

**Program Studi S1 Keperawatan
STIKes MERCUBAKTIJAYA PADAN
Skripsi, Agustus 2023**

Winci Enjelini

Pengaruh Pemberian Ekstrak Daun Jambu Biji Terhadap Frekuensi Diare dan Konsistensi Tinja pada Balita yang Mengalami Diare Di Wilayah Kerja Puskesmas Belimbing Kota Padang

X + 70 Halaman + 2 Skema + 8 Tabel + 10 Lampiran

ABSTRAK

Diare merupakan salah satu penyakit pada saluran pencernaan sering terjadi pada anak balita usia 2-5 tahun. Setiap tahunnya terjadi peningkatan prevalensi Diare pada anak khususnya di kota padang yaitu 8.305 kasus. Salah satu terapi non farmakologi untuk penanganan diare adalah dengandaun jambu biji. Tujuan penelitian ini untuk mengetahui pengaruh pemberian ekstrak daun jambu biji terhadap Frekuensi Diare dan Konsistensi Tinja pada balita yang mengalami diare di Wilayah Kerja Puskesmas Belimbing Kota Padang. Desain penelitian ini adalah *pre-eksperimental* dengan *one group pre-post test without control design*. Sampel berjumlah 15 orang balita diare dengan teknik *non probability sampling* berupa *accidental sampling*. Penelitian ini menggunakan lembar observasi dan wawancara. Hasil penelitian didapatkan rerata Frekuensi Diare sebelum dilakukan intervensi adalah 5.73 dan rerata Frekuensi diare sesudah dilakukan intervensi 2,40 terdapat perbedaan antara sebelum dan sesudah dilakukan intervensi dengan *p value* = 0,000, artinya ada pengaruh pemberian ekstrak daun jambu biji terhadap frekuensi diare. Hasil penelitian rerata Konsistensi Tinja sebelum dilakukan intervensi adalah 2.67 dan rerata Konsistensi Tinja sesudah dilakukan intervensi 1,53 terdapat perbedaan antara sebelum dan sesudah dilakukan intervensi dengan *p value* = 0,001, artinya ada pengaruh pemberian ekstrak daun jambu biji terhadap Konsistensi Tinja balita yang mengalami Diare. kesimpulannya adalah ada pengaruh pemberian ekstrak daun jambu biji terhadap Frekuensi Diare dan Konsistensi Tinja pada balita yang mengalami Diare di Wilayah Kerja Puskesmas Belimbing Kota Padang. Disarankan bagi tenaga kesehatan dapat meberikan terapi non farmkologiS ekstrak daun jambu biji untuk penurunan Frekuensi Diare dan Konsistensi Tinja pada balita Diare.

Kata Kunci : Daun Jambu Biji, Diare, Frekuensi Diare, Konsistensi Tinja

Daftar bacaan : 24 (2012-2022)

Bachelor of Nursing Study Program
STIKes MERCUBAKTIJAYA PADANG
Thesis, August 2023

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The Effect of Giving Guava Leaf Extract on the Frequency of Diarrhea and Stool Consistency in Toddlers Experiencing Diarrhea in the Work Area of the Belimbing Health Center, Padang City

X + 70 Pages + 2 Schematics + 8 Tables + 10 Appendices

ABSTRACT

Diarrhea is a disease of the digestive tract that often occurs in children aged 2-5 years. Every year there is an increase in the prevalence of diarrhea in children, especially in the city of Padang, namely 8,305 cases. One of the non-pharmacological therapies for treating diarrhea is guava leaves. The purpose of this study was to determine the effect of giving guava leaf extract on the Frequency of Diarrhea and Stool Consistency in toddlers who experience diarrhea in the Working Area of the Belimbing Health Center, Padang City. The research design was pre-experimental with one group pre-post test without control design. The sample is 15 toddlers with diarrhea using non-probability sampling technique in the form of accidental sampling. This study uses observation sheets and interviews. The results showed that the average frequency of diarrhea before the intervention was 5.73 and the average frequency of diarrhea after the intervention was 2.40. There was a difference between before and after the intervention with p value = 0.000, meaning that there was an effect of giving guava leaf extract on the frequency of diarrhea. The results of the study showed that the average stool consistency before the intervention was 2.67 and the average stool consistency after the intervention was 1.53. There was a difference between before and after the intervention with p value = 0.001, meaning that there was an effect of giving guava leaf extract on the stool consistency of toddlers who had diarrhea. the conclusion is that there is an effect of giving guava leaf extract on the Frequency of Diarrhea and Stool Consistency in toddlers who experience diarrhea in the Working Area of the Belimbing Health Center, Padang City. It is recommended that health workers can provide non-pharmacological therapy of guava leaf extract to reduce the frequency of diarrhea and stool consistency in toddlers with diarrhea.

Keywords: Diarrhea Frequency, Diarrhea, Guava Leaves, Stool Consistency
Reading list : 24 (2012-2022)