

The Relationship Of The Mother's Role With The Habit Of Washing Hand Soap In Pre-School Children In Kindergarten With Dharma Wanita Suru Village Ngetos Sub District Of Nganjuk District

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ABSTRACT

Pre-school children are an early age where children before stepping on school. This period unfolds childhood 3-5 years old at this time the child uses his biological functions to determine various things in his world, children like to play in a very close position to each other, using their mouths, eating and blowing their conditions can have an impact on the high incidence of infection in pre-school children because of the easy spread of some infectious diseases through the hands. The purpose of this study was to determine the relationship of the role of mother with the habit of washing hands with soap in pre-school children in kindergarten Dharma Wanita in Suru village Ngetos sub district of Nganjuk district. The research design used in this descriptive analytic and cross-sectional methods. The number of mothers samples was 32 people data collection using a questionnaire. Data analysis with Spearman rho test. The results of the research on the role of mothers are known to be good, namely 21 respondents (66%), 9 respondents (28%) and less than 2 respondents (6%). The habit of washing hands with soap is well known to 14 respondents (44%), only 16 respondents (50%) and less than 2 respondents (6%). The habit of washing hands with soap is well known to 14 respondents (44%), only 16 respondents (50%) and less than 2 respondents (6%). Spearman rho test results obtained $p = \text{value } 0.000$ with $\alpha : 0.05$ $p \text{ value} < \alpha (0.000 < 0.05)$ which means that H_0 is rejected H_1 is accepted then it can be found that there is a relationship. The conclusion of the research is that there is a relationship between the role of mother with the habit of washing hands with soap in pre-school children in kindergarten Dharma Wanita in Suru village Ngetos sub district of Nganjuk district. Mothers should often follow counseling about clean and healthy living done by health workers so that it can be input for mothers understand the importance of washing hands with soap to prevent disease.

Keywords : mother's role, hand washing habit with soap

INTRODUCTION

Health development aims to increase awareness, ability and safety of healthy living for each population in order to be able to realize the highest degree of health. The community is expected to be able to play a role as a health development agent in maintaining, maintaining and improving their health status. Clean and healthy life behavior is health carried out on awareness so that family members can help themselves in the health sector and play an active role in health activities in the community. Clean and healthy life behavior can be applied by all people, especially pre-school children who aim to promote growth and development that cares about physical health and the environment. Clean and healthy behavior that can be done by pre-school children such as washing hands with clean running water using soap before eating and after bowel movements (Mubarak, 2015).

Pre-school children are early ages where children before stepping on school. This period unfolds childhood 3-5 years (Suhendra 2013). At this time children use their biological functions to determine various things in their world. Children like to play very close to each

other, using their hands to put an object in their mouths, eating and blowing their nose. these conditions can have an impact on the high incidence of infection in preschoolers because of the easy spread of some infectious diseases through the hands. the high rate of spread of infections that occur in the school environment causes anxiety among parents, disrupts the concentration of children's learning and has the potential to have a negative impact on children's learning outcomes (Cutler, 2010).

According to the World Health Organization (WHO) every year 100,000 Indonesian children die from diarrhea and hand washing with soap can reduce the incidence of diarrhea by 47% but public awareness to wash hands using soap has only reached an average of 12% (Indonesian Ministry of Health, 2014). In Indonesia the prevalence of diarrhea in 2013 occurred in children aged 1-5 years which is 6.7%, the morbidity and mortality rate in Indonesia is still high. Based on a morbidity survey conducted by the Ministry of Health in 2004s / 2010, there was a tendency for an increase in diarrhea, the percentage of illness in 2003 was 37.4%, then increased by 42 in 2006 and decreased by 41.1%. In 2014 the highest prevalence of ARI in five provinces namely NTT (41.7%), Papua (31.1%), Aceh (30.0%), NTB (28.3%) and East Java (28.3%) . (Riskesdas, 2013). East Java Province is one of the provinces where outbreaks of diarrhea are 258 cases and the highest case of ARI is 28.3% Based on provincial health data the incidence of diarrhea and ARI is still quite high (Kemenkes RI, 2014). Based on research by Evayanti, et al (2014), it was found that only about 15% of pre-school-age children wash their hands with soap before and after eating. Therefore, planting hand washing in schools is a child's need.

