

**THE INFLUENCE OF SOCIAL SUPPORT WITH PEER LEADERS
ON SELF-MANAGEMENT OF DIARRHEA IN INFANTS/TODDLERS
WITH DIARRHEA IN INTEGRATED POST SERVICE
REJANG LEBONG DISTRICT**

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ABSTRACT

The purpose of this study was to determine how the influence of social support with peer leaders on self-management of diarrhea in infants / toddler's fellow diarrhea sufferers in the integrated post service Rejang Lebong Regency. This type of quantitative research with Quasi Experiment design on intervention group and control group as many as 64 respondents. The results showed that for the pre post Social Support and Self-Management group after the intervention, Social Support and Self-Management had an effect with a p value of < 0.000. The conclusion is that social support and self- management have a meaningful relationship after mothers read / get information from books and leaflets in caring for children with diarrhea at home.

Keywords: Social Support, Self-Management, Diarrhea

INTRODUCTION

Based on the sixth SDGs (Sustainable Development Goals) 2030, the world's population should improve clean water and sanitation. Diarrhea is a condition where individuals experience 3 or more intestine movements per day with liquid stool consistency caused by various bacteria, viruses and parasites. Diarrhea is still one of the diseases that often affects infants and toddlers, because at that time they are still very vulnerable to the entry of viruses and bacteria from outside into the body because of their low immune system. WHO states that diarrhea is the number one cause of death for infants and toddlers worldwide. While in Indonesia diarrhea is the second killer of toddlers after ARI (Acute Respiratory Infection) (Devi et al., 2022).

The frequency of diarrhea in toddlers in Indonesia is 10.7% aged 12-59 months children died from diarrhea in 2020 (Menkes RI, 2020). In Rejang Lebong Regency in 2021 there were 322 cases and in 2022 there were 376 cases of infant and toddler diarrhea in Rejang Lebong (Rejang Lebong Health Office Report, 2022). Although diarrhea is not a contagious disease in children, parents should know that diarrhea can also be caused by water and environmental hygiene. Prevention at home is one of the alternatives that can be done by parents who have babies under five to prevent the side effects of diarrhea (Elvina, 2019). One of the efforts that can be done by health workers is to empower the general public and

mothers who have infants with diarrhea to be able to strengthen each other, provide input on experiences in preventing and treating diarrhea in infants at home.

Support can be obtained from a partner who can provide inner peace, while parents can advise during the transition to parenthood. In addition, peer counseling can also be used as a strategy to help women in their new role as mothers. Peer counseling can increase maternal confidence due to shared experiences (Imran, 2020). They offer a unique empathetic understanding, convey information in simple language, and are able to assist in making informed decisions (Rokhanawati et al., 2022). Mothers also feel a sense of connection and togetherness. Some health effects of online peer support groups were seen in the area of maternal mental well-being. Minimal effects were seen on behavior modification for child nutrition and breastfeeding (Yamashita et al., 2022 Mandai et al., 2018). The claim of peer groups can improve individual abilities in both psychological and behavioral aspects and can be one of the approaches in the world of nursing in carrying out nursing actions.

Problem Formulation "How is the influence of social support with peer leaders on self-management of diarrhea in toddlers. The purpose of this study was to determine the effect of social support with peer leaders on self-management of diarrhea in toddlers.

RESEARCH METHODS

This study uses a type of quantitative research with a Quasi Experiment design in the intervention group and control group. The design used is pre-test and post-test. The population in this study were all mothers who had toddlers in Rejang Lebong Regency in 2023, totaling 376 toddlers who were based on criteria considerations: willing to be respondents, with a total of 64 people (32 intervention groups and 32 control groups). This study was conducted in the Rejang Lebong Health Office Work Area, in January-December 2024. This study has passed the ethics committee (KEPK) of the Poltekkes Kemenkes Bengkulu No.KEPK.BKL/493/08/2023.

