

Mother's Knowledge and Attitude About Handwashing With Soap With Toddler Diarrhea in Sugihwaras Village

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ABSTRACT

Handwashing with soap (CTPS) is a healthy behavior that has been scientifically proven to prevent the spread of infectious diseases such as diarrhea. The purpose of this study is to know the picture of knowledge and attitudes of toddler mothers about handwashing with soap (CTPS) with the incidence of diarrhea in toddlers. The case study research design is descriptive with a case study approach whose population is mothers who have toddlers affected by diarrhea in Sugihwaras Candi Village, Sidoarjo. Based on the results of the study, 17 (52%) respondents are well informed, and 16 (48%) respondents are knowledgeable enough about CTPS. 3 (9%) respondents were positive and 30 (90%) respondents were negative about CTPS. 25 (76%) toddlers have acute diarrhea and 8 (24%) toddlers develop chronic diarrhea. The results of the study above showed that mothers of toddlers have a dominant good knowledge about CTPS, have a dominant negative attitude about CTPS, and most of the dominant toddlers affected by acute diarrhea.

Keywords : Knowledge, Attitude, Mother, Toddler, Hand washing with soap, Diarrhea

INTRODUCTION

Diarrhea is a condition in which a person defecates three or more times in one day and the feces that come out can be in the form of watery or slightly deprived fluids, sometimes also accompanied by blood or mucus, depending on the cause (Nurhayati, 2020). Diarrhea is a state of abnormal or uncharacteristic stool discharge. Changes that occur in the form of changes in volume, dilution, and frequency with or without blood mucus, such as more than 3 times / day and in neonates more than 4 times / day (Pour, 2021). Diarrhea itself can cause fever, abdominal pain, decreased appetite, fatigue, and weight loss. Diarrhea can also cause a sudden loss of body fluids and electrolytes, which can lead to various complications, namely dehydration, susceptibility to hypovolemia, organ damage and even coma, hypoglycemia (low blood sugar levels), malnutrition and, if persistent, death.

Diarrhoeal diseases are a global problem in many countries, especially in developing countries. According to *World Health Organization* (WHO) in 2019 in (Urge et al., 2022) , diarrhea is the second leading cause of death in children. Global

diarrhea prevalence data in 2019 shows that nearly 1.7 billion cases of diarrhea occurred in children under the age of 5 years, with a mortality rate of 760,000 children under the age of 5 years. Diarrhoea is still a global problem, with high morbidity and mortality rates in some countries, especially in developing countries, and is also one of the leading causes of high rates of child morbidity and mortality in the world (Andriansyah & Fatah, 2022).

In Indonesia, diarrheal disease is a potential endemic disease of Extraordinary Events (KLB) which is often accompanied by death. Based on data from the Indonesian Ministry of Health, the prevalence of diarrhea in 2018 was 37.88% or around 1,516,438 cases in toddlers. The prevalence increased in 2019 to 40% or around 1,591,944 cases in toddlers (Nugraha et al., 2022).

According to the health profile, the incidence of diarrhea in toddlers in East Java has decreased from year to year. At the time of the data survey, the incidence rate in 2019 was 74.10%, in 2020 it was 44.82%, in 2021 it was 42.06%. In Sidoarjo Regency itself, the incidence of diarrhea is still relatively high in 2019 the target of finding diarrhea amounted to 29,659 toddlers, in 2020 the

target of finding amounted to 29,768 toddlers, while in 2021 it increased by 30,201 toddlers. It can be concluded that diarrhea in Sidoarjo Regency continues to increase every year.

Based on the health profile at the Candi Health Center, the incidence of diarrhea is increasing every year so that the Temple Health Center is ranked second of all puskesmas in Sidoarjo. In 2019 it was found with a target number of 1,720 discoveries, in 2020 it amounted to 119.5% or 2,141 toddlers, in 2021 it was found with 2,786 toddlers. From the report of the incidence rate above, it can be concluded that the incidence of diarrhea in Temple Health Center increases every year (EAST JAVA HEALTH OFFICE, 2021).

Risk factors for diarrhea in toddlers are divided into 3, namely individual characteristic factors, knowledge and attitude factors, and environmental factors. Individual characteristic factors are the age of toddlers <24 months, the nutritional status of toddlers, and the education level of toddler caregivers. Knowledge and attitude factors include mothers' knowledge and attitudes about washing hands with soap. Environmental factors include housing density, availability of clean water facilities (SAB), utilization of SAB, and clean water quality (Utami et al., 2016).

