

## THE RELATIONSHIP BETWEEN THE LEVEL OF MATERNAL KNOWLEDGE AND THE DEGREE OF DEHYDRATION OF TODDLERS AT THE GARDENIA OF MUHAMMAD SANI HOSPITAL IN 2024

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### Abstract

Diarrhea is a health condition that is a global problem and affects millions of people worldwide every year. Muhammad Sani Hospital is the only referral hospital in Karimun Regency with diarrhea cases that increase every year. This study aims to determine the relationship between maternal knowledge about diarrhea and the level of dehydration in toddlers in the gardenia room of Muhammad Sani Hospital in 2024. This study uses a quantitative approach with a correlation study design. The population of this study was all mothers with toddlers who suffered in the gardenia room of Muhammad Sani Hospital and samples were taken using Purposive Sampling with a total of 58 respondents. Data collection tools use questionnaires and medical records. The results of the study were analyzed by the Chi-square statistical test. The results of the study were obtained as many as 13 respondents with a good level of knowledge (22.41%), 18 respondents (31.03%) in the medium category, and 27 respondents (46.6%) in the low category. 21 cases (36.21%) experienced mild degree dehydration, 30 (51.72%) degree of severe dehydration (12.07%). The results of the Chi-square statistical test obtained a p-value of  $0.039 < 0.05$ , meaning that there was a relationship between maternal knowledge about diarrhea and the level of dehydration in toddlers in the gardenia room of Muhammad Sani Hospital. It is hoped that future researchers will be able to conduct research with a wider sample.

Keywords: Diarrhea, Maternal Knowledge, Degree of Dehydration, Toddlers

## Introduction

Diarrhoea is a significant global health problem and continues to affect millions of people around the world every year, including Indonesia. This condition is the leading cause of death for children under the age of 5 globally. According to the World Health Organization (WHO), about 525,000 children die each year from diarrhea, with a total of about 1.7 billion cases of diarrhea occurring globally each year. High mortality rates from diarrhea are mainly in low- and middle-income countries, with the highest concentrations in sub-Saharan Africa and South Asia.

Diarrhea is most commonly caused by bacterial, viral, or parasitic infections that are spread through various routes. The main spread occurs through contaminated food or water, or from person to person as a result of poor sanitation. Some of the main causes of diarrhea include bacteria such as *Salmonella* and *E. coli*, viruses such as rotavirus and norovirus, and parasites such as *Giardia* and *Cryptosporidium*. Poorly cooked food, contaminated drinking water, or contact with an infected person can lead to the spread of these diseases resulting in diarrhea.

In Indonesia, diarrhea is still one of the main causes of death in toddlers. Data from the Ministry of Health of the Republic of Indonesia shows that diarrhea accounts for 10.3% of deaths in children under five years old aged 12-59 months. In addition, the results of the 2021 Indonesian Nutrition Status Survey (SSGI) revealed that 9.8% of children under five in Indonesia experienced diarrhea. These figures show that diarrhoea is still a serious health problem and requires special attention in Indonesia.

Diarrhea can lead to severe dehydration, malnutrition, and other complications, especially in toddlers. This condition can be fatal if not treated properly. Diarrhea has a significant impact on the growth and development of toddlers, leading to

dehydration and other nutritional problems. Toddlers are more susceptible to the negative effects of diarrhea than adults because their immune system is not fully developed and their body fluid reserves are less.

Handling diarrhea in toddlers is very important to prevent complications that can be life-threatening. The degree of dehydration in toddlers with diarrhea can be classified into three levels: mild, moderate, and severe. This classification is based on clinical symptoms which include consciousness, eye condition (sunken or not), thirst, skin turgor, respiration, and pulse. Grouping patients based on the criteria of degree of dehydration is very important to provide appropriate therapy and prevent patients with mild and moderate degrees of dehydration from developing severe dehydration.

The standard for diagnosing dehydration is to measure acute weight loss. However, because the weight before illness is often unknown, estimates of fluid loss are generally made based on clinical judgment. This clinical assessment includes an evaluation of consciousness, eye depth, thirst, skin elasticity (turgor), respiration, and pulse. The more severe the degree of dehydration, the greater the risk of complications in toddlers.

