# Diarrhea Prevention Counseling for Grade 4 and 5 School Students

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**Abstract**

Diarrhea is a disease which if not treated properly can cause sudden loss of fluids and electrolytes, so that various complications can occur including dehydration, hypovolemic shock, organ damage and even coma. The most severe threat posed by diarrhea is dehydration which can lead to death, therefore the incidence of diarrhea is a health problem whose occurrence needs to be suppressed. The type of research used in this research is "One Groups Pretest-Posttest Design", which is a type of research that is pre-experimental design with pretest and posttest, where observations are made 2 (two) times before and after implementation. Therefore, Thus, the results obtained can be known more accurately, because they can be compared with before being given treatment and after being given treatment. Where the students who were the targets of this activity were student representatives from grade 4 and grade 5 with a total of 35 students. From the results of the research that has been done, it was found that there was an increase in students' knowledge of prevent diarrhea US a preventive measure in groups of elementary school children against the risk of getting diarrhea. With an average pre-test score of 45.71 and a post test average of 64. Provision of counseling on diarrhea prevention to students in grades 4 and 5 of SDN No. 205/IV Natural Barajo District Jambi has an influence on student knowledge.
**Keywords:** Diarrhea, children, students, school

## A. INTRODUCTION

This contagious diarrheal disease is characterized by symptoms such as changes in the shape and consistency of stools from soft to runny and an increase in the frequency of bowel movements that are not as usual, accompanied by vomiting which also causes the body to lack fluids or become dehydrated, which in the end if not treated immediately can cause serious problems and even death (Firmansyah, 2010).

Diarrhea is a disease that is often experienced by children. According to Dusak (2018; (2): 85-94), diarrhea is Wrong One problem health world Which become reason main secondly, deaths of children under five years old. In addition, the description of knowledge regarding diarrhea in toddlers is mostly in the less category (91.9%), and mothers of toddlers have less knowledge regarding the management of diarrhea in toddlers, where most mothers of toddlers Still respond negative in Handling beginning moment child experience throw away water larger than usual and diarrhea is treated with oralit alone. Furthermore, some big Mother toddler Also Still own practice Which not enough appropriate related Use of traditional medicine and giving sweet tea to toddlers with diarrhea ( Harismanto, 2019).

Diarrhea is a condition characterized by an increase in the frequency of bowel

movements. Accompanied by change stool consistency become more soft or watery. Generally, an increase in frequency of more than 3 times a day is used as the limit in classifying someone as having diarrhea. ( Indah Wasliah , 2020). Acute diarrhea, which is diarrhea that mostly occurs less than 7 days and no more than 14 days can be caused by bacterial, viral, and protozoal infections. In addition, acute diarrhea can also be caused by non-infectious factors, including side effects of drugs, eating hot and spicy foods. One of the groups Which prone to experience diarrhea I is children (Ningsih, 2020: 39-53).

Country develop very prone to the occurrence case diarrhea. Matter This in line with What as stated by Jap (2021 (3): 282-288) in the Meditek Medical Journal, that diarrhea is still become reason main morbidity And mortality on child in country develop. Etiology diarrhea on child dominated by pathogen enteric, like virus, bacteria, And parasite. Organism pathogen enteric Which Enough often become reason diarrhea is *Rotavirus, E. Coli, Shigella spp, Salmonella spp, Vibrio Cholerae, and Entamoeba Histolytica* . As we generally know , people tend to understand diarrhea as a common disease, then in choosing drugs, they ultimately use traditional medicines, such as tea, warm water, salt water, even medicines from the Health Center but do not follow the rules that have been set ( Asniar, et al. 2020 ).

Matter This Also in line with What Which spoken Nofita (2021: 93) that drug is a strategic health commodity because it is very much needed by the community. Misuse drug is Wrong One problem Which often happen in current community environment. Prevention of diarrhea can be done by everyone, both children and adults. The behavior of washing hands before and after eating, and after using the toilet is an action to prevent diarrhea. Efforts to implement PHBS need partnership And role as well as with all party. Child Elementary schools are one of the most potential partners to support healthy behavior change. The behavior of school children is very easily influenced to have the right behavior (Manurung, 2020: 134). By looking at the number of cases of diarrhea in children which is quite high, the researcher is interested in conducting education for school children at SD 205/IV Jambi City. This diarrhea prevention education takes about 60 minutes to complete.

## B. METHODS

The research design used in this study is "One Groups Pretest- Posttest Design", that is design study Which there is pretest before given treatment and posttest after

being given treatment. Thus it can be known more accurately, because it can be compared with the one held before being given treatment. Where The students targeted by this activity were representatives of students from grades 4 and 5, totaling 35 students.