RESULT

Table. 1
Characteristics of Respondents

Variabel	Intervention Group	Control Group
Age		
Minimum	23	20
Maksimum	45	42
Mean	31,08	31,5
Education		
Minimum	1	2
Maksimum	3	3
Mean	2	2

Based on the table above, the intervention and control groups had an average age of adulthood and the average education variable had a high school education in both groups.

Table. 2
Mean Test of Social Support with Peer Leader and Self-Management of
Intervention and Control Group Respondents

Variabel	N	Minimum	Maksimum	Mean	SD
Intervention Group					
Pre Social Support with Peer Leader	32	13	26	15,97	2,00
Pre Self Management	32	45	64	51,75	4,54
Post Social Support with Peer Leader	32	12	16	15,34	0,93
Post Self Management	32	43	61	55,34	4,31
Control Group					
Pre Social Support with Peer Leader	32	11	16	15,25	1,11
Pre Self Management	32	46	64	52,2	4,95
Post Social Support with Peer Leader	32	11	16	15,22	1,16
Post Self Management	32	42	61	53,81	4,23

Based on table 2 above in the Self-Management intervention group, the pre mean value is 51.75 with SD 4.54, while for post with a mean value of 55.34 and SD 4.31. In the pre Self-Management control group, the mean value is 52.2 with SD 4.95 and in the post the mean value is 53.81 with SD 4.23.

Table. 3
Influence of Social Support with Peer Leader and Respondent Self-Management
on Maternal Role in Diarrhea Prevention and Care at Home
in Intervention Group and Control Group

Variabel		Mean	SD			df	p value
				Lower	Upper		
Intervention Group							
Pre Sosial Support- Self Manajemen	Pre	19,486	0,507	19,312	19,660	34	0,000
Post Sosial Support- Self Manajemen	Pre	40,000	4,421	38,406	41,594	31	0,000
Kelompok kontrol							
Pre Sosial Support - Self Manajemen	Pre	36,969	4,856	35,218	38,719	31	0,000
Post Sosial Support - Self Manajemen	Pre	38,593	4,634	36,922	40,265	31	0,000

Table 3 shows the results in the intervention group Post Social Support - Pre Self-Management with a mean of 40.000, SD 4.421 with a p value of 0.000. For the control group Post Social Support - Pre Self-Management mean 38.593 SD 4.634 with p value 0.000.

Table. 4

The Effect of Social Support with Peer Leaders and Self-Management of Respondents on the Role of Mothers in the Prevention and Treatment of Diarrhea at home before and after action in the Intervention Group and Control Group

Variabel	Mean	SD			df	p value
			Lower	Upper		
<i>Sosial Support dengan Peer Leader</i>						
Pre intervensi - Post intervensi	-39,375	4,831	41,117	37,633	31	0,000
<i>Self Manajemen</i>						
Pre intervensi - Post intervensi	-3,594	5,769	5,673	-1,514	31	0,001

These results indicate that for the pre-post Social Support and Self-Management groups after the intervention, Social Support and Self-Management had an effect with a p value <0.000.

DISCUSSION

Based on the results of the study, it was found that social support and self-management had a significant relationship in mothers who had toddlers in caring for children with diarrhea at home with a p value of <0.000. Support obtained by mothers can be in the system of direct physical and psychological support. In addition, the type of support received by mothers is mostly in the form of informational and emotional support (Moon et al., 2019). Mothers also feel a sense of connection and community from the support provider (Yamashita et al., 2022). According to (Rokhanawati et al., 2022) that the type of support provided by a partner can provide inner peace, while parental support can be in the form of advice during the transition period as a parent. In addition, peer counseling can be used as a strategy to help women in undergoing new roles as mothers (Devi et al., 2022).

