

**INSTITUT TEKNOLOGI DAN KESEHATAN MAHARDIKA**  
**FAKULTAS KESEHATAN**  
**PROGRAM STUDI KESEHATAN MASYARAKAT**  
Skripsi, Juni 2025  
Silvi Maryatul Qibtiyah, Hedyana Yusuf, Ani Nurhaeni

**HUBUNGAN PERILAKU HIDUP BERSIH DAN SEHAT (PHBS) DI TATANAN RUMAH TANGGA DENGAN KEJADIAN DIARE PADA BALITA DI WILAYAH KERJA PUSKESMAS IMBANAGARA KABUPATEN CIAMIS**

**ABSTRAK**

Diare disebabkan oleh beberapa faktor diantaranya infeksi (bakteri, virus, parasit,). Diare lebih dominan menyerang balita karena daya tahan tubuhnya yang masih lemah, faktor risiko yang diduga menyebabkan terjadinya penyakit diare pada balita yaitu faktor lingkungan yang meliputi sarana air bersih (SAB). Tujuan penelitian untuk mengetahui hubungan perilaku hidup bersih dan sehat (PHBS) di tatanan rumah tangga dengan kejadian diare pada balita di Wilayah Kerja Puskesmas Imbanagara Kabupaten Ciamis Tahun 2025.

Jenis penelitian kuantitatif dengan desain penelitian deskriptif kerelasional penelitian ini menggunakan pendekatan *cross sectional*. Dilakukan di Wilayah Kerja Puskesmas Imbanagara Kabupaten Ciamis pada tanggal 22-30 Juni 2025. Populasi adalah seluruh ibu yang memiliki balita sebanyak 162 ibu. Teknik sampel yang digunakan teknik *random sampling* dengan jumlah sampel sebanyak 62 orang.

Terdapat hubungan signifikan antara PHBS tatanan rumah tangga dengan kejadian diare pada balita di Wilayah Kerja Puskesmas Imbanagara Kabupaten Ciamis  $p=0.000$   $\alpha(<0.05)$   $H_0$  ditolak  $H_a$  diterima. Disarankan hasil penelitian ini dapat menambah pengetahuan pada masyarakat tentang Pencegahan diare balita dengan penerapan PHBS, serta pemberian ASI eksklusif dapat ditingkatkan.

**Kata Kunci :Perilaku Hidup Bersih dan Sehat (PHBS), tatanan rumah tangga, diare pada balita**

**MAHARDIKA INSTITUTE OF TECHNOLOGI AND HEALTH  
HEALTH FACULTY  
STUDY PROGRAM PUBLIC HEALTH**

*Mini Thesis, June 2025*

*Silvi Maryatul Qibtiyah, Hediyanu Yusuf, Ani Nurhaeni*

**THE RELATIONSHIP BETWEEN CLEAN AND HEALTHY LIVING BEHAVIOR (PHBS) IN HOUSEHOLD SETTINGS AND THE INCIDENCE OF DIARRHEA IN TODDLERS IN THE WORK AREA OF THE IMBANAGARA HEALTH CENTER, CIAMIS REGENCY**

**ABSTRACT**

*Diarrhea is caused by several factors including infection (bacteria, virus, parasite,). Risk factors that are suspected to cause diarrhea in toddlers are environmental factors that include clean water facilities (SAB). The purpose of the research is to determine the relationship between clean and healthy living behavior (PHBS) in the household order with the incidence of diarrhea in toddlers in the Work Area of the Imbanagara Health Center, Ciamis Regency in 2025. Quantitative research type with relational descriptive research design this research uses a cross-sectional approach. Conducted in the Work Area of the Imbanagara Health Center, Ciamis Regency on June 22-30, 2025. The population is all mothers who have toddlers as many as 162 mothers. The sample technique used is the random sampling technique with a sample of 62 people. There is a significant relationship between PHBS household order and the incidence of diarrhea in toddlers in the Work Area of the Imbanagara Health Center of Ciamis Regency  $p=0.000$   $\alpha(<0.05)$   $H_0$  rejected  $H_a$  accepted. It is suggested that the results of this study can increase knowledge to the public about the prevention of toddler diarrhea with the application of PHBS, and exclusive breastfeeding can be increased.*

***Keywords: Clean and Healthy Living Behavior (PHBS), household order, diarrhea in toddlers.***