## C. RESULTS

Activity counseling about prevention diarrhea in SDN 205/IV City Jambi aims to improve children's knowledge about diarrhea and how to prevent diarrhea. The results of this study showed an increase in knowledge and skills. practice wash hand Which Correct For prevent diarrhea. When demonstration Washing hands is seen by elementary school children who can repeat the correct way to wash their hands taught by the counselor. Increased knowledge after counseling about prevention diarrhea depicted moment his enthusiasm child school base answer evaluation questions given by the extension worker. More detailed information can be seen in the following explanation.

**a. Characteristics student Which follow activity counseling Prevention Diarrhea**

The counseling activities regarding diarrhea prevention at SDN 205/IV Jambi City have been carried out well in accordance with the planned objectives. The results are as follows: which is obtained from study in form activity counseling This is activity attended by the Vice Principal and homeroom teacher. The students targeted by this activity are representatives of students from grades 4 and 5 totaling ± 35 students. As in table 1.1 below

Table 1.1

Characteristics student Which follow activity counseling prevention diarrhea

| No. | Characteristics | Number of Students | Percentage |
|---|---|---|---|
| 1. | Man | 13 | 37% |
| 2. | Woman | 22 | 63% |
| | Total | 35 | 100% |

The results of the study on the characteristics of the research respondents showed that the most common gender was female, with 22 people (63%).

**b. Results evaluation knowledge student to Prevention Diarrhea**

Table 1.2

Results evaluation knowledge student to Prevention Diarrhea

Table 1.2

| No | Pretest | | | Post Test | | |
|---|---|---|---|---|---|---|
| | Category mark | Amount student | % | Category mark | Amount Student | % |
| 1. | 0 | 9 | 25.7 | 0 | 0 | 0 |
| 2. | 20 | 4 | 11.4 | 20 | 11 | 31.4 |
| 3. | 40 | 5 | 14.2 | 40 | 3 | 8.5 |
| 4. | 60 | 6 | 17.1 | 60 | 3 | 8.5 |
| 5. | 80 | 7 | 20 | 80 | 4 | 11.5 |
| 6. | 100 | 4 | 11.4 | 100 | 14 | 40 |
| Total students /Average Value-Flat | 35.71 | 35 | 100 | 64 | 35 | 100 |

Table 1.2 illustrates that there has been an increase in student knowledge regarding diarrhea prevention as a preventive measure in the group of elementary school children against the risk of getting diarrhea. With mark average before test 71.91 And flat- flat post test 64

**c. Distribution Frequency Level Knowledge Student SDN/205 City Jambi Based on Questionnaire Analysis**

Table 1.3 Distribution frequency 55 levels knowledge student SDN 205/IV City Jambi based on questionnaire analysis

| Item | Pretest | | | | Total | | Posttest | | | | Total | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | Correct | | Wrong | | | | Correct | | Wrong | | | |
| | N | % | N | % | N | % | N | % | N | % | N | % |
| Understanding diarrhea | 24 | 68.5 | 11 | 31.4 | 35 | 100 | 35 | 100 | 0 | 0 | 35 | 100 |
| Reason diarrhea | 19 | 54.2 | 16 | 45.7 | 35 | 100 | 21 | 60 | 14 | 40 | 35 | 100 |
| Sign & symptom diary | 11 | 31.4 | 24 | 68.5 | 35 | 100 | 16 | 45.7 | 19 | 54.2 | 35 | 100 |
| Nutrition for diarrhea sufferers | 31 | 88.5 | 4 | 11.4 | 35 | 100 | 34 | 97.1 | 1 | 2.8 | 35 | 100 |
| Prevention diarrhea | 21 | 60 | 14 | 40 | 35 | 100 | 22 | 62.8 | 13 | 37.1 | 35 | 100 |
| how to wash your hands properly Correct | 9 | 25.7 | 26 | 74.2 | 35 | 100 | 19 | 54.2 | 16 | 45.7 | 35 | 100 |

From table 4.3, it was taken based on the Questionnaire Analysis with the results showing an increase in students' knowledge about the meaning of diarrhea from 68.5% to 100%. While knowledge about the causes diarrhea also increased from 54.2% to 60%. For students' knowledge of the signs and symptoms of diarrhea increased from 31.4% to 45.7%. Furthermore, knowledge of nutrition for diarrhea sufferers also increased from 88.5% to 97.1%. for knowledge about prevention diarrhea Also increase from 60% become 62.8%. Lastly, for knowledge about how to wash your hands properly and correctly.

## D. CONCLUSION

Giving counseling about prevention diarrhea in 4th grade students And 5 SDN No. 205/IV Alam Barajo District Jambi has an influence on students' knowledge.

Diarrhea is a condition characterized by an increase in the frequency of defecation (BAB) and accompanied by changes in the consistency of feces to become softer or watery.

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