system health problems (diarrhea) are one of the causes of death for children. In the province of NTB in 2023, the number of cases of diarrhea in toddlers ranks second after East Lombok district with a total of 7,974 cases of diarrhea in toddlers. Research method, type of quantitative descriptive research. Retrospective research design . Single variable is the description of the incidence of diarrhea in toddlers. The research location was carried out in the working area of the Wera Health Center, Bima Regency, NTB in 2023. The population and sample were all toddlers who experienced diarrhea, the sampling technique used was total sampling . The research instrument used was a checklist sheet . Furthermore, it was analyzed using univariate analysis. The results of the study, the highest incidence of diarrhea was in 2023 with a total of 205 (38.9%) cases of toddlers experiencing diarrhea. Characteristics of the age of toddlers, most of whom were in the 1 year age group, namely 63 (30.7%). Most cases of diarrhea in toddlers occurred in Sangiang village with 28 (13.7%) toddlers who had experienced diarrhea. The conclusion is that the largest age group is 1 year old and the area with the most diarrhea cases is in Sangiang village. Suggestions are that socialization of prevention and early handling of diarrhea in the Wera Health Center work area be improved.
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INTRODUCTION

Diarrheal disease is still a public health problem in developing countries such as Indonesia, because morbidity and mortality are still high¹. Diarrhea in Indonesia is an endemic disease and also a potential Extraordinary Event (KLB) disease which is often accompanied by death². According to the World Health Organization (WHO) less than 1.7 billion per year digestive system health problems (diarrhea) are one of the causes of death for children. Diarrhea kills about 760,000 children each year and Indonesian children die from diarrhea every year is 100,000 children.³ Based on the largest proportion of diarrhea sufferers in toddlers are the age group 6-11 months, which is 21.65%, the age group 12-17 months is 14.43%, the age group 24-29 months is 12.37%, while the smallest proportion is in the age group 54-59 months, which is 2.06%.⁴ This difference certainly needs to be seen from several factors. In addition, behavioral factors of awareness of the reach of health services also need to be considered as factors that influence extraordinary events.⁵

Diarrhea is one of the infectious diseases in toddlers. Diarrhea is more dominant in attacking toddlers because the immune system of toddlers is still weak so toddlers are very susceptible to diarrhea, in addition, in toddlers, children experience an oral phase that makes toddlers tend to take any object and put it in their mouths so that it is easy for germs to enter the body. ⁶

In children under 2 years of age. Toddlers aged 12-24 months have a 2.23 times greater risk of diarrhea than children aged 25-59 months. In the province of NTB in 2023, the number of diarrhea cases in toddlers in Bima district was ranked 2nd highest out of all cities and districts in the province of NTB after East Lombok district with 7,974 cases of diarrhea in toddlers. ⁷

METHOD

This research is a type of *quantitative descriptive research*, using a *retrospective design*. ⁸ The variable in the study is a single variable, namely the description of the incidence of diarrhea in toddlers. The research location was carried out in the Wera Health Center working area, Bima Regency, NTB in 2023. The population and sample in this study were all toddlers who experienced diarrhea with the *sampling technique* used, namely *total sampling*. The research instrument used was a *checklist* sheet. Furthermore, it was analyzed using *univariate* analysis. ⁹

RESULTS AND DISCUSSION

Table 1. Overview of diarrhea incidents in toddlers from 2021, 2022, and 2023.

No.	Year	Amount	Presentation (%)
1.	2021	172	32.6
2.	2022	150	28.5
3.	2023	205	38.9
Amount		527	100

Source: Secondary Data

Based on table 1, the highest incidence of diarrhea was in 2023 with a total of 205 (38.9%) cases of toddlers experiencing diarrhea. While the lowest incidence of diarrhea was in 2022, namely 150 (28.5%) cases of toddlers experiencing diarrhea.

Table 2. Description of characteristics based on age of children suffering from diarrhea 2023.

