

Mothers' Self-Efficacy and Expertise in Handling Diarrhea in Toddlers

Niken Salsabila Zulmi Trirahma

RS Eka Husada

*Email: nikensalsabila@gmail.com

ABSTRACT

Diarrhea is an endemic disease that needs to be treated right away because it can lead to unusual events and increase Indonesia's fatality rate, particularly in children under five. When it comes to her knowledge and self-efficacy in managing her toddler's diarrhea, mothers play a crucial role in keeping an eye on their health. The purpose of this study is to ascertain how mother knowledge and self-efficacy relate to managing toddler diarrhea. This study employs a cross-sectional research design and a quantitative methodology. The moms who brought their toddlers for treatment due to diarrhea comprised the study's population. The accidental sampling technique was applied with a sample of 35 respondents. The investigator carried out.

Keywords: Diarrhea Management, Knowledge, Self Efficacy

BACKGROUND

If you pass gas three or more times a day in a 24-hour period, you have diarrhea, which is defined as soft or liquid waste. In 2020, diarrhea will continue be the leading cause of death, accounting for 14.5% of deaths in the group of children aged 29 days to 11 months, babies and toddlers aged 12-59 months, and children aged 29 days to 11 months. These deaths are related to infectious diseases. (Ministry of Health of the Republic of Indonesia, 2021). Annual observations conducted at the community health center revealed that the prevalence of diarrhea continued to rise. Data from 2020 showed that there were 67 instances of diarrhea at the community health center; however, in 2021, there were 120 cases, an increase. From January to June of 2022, there were 55.

The goal for the use of ORS is to treat 100% of instances of diarrhea that are treated at community health centers and cadres, in accordance with the recommendations of Lintas Diarrhea (Five Steps to Resolve Diarrhea). Nationwide, ORS utilization for all ages has not yet surpassed the 88.3% target in 2020. At 90.8%, the percentage of children under five who received ORS was comparatively higher. This goal was not met because the community health center's and cadres' service providers did not give ORS in accordance with management guidelines, which call for six packs of ORS for each patient with diarrhea. The benefits of giving every person with diarrhea oral rehydration salts (ORS) to combat dehydration are still not widely known. Additionally, toddlers.

METHODS

This study employs a cross-sectional research design and a quantitative methodology. There were 55 cases of moms in this study who brought their toddlers for treatment due to diarrhea. This study's sampling strategy combined accidental sampling with nonprobability sampling to yield a sample size of 35 respondents. After obtaining respondents' informed agreement, researchers proceeded to disseminate the questionnaires that were used to gauge participants'

knowledge and level of self-efficacy in treating diarrhea. SPSS was utilized for data analysis along with the statistical Spearman Rank test.

RESULTS

Table 1. Characteristics of Respondents

| Characteristics | Respondent | |
|--------------------|------------|------------|
| | F | % |
| Age | | |
| < 25 years | 3 | 9 |
| 25 – 35 years | 20 | 57 |
| >35 years | 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 the majority of respondents were aged 25-35 years, namely 20 respondents (57%). Based on the picture above, it is known that the majority of respondents had a high school education level, namely 13 respondents (37%) and 13 respondents (37%) from junior high school.

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

| Variable | Category | Respondent | |
|-------------------------------------|------------|------------|------------|
| | | F | % |
| Knowledge Diarrhea treatment | Not enough | 7 | 20,0 |
| | Enough | 15 | 42,9 |
| | Good | 13 | 37,1 |
| Total | | 35 | 100 |
| Self-efficacy Diarrhea treatment | Currently | 15 | 42,9 |
| | Tall | 20 | 57,1 |
| Total | | 35 | 100 |

Table 2 above indicates that while most respondents had strong self-efficacy (20 respondents, or 57.1%) and most have appropriate understanding of controlling diarrhea (15 respondents, or 42.9%).