Mothers as caregivers and who take care of toddlers are one of the factors that can cause diarrhea, this is due to poor maternal behavior. The mother's behavior is influenced by the level of education that the mother gets, usually the higher the mother's education, the higher the mother's level of knowledge and understanding (City et al., 2018). According to Wahyuni in (Ilyas & Ayumar, 2021) Guardians can be an intermediary for diarrhea transmission in toddlers because Clean and Healthy Living Behavior (PHBS) that is still lacking is the routine of washing hands before maintaining and preparing all the needs of toddlers.

According to Notoatmodjo in (Martina Pakpahan, Deborah Siregar, Andi Susilawaty et al., 2021) Handwashing behavior can be influenced by several factors including knowledge and attitude. Knowledge is the output of sensory processes, especially the eyes and ears of a particular object. Attitude is a person's closed response to objects or stimuli that come from within or from outside and their manifestations cannot be seen directly, but can only be interpreted by the closed behavior (Sunaryo, 2014).

According to WHO (2013), washing hands with soap in the right way and at the right times is proven to prevent the incidence of diarrhea up to 45%. *Hand Hygiene* Or hand washing is often considered a trivial thing in society, even though

hand washing can contribute to improving public health status (Faidah & Irawan, 2021).

Research (Octa & Widi, 2019) The results of the study of 84 respondents stated that the majority of respondents had less knowledge about hand washing by 70.2% or 59 people. Based on the operational limitations of the study, it means that there are still many respondents who get a knowledge score of <56%. And the majority of people's attitudes towards hand washing are good, amounting to 82.1% or a total of 69 people.

Research (Ilyas & Ayumar, 2021) It was found that the results of research on the lack of knowledge of mothers about washing hands with soap as many as 38 people (70.4%). The results showed that handwashing behavior with soap (CTPS) was mostly lacking. This is because the knowledge about CTPS in mothers under five at the Bantimala Health Center, Pangkep Regency is not good on average. Knowledge is one of the factors that influence the behavior of washing hands with soap.

According to the Indonesian Ministry of Health (2018), a review discussing about 30 related studies found that hand washing with soap can cut the number of diarrhea sufferers by half. Handwashing with soap (CTPS) is a healthy behavior that has been scientifically proven to prevent the spread of infectious diseases such as diarrhea, upper respiratory tract infections (ARI) and bird flu, even recommended to prevent influenza transmission. Many parties have introduced this behavior as a health intervention that is very easy, simple and can be done by the majority of Indonesian people. Various surveys in the field show a decrease in the number of absenteeism of children due to illness caused by the above diseases, after intervention with CTPS (Ministry of Health RI, 2018).

Based on the background above, the problem of this study is that the incidence of diarrhea in toddlers at the Sidoarjo Temple Health Center is still high, from this problem researchers are interested in conducting a study entitled "Overview of Knowledge and Attitudes of Mothers About Handwashing with Soap (CTPS) with the Incidence of Diarrhea in Toddlers in Sugihwaras Village, Sidoarjo Temple".

METHOD

This research is a descriptive research using design *Cross sectional*, which is to obtain a picture of the incidence of diarrhea in toddlers based on the mother's knowledge and attitude about CTPS.

Population is the total number consisting of objects or subjects that have certain characteristics

and qualities determined by researchers to be examined and then drawn conclusions (Sujarweni, 2022). The population in this study was all mothers who had toddlers affected by diarrhea in Sugihwaras Village, Sidoarjo Temple District, as many as 33 people.

A sample is part of a number of characteristics shared by the population used for research (Sujarweni, 2022). In this study, sample selection was carried out by technique *Total Sampling*, which is a sampling that includes the entire population. The samples in this study were all mothers who had toddlers affected by diarrhea in Sugihwaras Village, Sidoarjo Temple, as many as 33 people.

The variables used in this study are independent variables. An independent variable is a variable that becomes a causal factor that can affect the dependent variable (*dependent variable*). In this study, the independent variable is the knowledge and attitude of mothers about Handwashing with Soap (CTPS).