No.	Age (Years)	Amount	Presentation (%)
1.	1	63	30.7
2.	2	44	21.5
3.	3	51	24.9
4.	4	28	13.7
5.	5	19	9.2
Amount		205	100

Source: Secondary Data

Based on table 2, based on the characteristics of toddlers' ages, most are in the 1 year age group, namely 63 (30.7%) toddlers. A small portion is in the 5 year age group, namely 19 (9.2%) toddlers.

Table 3. Overview of diarrhea incidence in toddlers in 2023

No.	Village Name	Amount	Presentation (%)
1.	The Tavern	26	12.7
2.	Waiting	21	10.2
3.	Join	25	12.2
4.	Ranggasolo	11	5.4
5.	Sanjiang	28	13.7
6.	Wera Mountain	17	8.3
7.	Wora	27	13.2
8.	Mandala	7	3.4
9.	Tadawa	8	3.9
10.	Baal	15	7.3
11.	Ntoke	20	9.7
Amount		205	100

Source: Secondary Data

Based on Table 3. Most cases of diarrhea in toddlers occurred in Sangiang village with 28 (13.7%) toddlers who had experienced diarrhea. A small portion occurred in Mandala village, namely 7 (3.4%) toddlers who experienced diarrhea .

Discussion

From the results of the study table 1, the incidence of diarrhea over the past 3 years has increased. The highest number occurred in 2023 with a total of 205 (38.9%) cases of toddlers experiencing diarrhea. One of the factors for the increase in cases of diarrhea in toddlers is the lack of success of the prevention efforts carried out ¹⁰ . In addition, other factors that cause diarrhea in toddlers are the environment, maternal knowledge, social, economic, food and drinks consumed ¹¹ .

In table 2, from the characteristics of toddlers, the 1-year-old age group is the most likely to suffer from diarrhea, namely 63 (30.7%) toddlers. And the 5-year-old age group is the least likely to suffer from diarrhea, namely 19 (9.2%) toddlers. Toddlers are susceptible to diarrhea because their immune systems are still weak and their personal hygiene is not yet maintained. Operationally, diarrhea is a loose/soft bowel movement that can even be just water and usually occurs more than 3 times a day and lasts for 14 days ¹² . Clinically, the causes of diarrhea are divided into 5 groups, namely infection, malabsorption, food poisoning, immunodeficiency, and nutritional status factors. In a study by Anita et al. (2020), the younger the toddler, the greater the tendency to suffer from diarrhea, except for children under 6 months who are still exclusively breastfed ¹³ . This is because the baby's immune system is not yet mature so that it is more susceptible to infectious diseases such as diarrhea. Most diarrhea occurs in children under 2 years of age because at this time children begin to be given complementary foods in addition to breast milk ¹⁴ .

Based on Table 3. Most cases of diarrhea in toddlers occurred in Sangiang village with 28 (13.7%) toddlers who had experienced diarrhea. A small portion occurred in Mandala village, namely 7 (3.4%) toddlers who experienced diarrhea. Based on the results of Mubasyiroh's research (2019), all regions showed that the age of toddlers had a significant relationship with the incidence of diarrhea. The 1-year-old age group is most susceptible to diarrhea. This is because children experience a transition from starting to receive additional food and putting objects or toys in their mouths¹⁵. In addition, the increasing spread of bacteria that cause diarrhea is due to inadequate provision of clean water, unclean feces disposal, inadequate waste disposal facilities, poor wastewater disposal facilities, poor personal hygiene behavior, and improper food sanitation¹¹.

CONCLUSION

From the results of the study, the age group of toddlers who most often experience diarrhea is toddlers aged 1 year with a percentage of 30.7%. The area with the most cases of diarrhea in toddlers is in Sangian Village with a percentage of 13.7%. Suggestions that can be given so that the Wera Health Center can increase the socialization of prevention and early handling of diarrhea in toddlers and education about clean and healthy living behavior in the Wera Health Center work area.

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