Table 3. Results of Analysis between Knowledge and Mother's Self-Efficacy in Handling Diarrhea in Toddlers

| | | Self Efficacy | | | | Total | P value |
|------------------|--------|---------------|-------|------|-------|-------|---------|
| | | Currently | | Tall | | | |
| | | N | F | N | F | | |
| Knowledge | Not | 7 | 46,7 | 0 | 0 | 7 | 0,015 |
| | enough | 4 | 26,7 | 11 | 55,0 | 15 | |
| | Enough | 4 | 26,7 | 9 | 45,0 | 13 | |
| | Good | | | | | | |
| Total | | 15 | 100,0 | 20 | 100,0 | 35 | |

Based on the output above, it is known that the significance value is 0.015 since the sig. (2-tailed) $0.015 < 0.05$ indicates that, at the Garum health facility in the Blitar area, there is a relationship between maternal knowledge and self-efficacy in addressing toddler diarrhea. A correlation coefficient figure of 0.406* is found from the SPSS output. This indicates that in the Garum Health Center in Blitar Regency, the correlation (or strength of the relationship) between the variable mother knowledge and self-efficacy in treating toddler diarrhea is 0.406, or medium. The aforementioned data show a positive correlation value of 0.406, indicating a unidirectional (or one-way) association between the two variables. This means that the greater the mother's understanding.

DISCUSSION

Understanding of the mother at the Diarrhea treatment

The purpose of this study was to assess mothers' knowledge about treating diarrhea in toddlers. The results of a questionnaire showed that the majority of mothers (42.9%), 13 moms (37.1%), and 7 mothers (20%) did not know enough about treating diarrhea. The respondents' knowledge encompasses specifics regarding diarrhea in toddlers and potential remedies. Taking care of diarrhea (this covers treating diarrhea brought on by dehydration, treating diarrhea that is not caused by dehydration, and treating severe diarrhea). "Knowing" is the beginning of knowing; it is the process by which individuals interpret their surroundings. The length of time it takes to notice and process an object depends on the level of perceptual concentration on it.

Mothers' Self-Efficaciousness in Managing Toddler Diarrhea

The purpose of this study is to gauge mothers' confidence in their ability to treat their toddlers' diarrhea. The majority of respondents, or twenty mothers (57%), had a high degree of self-efficacy, according to the research's findings. The knowledge that respondents possess on treating toddlers' diarrhea, such as providing breast milk, ORS, food and drink, zinc, and transporting children to the hospital or community health center, is included in their self-efficacy.

A positive sign of Core Self Evaluation for conducting self-evaluations that are helpful for understanding oneself is self-efficacy. Self-efficacy is one of the components of self-knowledge or self-knowledge that has the biggest impact on people's day-to-day lives because it affects people's decision-making over what to do.

Mothers' high self-efficacy is proven by their confidence in dealing with diarrhea in children, they are able to give ORS when the toddler has diarrhea and stop giving ORS if the diarrhea has stopped, give the toddler more drink to overcome dehydration, and take the child to health services if they feel diarrhea. what the child experienced was quite serious.

The Association between a Mother's Knowledge and Her Own Self-Efficacy in Managing Toddler Diarrhea

Through the use of a questionnaire, this study attempts to ascertain the association between mother knowledge and self-efficacy in treating toddler diarrhea at the Garum Health Center, Blitar Regency.

The value was attributed to the sig value, according to the results of data analysis using the sperm rho statistical test. At the Garum health center in the Blitar area, there is a correlation between mother knowledge and self-efficacy in managing toddler diarrhea (2-tailed) $0.015 < 0.05$. based on the 0.406* correlation coefficient value. This indicates that in the Garum health center in the Blitar district, the correlation (or strength of the relationship) between the variable mother knowledge and self-efficacy in treating toddler diarrhea is 0.406 or medium. This demonstrates how knowledgeable mothers may.

The findings of this study are consistent with those of Herwindasari's (2014) investigation into the connection between a mother's degree of expertise and how she initially treats her

toddler's diarrhea. The degree of maternal awareness and the early treatment of diarrhea in toddlers were found to be related ($p = 0.017$).

Self-efficacy theory includes a mother's belief in her ability to prevent diarrhea (Bandura et al, 2009). This theory explains how a person's perceptions affect the changes in behavior they experience. Toddlers' conduct in preventing diarrhea is mostly influenced by their mothers (Joventino et al., 2012). With a number of hygienic measures, mothers can help break the chain of pathogen contamination that causes diarrhea.

CONCLUSION

The sig value is responsible for the Spearman Rank test results. At the Garum health center in the Blitar area, there is a correlation between mother knowledge and self-efficacy in managing toddler diarrhea (2-tailed) $0.015 < 0.05$. The link's moderate strength and positive direction are indicated by the Spearman correlation value of 0.406. recommendations for improving the knowledge and abilities of active respondents in the treatment of toddler diarrhea. Health workers can use it as a reference for creating health-related information and counseling modules or parent guidelines, particularly when it comes to managing diarrhea.

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