Washing hands with soap that is practiced appropriately and correctly is the easiest and most effective way to prevent contracting diseases such as diarrhea, cholera, hepatitis A and even bird flu. Washing hands with soap and water can more effectively remove dirt and dust mechanically from the surface of the skin and significantly reduce the number of disease-causing microorganisms such as viruses, bacteria and other parasites on both hands. Washing your hands with water and soap is more effective at removing dirt and worm eggs that stick to the surface of the skin, nails and fingers on both hands. (Desiyanto and Djannah, 2012).

The habit of washing hands with good soap is not realized by some children. Children see soap as only beneficial for removing dirty and smelly. To carry out a program of washing hands with hand washing with soap, the availability of water and soap to wash hands is actually not a problem but a barrier is a habit factor for children. health behavior, especially hand washing in a child is influenced by several supporting factors, one of which is the mother's role. Role is a dynamic aspect of status. if a person performs his rights and obligations in accordance with the status he has, it can be said to have carried out his role. then the role which is a form of behavior that is expected of people who have a position or status. salh one role of the mother is the provision of correct parenting, the importance of parenting in improving children's health is one of the very basic efforts through environmental development, personal hygiene and health education early on. namely the behavior and manner applied (MOH, 2012).

Basically, applying handwashing behavior in kindergarten children including health perongan or personal health to form a healthy community physically and mentally, it is necessary to develop individual health first because the community itself from people joining the group has the goal to achieve life skills healthy for every human being, kindergartners who cover 3-5 years old community groups (Cutler, 2010). Proper hand washing begins to be taught when the child has played a lot and the food is varied. hand washing can be used to do before and after eating, after playing, going to sleep, or while bathing. In addition to familiarizing children with the habit of washing hands, parents also do not forget to introduce

children to cleaning tools such as water, soap, wipes and so on. So that children in addition to learning cleanliness, children also learn to know the facilities used for cleanliness.

One of the efforts by the Indonesian government is through a clean and healthy living program (PHBS). fostering and developing PHBS in children is one way to promote optimal health and maintenance as early as possible for children. increased public attention to family life and childcare issues indicates parental anxiety about increasingly widespread behavioral problems (RI Ministry of Health, 2012).

Based on the results of a study conducted at TK Dharma Wanita, Suro Village, Ngetos Subdistrict, Nganjuk District, observing the initial data collection conducted on January 24 by interviewing 5 mothers, obtained data: The first mother said her children washed their hands before eating and after eating but did not use soap, after playing their children rarely wash their hands with soap because they are not always reminded. The second mother said her children always wash their hands after eating and after eating with soap but rarely wash their hands after playing. The third mother said their children washed their hands before eating and after eating but not use soap, after playing children rarely wash their hands with soap because it is not always reminded. the fourth mother said her child did not wash her hands with soap before eating but after eating hand washing with soap. the fifth mother said her children rarely washed their hands with soap before eating and after eating the children washed their hands, after playing rarely wash their hands.

METHODS

The research design used in this study is quantitative with descriptive analytic and cross-sectional methods with a population of 35 female students from TK Dharma. The number of samples of mothers was 32 respondents using Simple Random Sampling technique. The data collected was processed using the Spearman Rho Test.

RESULT

Subject Characteristics

Table 1. Characteristics of Respondents by age, education and occupation

No	Characteristics	N	%
1	Age (year)		
	20-35	18	56
	36-45	7	22
	>45	7	22
2	Education		
	Elementary school	14	44
	Middle School	15	47
	High school	2	6
	University	1	3
3	Occupation		
	Farmers	2	13
	entrepreneur	2	7
	Civil servants	0	0
	Housewife	26	81
	TOTAL	32	100

Data Analysis

Correlations				
		Mother role & habit of washing hands		
Spearman's rho	Mother role	Correlation Coefficient	1.000	.596**
		Sig. (2-tailed)	.	.000
		N	32	32
	the habit of washing hands	Correlation Coefficient	.596**	1.000
		Sig. (2-tailed)	.000	.
			32	32

** . Correlation is significant at the 0.01 level (2-tailed).

From the results of the Spearman's Rho correlation test, the hypothesis shows that there is a relationship between the role of the mother and the habit of washing hands with soap in pre-school children in TK Dharma Wanita I, Suru Village, Ngetos District, Nganjuk Regency. With a correlation coefficient of 0.596 and a significance of 0.000.