Operational definitions are explanations of all variables and terms that will be used operationally so as to make it easier for readers to test and understand the meaning of research (Nursalam 2015).

After getting permission from the Head of the Candi Health Center, researchers began to approach mothers who had toddlers affected by diarrhea to get approval to become clients. To collect data on mothers' knowledge and attitudes about handwashing with soap (CTPS), researchers used questionnaires that were distributed to respondents after getting an explanation of how to fill it out and used observation sheets to observe respondents' attitudes. After that all will be collected.

In the process of data processing there are steps that must be taken, including:

1. Editing

It is an attempt to re-examine the correctness of the data obtained from the results of interviews collected through questionnaires edited first. Done with the collected data then checked again one by one and carried out at the data collection site, so that if there is a lack of data can be completed immediately.

2. Scoring

Fill in the columns of the code sheet according to the answer to each question. If the respondent's answer is correct it is given a value of one if the wrong answer is given a value of zero.

3. Coding

Coding is an activity to code data consisting of several categories to make it easier for researchers to tabulate and analyze data. The code sheet is an instrument in the form of columns to record 30 data manually, the sheet contains the respondent number and question number. Coding each variable is then entered into the working table sheet to facilitate data processing.

4. Data entry

Is the typing of the number code from the respondent's answers on the questionnaire into a data processing program on the computer.

5. Data tabulation

This stage is a continuation of the coding stage, which is organizing data so that it is easy to sum, arrange and organize to be presented in the form of distribution.

6. Cleaning (Pembersih Data)

All data from each data source or respondent has been entered, it needs to be checked again to see the possibility of errors, incompleteness, then justification.

According to (Nursalam, 2015) said that in general, ethical principles in research or data collection are divided into three parts, namely the principle of respecting the rights of subjects, the principle of justice, and the principle of benefit.

1. Research Consent Letter (*Informed Consent*)

The subject must obtain clear information about the objectives to be implemented, have the right to freely participate or refuse to be a respondent. In informed consent, it should be stated that what is obtained is only for the development of science. So after being explained, if you are willing to be a respondent, a statement sheet is given.

2. Anonymous (*Anonymity*)

The subject has the right to request that the data provided be kept confidential for it to be *anonymous*. So, do not include the name of the respondent to maintain confidentiality.

3. Confidentiality

Information that has been obtained in research is guaranteed confidentiality. Data were presented to interested groups in the study.

4. Benefits (*Beneficence*)

This research prioritizes benefits for all research subjects before and after the implementation of the study.

A limitation is something that might detract from the general conclusions in the study (Nursalam 2015). In this study, the limitations experienced by the study include:

1. The research instrument was designed by the researchers themselves without prior trials so that validity and reliability are still in doubt
2. The research time is limited so that the number of samples obtained is also limited.

RESULT AND DISCUSSION

Table 1
Characteristics of respondents of mothers of toddler (n=33)

No	Characteristics of Respondents	Frequency	Percentage (%)
1.	Age		
	-17-25 (late adolescence)	9	27
	-26-35 (early adulthood)	21	63
	-36-45 (late adult)	3	10
2.	Education		
	-JUNIOR	3	10
	-SMA	28	84
	-Bachelor	2	6
3.	Work		
	-Does not work	25	76
	-Private employees		22
	-Self employed	7	2
		1	

Table 2
Frequency distribution based on mothers knowledge of CTPS (n=33)

Respondents			
No	Parameters	Frequency	Percentage (%)

1.	Good	17	52
2.	Enough	16	48

Table 3
Frequency distribution based on attitudes of mothers of toddler in CTPS (n=33)

Respondents			
No	Parameters	Frequency	Percentage (%)
1.	Positive	3	9
2.	Negative	30	91

Based on table 3, it is known that there are 9 people of productive age who do not go to school (22.5%), the most studied are the education level of 12 people (30%) in elementary school, 10 people in junior high school (25%), and 9 high school students people (22.5%).