Research conducted in Jombang Regency from January to June 2018 provides an overview of the distribution of diarrhea cases in toddlers based on their degree of dehydration. Of the total 3,338 cases of diarrhea in toddlers, 85.9% of cases were diarrhea without dehydration, 9.9% cases of diarrhea with mild/moderate dehydration, and 4.2% cases of diarrhea with severe dehydration. These data show that although most cases of diarrhea in toddlers are not accompanied by dehydration, there is still a significant proportion of cases with mild to severe dehydration that require special treatment.

The role of parents, especially mothers, is very important in handling diarrhea in toddlers. The mother is the closest figure to the child in daily life and is responsible for parenting, including paying attention to growth and development, education, clothing, food, and especially the health of the child. In the context of preventing and handling diarrhea, maternal knowledge is a key factor. Mothers' knowledge of diarrhea in toddlers includes their understanding of the causes, symptoms, treatment, and prevention of diarrhea.

The higher the level of knowledge mothers have about diarrhea in toddlers, the more likely they are to be able to recognize early symptoms, take appropriate action, and understand the importance of adequate treatment. However, previous research conducted by Dusak in 2018 showed that most (91.9%) of mothers' knowledge about diarrhea is still in the poor category. These findings underscore the importance of educational efforts and increasing maternal knowledge about diarrhea in toddlers.

In Karimun Regency, data in 2022 shows that the coverage of handling diarrhea in children under five is still low, at 20.3%. Meanwhile, the treatment of diarrhea for all ages is slightly higher, which is 30.7%. According to the achievement per health center, the highest treatment of diarrhea in children under five was at the Tanjung Batu Health Center, which was 88.2%, while the lowest achievement was at the West Meral Health Center, which was 7.4%. Significant variation in the scope of diarrhea treatment between health centers indicates a gap in health services and possibly also in public knowledge about diarrhea management.

Data from the M. Sani Hospital, Karimun Regency shows an increasing trend in diarrhea cases in toddlers. In 2022, there were 119 cases of diarrhea in toddlers. This number increased to 139 cases in 2023. Even in the first four months of 2024 (January to April), 67 cases of diarrhea in toddlers have been recorded.

The distribution of cases by age shows that 1-year-olds have the most diarrhoea (29 cases), followed by 2-year-olds (20 cases) and 3-year-olds (18 cases). Although M. Sani Hospital is a referral hospital from several health centers in Karimun Regency, there is no specific medical record data related to the degree of dehydration of toddlers. The absence of this data is an obstacle in determining more effective and measurable nursing interventions.

The results of initial observations conducted by researchers in the Gardenia Inpatient Room of M. Sani Hospital on May 17 – May 25, 2024 provide an overview of maternal knowledge and practices related to handling diarrhea in toddlers. From interviews with 20 mothers who had babies with diarrhea, several important findings were found. Some mothers do not breastfeed and do not know the benefits of breastfeeding in the context of preventing and treating diarrhea. Some mothers consider diarrhea to be a common occurrence in children, indicating a lack of understanding of the potential dangers of diarrhea.

The use of unclean well water for daily needs is still found, which can increase the risk of diarrhea. Hygiene practices such as washing hands with soap and running water are still rarely practiced by some mothers.

The main causes of diarrhea include bacteria such as Salmonella and E. coli, viruses such as rotavirus and norovirus, and parasites such as Giardia and Cryptosporidium. Poorly cooked food, contaminated drinking water, or contact with an infected person can lead to the spread of these diseases resulting in diarrhea.

The standard for diagnosing dehydration is to measure acute weight loss. However, because the weight before illness is often unknown, estimates of fluid loss are generally made based on clinical judgment. This clinical assessment

includes an evaluation of consciousness, eye depth, thirst, skin elasticity (turgor), respiration, and pulse. The more severe the

degree of dehydration, the greater the risk of complications in toddlers.

## Research Methods

This research was conducted in the Gardenia Room of Muhammad Sani Hospital in 2024, using *Purposive Sampling* of 58 respondents. The research was conducted from July 1 to July 31, 2024. Data collection tool for handling diarrhea in toddlers. Both variables used questionnaires filled out by respondents and medical records, with data analysis using univariate analysis to determine the frequency distribution of independent variables and bound variables and bivariate analysis to see the relationship between independent variables and bound variables.

## Research Results

Based on the results of a study entitled "The Relationship between Mother's Knowledge About Diarrhea and the Degree of Dehydration in Toddlers in the Gardenia Room of Muhammad Sani Hospital in 2024.

