

## Self-efficacy ibu dalam upaya pencegahan diare pada anak usia kurang dari 5 tahun

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### Abstrak

Diare merupakan masalah kesehatan global pada anak balita. Kematian balita akibat diare di dunia mencapai 1,9 juta per tahun. Tindakan pencegahan diare oleh ibu merupakan kunci dalam mengurangi kematian anak akibat diare. Penelitian ini menggambarkan self-efficacy ibu dalam pencegahan diare pada balita di Rowokele, Kebumen. Penelitian ini menggunakan metodologi deskriptif sederhana dengan pendekatan 1 potong lintang pada 162 partisipan ibu dengan teknik simple random sampling. Instrumen penelitian adalah kuesioner maternal self-efficacy for preventing diarrhea dengan reliabilitas 0,959. Hasil penelitian menunjukkan tingkat self-efficacy terbagi menjadi 3 (tiga) yaitu rendah (63,6%), sedang (12,3%), dan tinggi (24,1%). Hasil ini merekomendasikan bahwa self efficacy ibu perlu ditingkatkan oleh tenaga kesehatan di tingkat masyarakat.

*Mothers Self Efficacy in Preventing Diarrhea among an Under-5-Year-Old Child. Diarrhea is a global health problem among an under-5-year-old child. It causes the death for almost 1.9 millions every year. Diarrhea prevention is a key factor in reducing mortality caused by diarrhea. This study aimed to describe maternal self-efficacy for preventing childhood diarrhea in Rowokele, Kebumen. This was a simple descriptive approach study, applied a cross sectional method, and involved 162 participants of mother who were gathered using a simple random sampling. A maternal self-efficacy instrument which reliability was 0.959 for preventing childhood diarrhea used in this study. The result shows that mothers have had low self-efficacy (63.6%), middle self-efficacy (12.3%), and high self-efficacy (24.1%). It is recommended that mother's knowledge of diarrhea should be improved by public health service.*