Table 4
Frequency distribution based on the incidence of diarrhea in toddler (n=33)

Respondents			
No	Parameters	Frequency	Percentage (%)
1.	Acute diarrhea	25	76
2.	Chronic diarrhea	8	24

Table 5
Cross tabulation based on maternal knowledge CTPS with incidence of diarrhea in toddler (n=33)

Table 6
Cross tabulation based on maternal attitude in CTPS with incidence of diarrhea in toddler

Mother's Attitude in CTPS	Incidence of diarrhea in toddlers			
	Acute diarrhea		Chronic diarrhea	
	f	Percentage	f	Percentage
Positive	3	9	0	0
Negative	2	67	8	24

(n=33)

In this discussion, the results of research will be described on the description of knowledge and attitudes of mothers about handwashing with soap (CTPS) with the incidence of diarrhea in toddlers in Sugihwaras Village, Sidoarjo Temple. The presentation of data on the results of the study starts from general data including age, education, occupation of mothers of toddlers. While the specific data presented are about mothers' knowledge about handwashing with soap, mothers' attitudes in washing hands with soap, the incidence of diarrhea in toddlers, the relationship between mothers' knowledge about handwashing with soap with the incidence of diarrhea in toddlers, and the relationship between mothers' attitudes in washing hands with soap with the incidence of diarrhea in toddlers.

After observations using a questionnaire totaling 10 questions and observations of 10 questions on mothers of toddlers in Sugihwaras Village, Sidoarjo Temple in March 2023, the results will be explained below:

1. Based on table 1, it can be seen from 33 respondents, the age group of late adolescents 17-25 years as many as 9 (27%) respondents, early adulthood age 26-35 years as many as 21 (63%) respondents, and late adult age 36-45 years as many as 3 (10%) respondents. The majority of respondents aged early adults 26-35 years as many as 21 (63%). This is because early adulthood is a reproductive age where a woman prepares to live a new life by taking care of housework, especially taking care of her toddler. This is in line with theory (Hurlock, 2017) which states that early adulthood is a reproductive age, this period is

Mom's Knowledge of CTPS	Incidence of diarrhea in toddlers			
	Acute diarrhea		Chronic diarrhea	
	f	Percentage	f	Percentage
Good	16	49	1	3
Enough	9	27	7	21

characterized by forming a household. At this time, especially women, will be ready to accept the responsibility as a mother who takes care of housework, especially taking care of her toddler or children. From table 1, it is known that from 33 respondents, the level of junior high school graduation was 3 (10%) respondents, the level of high school graduation was 28 (84%) respondents, and the level of college or undergraduate graduation was 2 (6%) respondents. The majority of respondents graduated from high school education as much as 28 (84%). This is because mothers feel that they have developed enough abilities, attitudes, and various positive behaviors obtained during the education period. Mothers assume that later the task of a mother is to take care of more housework, one of which is to educate her children.

This is in line with theory (Munib, 2018) which states that education is a person's process in developing abilities, attitudes, and forms of behavior in the society in which he lives, social processes where people are faced with selected and controlled environmental influences (especially those that come from school), so that he can obtain or experience the development of social abilities, and optimal individual abilities. From table 1, it is known that from 33 respondents, it was found that 25 (76%) respondents did not work or as Housewives (IRT), 7 (22%) respondents worked as private employees, and 1 (2%) respondents worked as self-employed people. The majority of respondents do not work or as housewives as many as 25 (76%). This is because many mothers do not work or as housewives because most mothers have graduated from high school and mothers think it is better to take care of housework than work outside the home. Mothers also choose to spend more time at home taking care of their

toddlers and also taking care of housework. This is not in line with the theory according to Wiltshire in (Meisartika & Safrianto, 2021) What defines work is a social activity in which individuals or groups put effort during a certain time and space, sometimes in expectation of monetary rewards (or in other forms), or without expecting rewards, but with a sense of obligation to others.

2. In table 2 of 33 respondents, it was found that most of 17 (52%) respondents were well informed, and 16 (48%) respondents were knowledgeable enough about handwashing with soap. The majority of mothers under five who were respondents in this study had good knowledge about handwashing with soap as much as 17 (52%). The results of different knowledge can be influenced by various things, namely education, work, age, interests, culture, experience, and information. The maturity of a person's age will affect his thinking maturity. A person's knowledge is also influenced by experience gained from before or through formal education, so that information is obtained. Education will affect one's knowledge where this will also shape one's attitude according to one's knowledge.