### • Univariate Analysis

The overview of univariate analysis is presented in the form of a frequency table. Here is an overview of the univariate analysis:

**Table 4.1**  
**Distribution of Frequency of Mother's Knowledge About Diarrhea in the Gardenia Room**  
**Muhammad Sani Hospital in 2024**

Mother's Knowledge Distribution	Frequency (n)	Percentage (%)
Good	13	22,41%
Moderate	18	31,03%
Poor	27	46,6%
<b>Total</b>	<b>58</b>	<b>100%</b>

Based on Table 4.1, it is known that of the 58 respondents, good maternal knowledge is 13 respondents (22.41%), and sufficient maternal knowledge is 18 respondents (31.03%) and insufficient maternal knowledge is 27 respondents (46.6%). Where it means that the mother's knowledge is more or less more than the knowledge of a good and sufficient mother.

**Table 4.2**

**Frequency Distribution of Dehydration Degrees in Toddlers in the Gardenia Room of**

Degree of Dehydration	Frequency (n)	Percentage (%)
Mild	21	36,21%
Moderate	30	51,72%
Severe	7	12,07%
Total	58	100

**Muhammad Sani Hospital in 2024**

Based on Table 4.2, it shows that of the 58 respondents, the degree of mild dehydration is 21 (36.21%), and the degree of moderate dehydration is 30 (51.72%) and the degree of severe dehydration is known as 7 (12.07%). Where it means that the degree of mild, moderate, or severe dehydration is found.

- **Bivariate Analysis**

Bivariate analysis is used to identify the existence of a relationship between independent variables and bound variables.

**Table 4.3**

**The Relationship Between Mother's Knowledge About Diarrhea and the Degree of Dehydration in Toddlers in the Gardenia Room of Muhammad Sani Hospital in 2024**

Knowledge	Degree of Dehydration						P value	
	Mild	%	Moderate	%	Severe	%	Total	%
Good	5	8,62	8	13,8	0	0	13	22,41
Moderate	9	15,52	9	15,52	0	0	18	31,03
Poor	7	12,07	13	22,41	7	12,07	27	46,55
Total	21	36,21	30	51,72	7	12,07	58	100

Based on table 4.3 above, the results were obtained with the number of respondents as many as 58 people, who had good knowledge with the degree of mild dehydration as many as 5 cases, moderate degree of dehydration as many as 8 cases, severe degree of dehydration with the finding of 0 cases, and sufficient knowledge with the degree of mild dehydration as many as 9 cases, moderate degree of dehydration as many as 9 cases, degree of severe dehydration was not found and, Meanwhile, with lack of knowledge, it was found that the degree of dehydration was mild in 7 cases, severe in 13 cases, and severe in 7 cases. The results of *the chi square* statistical test obtained a *p value* of  $0.039 < 0.05$ , meaning that  $H_0$  was rejected and  $H_a$  was accepted, which means that there is a relationship between maternal knowledge about diarrhea and the degree of dehydration in toddlers in the gardenia room of Muhammad Sani Hospital 2024.

## Discussion

- **Mother's Knowledge**

Of the total 58 mothers under five who were the respondents to the study, it

was found that the distribution of knowledge levels was as follows: 13 respondents (22.41%) had good knowledge, 18 respondents (31.03%) had sufficient knowledge, and 27

respondents (46.6%) had poor knowledge. These findings suggest that nearly half of the mothers of toddlers in the study had less knowledge about diarrhea and its management.

These results are in line with previous research conducted by Dusak (2018), which found that most (91.9%) mothers had knowledge about diarrhea in the lack category. Although the current research shows a lower percentage for the category of less knowledge, it still illustrates that maternal knowledge is still an issue that should receive serious attention from various parties.

The finding that almost half of mothers have insufficient knowledge highlights the importance of efforts to improve maternal knowledge through targeted and sustainable health education. This strategy is key in reducing the risk of severe dehydration due to diarrhea in toddlers.

- **Degree of Dehydration**

From a total of 58 respondents, the distribution of degrees of dehydration was found as follows: mild dehydration 36.21% (21 cases), moderate dehydration 51.72% (30 cases), and severe dehydration 12.07% (7 cases). These findings illustrate the variation in the severity of dehydration that occurs in the study population, with the highest prevalence in moderate dehydration.

Comparison with previous studies showed variation in the distribution of dehydration severity. Research conducted in Jombang Regency in 2018 reported different proportions, with 85.9% of cases of diarrhea without dehydration, 9.9% of mild/moderate dehydration, and 4.2% of severe dehydration out of a total of 3338 cases (Indah, 2020). These differences may be due to variations in the study population, data collection methods, or contextual factors such as access to

health services and environmental conditions.