Peer counseling is expected to increase mothers' self-confidence because they have similar experiences (Lo Vecchio et al., 2021). Peer counseling offers unique empathetic understanding, conveys information in simple language and is able to assist in making the right decisions. Bar (2022) said that self-management in hypertensive patients tends to increase if patients get support from family and high self-efficacy is more effective in being able to improve self-regulated learning for students in boarding schools (Widiya & Syarqawi, 2023). Khomsatun & Sari (2021) expects families to provide support to people with hypertension in the form of motivation to improve self-management. Nurses can provide health promotion related to self-management and increase social support for hypertensive patients (Wicaksono & Lestari, 2024).

The results of interviews conducted with mothers who care for children during diarrhea that the average mother seeks support from peers and from family members who have had experience in caring for children with diarrhea before. This is in line with Arisudhana et al., (2022) that there is an influence of peer leader support on adherence in taking drugs in PLWHA. In addition, the need for postpartum mothers to get support from their families to reduce the degree of postpartum anxiety (Bila et al., 2023). The support obtained by mothers is

expected to change the perception of mothers in caring for children with diarrhea at home. Lastari & Qomaruddin (2021) also suggests that with the intention of the mother and the existence of social support for the mother, it is very necessary to prevent the incidence of diarrhea in toddlers. Muthmainnah (2022) says that there is a significant relationship between social support and self-management behavior in the domain of food intake and body weight.

According to mothers who have toddlers get support such as "giving breast milk, bitter tea, drinking guava leaf decoction, drinking raw grated sawo fruit water, giving plenty of drink, giving sugar salt solution made by themselves, giving diarrhea medicine bought at the pharmacy and given from treatment to health workers, drinking coconut water, drinking turmeric water, given liniment, and given to drink tajin water (rice water)", so that mothers follow the advice given to be able to help in treating their children who are experiencing diarrhea. This is in accordance with Indahyanti et al., (2022) that handling diarrhea children at home by parents with dehydration levels is very necessary. This peer counseling can increase the mother's confidence because she has the same experience (Huriah et al., 2021).

According to Badi'ah et al., (2022) that the effect of psychoeducation on family empowerment on family support in providing diarrhea care for toddlers is very good. This change in maternal behavior is due to the average age of the mother is an adult and the average mother has a secondary education (SMA) (Indahyanti, et al, 2022). Where with increasing age psychologically and thinking mothers will also experience changes for the better, especially in taking health actions for their family members. According to Adriyanto & Prasetyo (2021) that the effect of mediation can affect intrinsic motivation and knowledge sharing on work productivity. The need to provide guidance and empowerment to health workers to be able to reduce the incidence of diarrhea in toddlers, and for the community is expected to increase their concern for environmental hygiene and lifestyle in order to prevent diarrhea in toddlers (Sebayang & Sidabutar, 2021). In addition, it is necessary for educators / messengers / health workers to understand what kind of learning / knowledge / information methods are suitable for mothers who have children with diarrhea so the information can be absorbed / understood thus it can be done at home by mothers to reduce the incidence of severe dehydration / complications in toddlers who experience diarrhea. According to Mardlatillah & Sa'adah (2022) there are three types of learning styles, i.e. (visual); the ability to absorb information more optimally through the sense of sight, the ability to absorb information through the sense of hearing (auditorial) and the ability to absorb information through physical or bodily activity (kinesthetic or somatic learning).

CONCLUSION

It was concluded that social support and self-management had a significant relationship after mothers read/get information from books and leaflets in caring for children with diarrhea at home.

SUGGESTION

For Mothers

Mothers who have children under five are expected to pursue support/information on how to care for children who have diarrhea so that children who have diarrhea can be quickly treated and not pass in a dehydrated condition.

For Further Researchers

In future researchers, this research data can be used as basic data in conducting research with pure qualitative methods.

For Health Service Institutions

Health care institutions can increase the establishment of information, monitor and assist mothers who have toddlers in caring for children who experience diarrhea at home so that the frequency of diarrhea is reduced and the knowledge of mothers of toddlers can also increase.

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