This is in accordance with the theory according to Mubarak in (Darsini et al., 2019), which defines knowledge as everything that is known based on human experience itself and knowledge will increase according to the process of experience it experiences. Knowledge is a term used to describe the results of one's experience of something. Knowledge is closely related to education, where it is expected that with higher education, someone will have wider knowledge. However, that does not mean that someone who is poorly educated is absolutely low in knowledge as well. A person's knowledge of an object contains two aspects, namely the positive aspect and the negative aspect. These two aspects will determine a person's attitude, the more positive aspects and objects known, the more positive attitudes towards certain objects will give rise to (Darsini et al., 2019). It can be concluded that the majority of mothers have good knowledge about Handwashing with Soap (CTPS) as much as 17 (52%). Researchers advise mothers of toddlers not only to know about the importance of washing hands with soap, but also to apply what is already known about the importance of CTPS in everyday life to minimize the occurrence of diarrhea in toddlers.

3. In table 3, it is known that from 33 respondents, it was found that the attitude of mothers under five about Handwashing with Soap (CTPS) with a negative attitude was 30 (91%) respondents, while mothers with a positive attitude were 3 (9%) respondents. Someone who has good knowledge is not necessarily positive, this is evidenced by the results of research which shows that there are still many respondents who have good knowledge but with a negative attitude. From the observation of attitudes, it was found that there were still many respondents who were negative about the 6 steps to wash hands with soap properly and correctly. According to the researchers' assumptions, this negative attitude can be influenced by other people who are considered important, such as peers, close friends or family. In general, a person will be conformist or in line with the attitude of people he considers important. This is according to the theory according to Bimo Walgito in (Kusumasari, 2015) which states that an attitude is an organization of opinions, a person's beliefs about an object or situation that are relatively unchanged, that are accompanied by the presence of certain feelings, and provide a basis for the person to make a response or behave in a certain way of his choosing. It can be concluded that the majority of mothers have a negative attitude in Handwashing with Soap (CTPS) as much as 30 (91%). Researchers suggest to mothers of toddlers to be more proactive in asking questions or socializing with peers, close people around, or to puskesmas cadres about the importance of Handwashing with Soap, because this will indirectly form a positive maternal attitude about CTPS.
4. In table 4, it can be seen from 33 respondents that from 33 mothers whose toddlers experienced acute diarrhea as much as 25 (76%), while mothers whose toddlers experienced chronic diarrhea as much as 8 (24%). Toddlers who experience diarrhea mostly occur because the mother's habit of washing hands is not right, such as not washing hands using soap before eating, after eating, after defecating / urinating, before and after changing pants / diapers toddlers. This is evidenced by the results of research that shows that there are still many mothers of toddlers who are negative about the importance of washing hands with soap. This is in accordance with the theory according to (Utami et al., 2016) That said, risk factors for diarrhea in toddlers are divided into

- 3, namely individual characteristic factors, knowledge and attitude factors, and environmental factors. Individual characteristic factors are the age of toddlers <24 months, the nutritional status of toddlers, and the education level of toddler caregivers. Knowledge and attitude factors include mothers' knowledge and attitudes about washing hands with soap. Environmental factors include housing density, availability of clean water facilities (SAB), utilization of SAB, and clean water quality. It can be concluded that the majority of mothers whose toddlers experience acute diarrhea as much as 25 (76%). Researchers suggest that mothers pay more attention to the health status of their toddlers by applying the importance of clean and healthy living behaviors in daily life such as applying the importance of Handwashing with Soap (CTPS).
5. In table 5, the results of 33 mothers were mostly categorized as good knowledge about handwashing with soap as much as 17 (52%) with their toddlers who experienced acute diarrhea as much as 16 toddlers (49%) and toddlers who experienced chronic diarrhea as much as 1 (3%). While mothers who have sufficient knowledge about handwashing with soap as many as 16 (48%) with toddlers who experience acute diarrhea as much as 9 (27%) and toddlers who experience chronic diarrhea as much as 7 (21%). While in the category of less knowledge is not obtained respondents with less knowledge. According to the assumption of maternal researchers who are categorized as good knowledge about Handwashing with Soap (CTPS) but many of their toddlers experience acute diarrhea, this may be due to the lack of discipline of mothers in applying hand washing with soap in everyday life where hand washing with soap is able to minimize the risk of diarrhea in toddlers. This is not in accordance with the theory according to Mubarak in (Darsini et al., 2019), which defines knowledge as everything that is known based on human experience itself and knowledge will increase according to the process of experience it experiences. Knowledge is a term used to describe the results of one's experience of something. A person's knowledge of an object contains two aspects, namely the positive aspect and the negative aspect. These two aspects will determine a person's attitude, the more positive aspects and objects known, the more positive attitudes towards certain objects will cause. It can be concluded that the majority of mothers have

good knowledge about CTPS as many as 17 (52%), toddlers experience acute diarrhea as much as 16 (49%) and toddlers who experience chronic diarrhea as much as 1 (3%). Researchers advise mothers not only to know about the importance of Handwashing with Soap (CTPS), but also to apply it in everyday life to achieve maximum health status.