Data analysis showed that there was a positive trend between the level of maternal knowledge and the severity of dehydration in toddlers. Mothers with good knowledge and sufficient are more likely to have children with milder levels of dehydration. In contrast, the group of mothers with less knowledge was not only the largest proportion in the study (46.55%), but also the only group to have severe cases of dehydration.

These findings are in line with previous studies that emphasized the importance of maternal knowledge in the management of diarrhea in children (Merga & Alemayehu, 2015; Ghasemi et al., 2013). Adequate knowledge of the signs of dehydration and early management of diarrhea can influence the mother's decision to seek health care and perform early interventions at home.

- **The relationship between maternal knowledge about diarrhea and the degree of dehydration.**

Research conducted in the Gardenia Room of Muhammad Sani Hospital in 2024 has revealed significant findings regarding the relationship between maternal knowledge about diarrhea and the degree of dehydration in toddlers. By involving 58 respondents, the study successfully identified a meaningful correlation between the two variables, as evidenced by a p-value of 0.039, smaller than the significance threshold of 0.05.

The distribution of data shows an interesting pattern. Of the total respondents, 22.41% of mothers had good knowledge, with the majority of cases in this group experiencing moderate dehydration (13.8%) and no cases of severe dehydration. Meanwhile, 13.03% of mothers had

sufficient knowledge, with an even distribution between mild and moderate cases of dehydration (15.52% each), also without cases of severe dehydration. Of particular interest was the group of mothers with less knowledge, which was the largest proportion (46.55%), where cases of severe dehydration (12.07%) were found that were absent in the other two groups.

Further analysis revealed that there was a positive trend between the mother's level of knowledge and the severity of dehydration in toddlers. Mothers who are well-informed and adequately tended to have children with milder levels of dehydration. In contrast, the group of mothers with less knowledge not only accounted for the largest proportion in the study, but also the only group to have severe cases of dehydration. These findings underscore the importance of knowledge in preventing and treating diarrhea in toddlers.

This research is very significant in the context of public health. First, these

results emphasize the urgency of health education programs that focus on increasing maternal knowledge about diarrhea and dehydration management in toddlers. Second, this study indicates the need for more intensive intervention in the group of mothers with less knowledge, given the high risk of severe dehydration in this group. Third, the findings that good knowledge correlates with milder levels of dehydration suggest that education can be an effective tool in early prevention and early handling of diarrhoea cases in toddlers.

However, this study has some limitations that need to be considered. The primary focus on maternal knowledge may ignore other factors that can potentially affect the degree of dehydration, such as access to health facilities, socio-economic conditions, and hygiene practices. Therefore, for future research, it is recommended to adopt a more comprehensive approach by taking these variables into account.

## **Conclusion**

Based on the results of research that has been conducted on "The Relationship between Mother's Knowledge About Diarrhea and the Degree of Dehydration in Toddlers in the Gardenia Room of Muhammad Sani Hospital in 2024. It can be concluded:

Based on the results of research that has been conducted on "The Relationship between Mother's Knowledge About Diarrhea and the Degree of Dehydration in Toddlers in the Gardenia Room of Muhammad Sani Hospital in 2024. It can be concluded:

- a. The majority of respondents had knowledge in the poor category, namely 27 people (46.55%).
- b. The majority of dehydration degrees of toddlers in the Gardenia room were in the medium category of 30 people (51.72%).
- c. There is a relationship between the level of maternal knowledge about diarrhea and the degree of dehydration of toddlers in the gardenia room of Muhammad Sani Hospital in 2024.

## Suggestion

Based on the conclusion above, the author can propose the following suggestions:

a. **For Hospital Work Area Facilities**

It is expected that related institutions, in this case hospitals, will provide health education programs in the community, especially those that focus on the prevention and early treatment of dehydration in children. By increasing parental knowledge, we hope to reduce the number of cases of severe dehydration and overall children's health.

b. **For Batam University**

It is hoped that this research can be a source of literature for further research

so that it can help students' insight and knowledge about maternal knowledge, diarrhea with degrees of dehydration in toddlers.

c. **For Respondents**

Advice for mothers of toddlers to further increase knowledge related to the factors that cause diarrhea and pay attention to meeting the nutritional needs of babies and toddlers

d. **For the next researcher**

The results of the research obtained can be basic data and information for future researchers. It is hoped that future researchers will be able to conduct research with a wider sample.

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