DISCUSSION**A. The Role of Mothers With Handwashing Habits in Pre-School Children in Dharma Wanita Kindergarten, Suru Village, Ngetos District, Nganjuk Regency**

Results of research conducted It is known that the role of mothers is good, namely 21 respondents (66%), 9 respondents enough (28), and less 2 respondents (6%). Mothers act as the first and foremost educators in the family so that mothers must be aware to care for their children properly and in accordance with the stages of child development. The role of the mother is very important in the life of her baby when her child is a baby until adulthood, even to the child who has been released from responsibility or married to another person and a mother still plays a role in the lives of her children (zulkifli, 2014).

Researchers explain that the role of mothers is very important in the habit of washing hands in pre-school children in TK Dharma Wanita, Suru Village, Ngetos District, Nganjuk Regency. And because the role of the mother plays an important role, the mother is demanded to pay more attention to her child, especially her personal hygiene factor, one of which is washing hands with soap ... the role of the mother can be done in various ways such as setting an example, providing facilities and ordering child.

B. Washing hands with soap in pre-school children in Dharma Wanita Kindergarten Suru Village, Ngetos District, Nganjuk Regency

Results of research that have been done It is known that the habit of washing hands with soap is good 14 respondents (44%), Just 16 respondents (50%), and less 2 respondents (6%). Washing hands with soap is one of the efforts to prevent disease. The risk of transmission of the disease can be reduced by an increase in clean and healthy living behaviors, such as washing hands with soap at an important time. The habit of washing hands must be familiarized since childhood. Children are agents of change to provide education both for themselves and their environment while teaching them a lifestyle clean and healthy. (MOH RI, 2011). Washing your hands with water alone is not enough to protect someone

from germs that stick to your hands. Especially when washing hands not under running water. Various robberies share the same germs. the habit must be abandoned, washing hands with soap proved effective in killing germs that stick to the hands. The national movement to wash hands with soap is carried out as part of government policy to control the risk of diseases related to the environment such as diarrhea and helminthiasis (Lestari, 2008).

From the description above it can be concluded that the role of mothers with the habit of washing hands with soap in pre-school children in TK Dharma Wanita Suru Village, Ngetos District, Nganjuk Regency is sufficient. It is also expected that mothers should have more attention towards their children, especially the children's habits in their daily lives. education in the family and its environment is very influential this should be a concern and must be improved. especially the mother's education to her child by reminding and guiding her child in carrying out daily activities especially clean and healthy lifestyle by changing unhealthy behaviors into healthy behaviors washing hands with soap should be taught as early as possible when the child has begun to perform his play activities

C. The relationship of the mother's role with the habit of washing hands with soap in pre-school children in TK Dharma Wanita, Suru Village, Ngetos District, Nganjuk Regency

Based on the results of crosstab cross tabulation about the relationship between the role of mothers with the habit of washing hands with soap in pre-school children in TK Dharma Wanita, the researchers showed that the most is good category with 14 respondents (41%).

Based on research by Evayanti, et al (2014), it was found that only about 15% of pre-school-age children wash their hands with soap before and after eating. Therefore, planting hand washing in schools is a child's need. Mothers act as the first and foremost educators in the family so that mothers must be aware to care for their children properly and in accordance with the stages of child development. the role of the mother is very important in the life of her baby when her child is a baby until adulthood, even to the child who has been released from responsibility or married to another person and a mother still plays a role in the lives of her children (Zulkifli, 2014).

In connection with the above, the researchers are of the opinion that the behavior of children who apply the habit of washing their hands will occur because of the efforts of parents to get children to wash their hands. Handwashing habits that children do can occur in various ways that can be done by parents to familiarize children washing hands such as by providing an example and preparing facilities and infrastructure for hand washing and education and understanding the importance of health for children.

CONCLUSIONS

1. The Role of Mothers in Handwashing with Soap in Children Pre-School in Dharma Wanita Kindergarten Suru Village, Ngetos District Nganjuk District It is known that the role of mothers is good 21 Respondents (66%), Just 9 Respondents (28%), and Less 2 Respondents (6%).
2. The habit of washing hands with soap in Pre-School Children in Dharma Wanita Kindergarten, Suru Village, Ngetos District, is well known for 14 respondents (44%), Just 16 respondents (50%), and less than 2 respondents (6%).
3. There is a Relationship between Mother's Role and Handwashing with Soap in Pre-School Children in Dharma Wanita I Kindergarten Suru Village, Ngetos District, Nganjuk District with a correlation value of 0.596, indicating that the direction of the positive correlation with the strength of the strong correlation where the higher the level of the mother's role, the habits washing hands with soap is better.

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