6. In table 5, 33 respondents who were positive in Handwashing with soap (CTPS) were obtained as much as 3 (9%) with their toddlers experiencing acute diarrhea as much as 3 (9%). While most mothers were negative in CTPS as many as 30 (91%) with their toddlers experiencing acute diarrhea as much as 22 (67%) and toddlers experiencing chronic diarrhea as much as 8 (24%). According to the researchers' assumptions, many mothers have a negative attitude in Handwashing with Soap (CTPS) and many of their toddlers experience acute diarrhea, this is because there are still many mothers under five who do not pay attention to the six steps to wash hands with soap properly and correctly. In addition to just washing hands using soap and running water, these six steps to wash hands are more effective for killing germs or bacteria attached to the hands, especially between the fingers. This is not in accordance with the theory according to (Notoatmodjo, 2018) which states that attitude is a closed response of a person to a certain stimulus or object, which already involves the factor of opinion and emotion in question. It can be concluded that the majority of mothers who have negative attitudes in CTPS as many as 30 (91%), toddlers experience acute diarrhea as much as 22 (67%) and toddlers who experience chronic diarrhea as much as 8 (24%). Researchers advise mothers of toddlers to be more proactive in asking questions or seeking information about steps to wash hands with soap properly and correctly in order to achieve effective hand hygiene.

CONCLUSIONS

Based on the results of research conducted on mothers of toddlers in Sugihwaras Village, Sidoarjo Temple about the description of knowledge and attitudes of mothers about washing hands with soap with the incidence of diarrhea in toddlers, the conclusion can be drawn that:

1. Most mothers of toddlers in Sugihwaras Village, Sidoarjo Temple in 2023 have good knowledge about Handwashing with Soap (CTPS).

2. Most mothers of toddlers in Sugihwaras Village, Sidoarjo Temple in 2023 have a negative attitude in Handwashing with Soap (CTPS).
3. Most toddlers in Sugihwaras Village, Sidoarjo Temple experience acute diarrhea.
4. There is no relationship between maternal knowledge about CTPS and the incidence of diarrhea in toddlers in Sugihwaras Village, Sidoarjo Temple in 2023. Most mothers are well-informed about CTPS, but many of their toddlers are affected by diarrhea. This is because most mothers of toddlers have a negative attitude in washing hands with soap.
5. There is a relationship between the mother's attitude in CTPS and the incidence of diarrhea in toddlers in Sugihwaras Village, Sidoarjo Temple in 2023. It was found that most mothers were negative in CTPS, the majority of their toddlers had diarrhea. This is because from the results of attitude observations, there are still many mothers of toddlers who do not pay attention to the 6 steps to wash hands with soap properly and correctly.

SUGGESTION

The advice given along with the results and discussion in the research is as follows:

1. It is expected for mothers of toddlers not only to know about the importance of washing hands with soap, but also to apply what is already known about the importance of CTPS in daily life to minimize the occurrence of diarrhea in toddlers.
2. It is expected for mothers of toddlers to be more proactive in asking questions or socializing with peers, close people around, or to puskesmas cadres about the importance of Handwashing with Soap, because this will indirectly form a positive maternal attitude regarding CTPS.
3. It is expected that mothers will pay more attention to the health status of their toddlers by applying the importance of clean and healthy living behaviors in daily life such as applying the importance of Handwashing with Soap (CTPS) properly and correctly.
4. It is expected that mothers not only know about the importance of Handwashing with Soap (CTPS), but also be able to apply it in everyday life to achieve maximum health status.
5. It is expected for mothers of toddlers to be more proactive in asking questions or seeking information about the steps to wash hands with soap properly and correctly in order to achieve effective hand hygiene.

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