



Determinants Of Clean and Healthy Living Behavior (PHBS) and Diarrheal Disease in The Working Area Of The Jembatan Kecil Community Health Center In Bengkulu City

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Received: 29-11-2025

Accepted: 20-12-2025

Published: 07-01-2026

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Publishing Inc.

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Abstract

The purpose of this study was to describe and analyze the influence of Clean and Healthy Living Behavior (PHBS) consisting of Handwashing with Soap (CTPS), availability of clean water, use of clean and healthy toilets, eating fruits and vegetables every day, knowledge and attitudes of mothers of toddlers towards diarrhea incidents in the Jembatan Kecil Community Health Center area of Bengkulu City. This type of research is observational analytic. The population in this study were families or mothers who have toddlers in the work area of Jembatan Kecil Community Health Center totaling 9,358 families/mothers who have toddlers. The number of samples was 99 respondents. Validity and Reliability instrument tests were conducted. Data analysis methods used univariate analysis, bivariate chi square and logistic regression. The results showed that the condition of PHSB consisting of CTPS behavior, availability of clean water, use of clean and healthy toilets, eating fruits and vegetables every day, knowledge and attitudes of infants in the Jembatan Kecil Community Health Center area of Bengkulu City was classified as very good. Bivariate testing results showed that CTPS, clean water availability, use of clean and healthy toilets, eating fruits and vegetables every day, and attitudes were significantly related to the incidence of diarrhea. Meanwhile, knowledge was not related to the incidence of diarrhea. Multivariate testing results showed that CTPS, clean water availability, use of clean and healthy toilets, eating fruits and vegetables every day, and attitudes had a significant effect on the incidence of diarrhea. While knowledge did not affect the incidence of diarrhea. The dominant variable influencing the incidence of diarrhea was CPTS.

Keywords

Determinants, Diarrhea Incidence, PHBS

Introduction

Diarrhea is a disease that frequently affects developing countries and has become a global problem due to inadequate sanitation and lifestyle habits (Maga and Yusuf, 2024). Diarrheal diseases, most of which are classified as waterborne diseases, are a significant health problem in this region. Waterborne diseases can be caused by microorganisms or harmful substances contained in contaminated water, which can then affect human health. This water contamination not only impacts the infected individual but can also affect the surrounding environment, especially if sanitation and water management are inadequate. Diarrheal diseases caused by contaminated water can spread rapidly in areas with limited access to clean water and adequate sanitation facilities.

The prevalence of diarrhea varies from region to region, depending on local conditions, the season, and endemic periods. Diarrhea also remains a significant health problem in Indonesia. To date, well-managed diarrheal disease control over the past 20 years has resulted in a dramatic reduction in deaths from diarrhea (Khairunnisa et al., 2020).

Although mortality has decreased, morbidity remains quite high. In acute patients, the duration and frequency of diarrhea cannot be reduced (Ministry of Health of the Republic of Indonesia, 2020).

Diarrhea can be caused by various factors, including nutritional factors, parental behavior, and environmental uncleanliness (Ka'bah & Anita, 2021). Diarrhea can be caused by environmental factors through fecal or oral ingestion of food or drink contaminated with bacteria, direct contact with a patient's dirty hands when handling food, or flies landing on uncovered food, and can be contagious (Dian Anggri Yanti et al., 2025). Another mode of diarrhea transmission can be through parents' failure to wash their hands before handling food or after touching dirty or contaminated objects (Arif et al., 2023).

Healthy behaviors can be achieved through clean and healthy living habits. Previously studied hygiene behaviors include defecation and handwashing habits. Correct defecation behavior occurs when residents use the toilet, and proper handwashing occurs when residents use the toilet before eating, preparing food, after defecating, after defecating in infants and children, and when handling birds or animals (Jumhafni et al., 2024).

Diarrhea symptoms are usually caused by maintaining cleanliness when preparing food, maintaining clean nails and hands, washing hands before and after feeding children, providing sufficient clean water, and environmental hygiene. Therefore, the authors are interested in conducting further research on the relationship between clean and healthy living behaviors (PHBS) and the frequency of diarrhea in young children.

Diarrhea is generally caused by habits and behaviors of people who are unaware of the importance of PHBS in disease prevention. Clean and healthy living behaviors (PHBS) are conscious health behaviors that can be implemented by individuals, families, and communities, thereby enabling them to undertake preventive health efforts (Syarifuddin & Khaedar, 2022).

PHBS is influenced by various factors that can come from the person himself, the influence of others who encourage good or bad behavior, or environmental conditions that can support behavioral changes (N o t o a t m o j o , 2 0 2 0). Hendrik L Blum put forward a theory that there are four factors that influence public health, namely heredity, health services, behavior and environment. Behavior also plays a major role in improving public health status. According to

Green, behavior is greatly influenced by predisposing factors, enabling factors and reinforcing factors (Clara Hendrik et al., 2024). Clean and Healthy Living Behaviors (PHBS) are all health-conscious behaviors that enable families and families to help themselves in the health sector and play an active role in community health activities. Clean and healthy living behaviors at home are efforts to ensure that household members know, desire, and practice clean and healthy living behaviors and play an active role in public health. The function of PHBS within the family is to ensure the entire family is healthy, children are less likely to get sick, and children grow up healthy and intelligent (Utami et al., 2023).

Diarrhea in toddlers has been classified as an Extraordinary Event (KLB) in several regions and is associated with high mortality rates. This disease remains a public health problem in developing countries, including Indonesia (Yasin, Mumpuningtias, and Faizin, 2018). Across all age groups, more than 1.7 billion cases of diarrhea are recorded globally each year. Toddlers are the most vulnerable age group, with a global mortality rate from diarrhea of 11% (Linah, S., Sartika, R., & Diel, 2023). According to the World Health Organization (WHO), the latest WHO data for 2024, there are approximately 1.7 billion cases of diarrheal disease in children worldwide, resulting in 443,832 deaths in children under 5 years of age each year, and an additional 50,851 deaths in children under 9 years of age (WHO, 2024).

According to data from the Ministry of Health (2024), diarrhea is a common illness. Diarrhea is an endemic disease that causes Extraordinary Events (KLB) and often results in death, especially in children and toddlers. According to data released by the World Health Organization (WHO) and UNICEF, there are approximately 2 billion cases of diarrhea worldwide each year, resulting in the deaths of 1.9 million children under five. This mortality rate is significant, and the majority of diarrheal deaths, approximately 78%, occur in developing countries. (WHO, 2024)

According to the 2023 Indonesian Health Survey (SKI) report, the prevalence of diarrhea in Indonesia was recorded at 7.4% (Ministry of Health of the Republic of Indonesia, 2024). This figure indicates that diarrhea remains a significant health problem among children under five. Regarding diarrhea incidence in Indonesia, the provinces with the highest prevalence include Central Papua (16.1%) and Highland Papua (14.6%). Meanwhile, the provinces with the lowest prevalence include the Riau Islands (2.1%), North Kalimantan (2.2%), and Bangka Belitung (2.3%). (Ministry of Health of the Republic of Indonesia, 2024)

Among the provinces in Indonesia, Bengkulu Province also experiences a high incidence of diarrhea. According to the Bengkulu City Health Office (2024), diarrhea was the disease with the highest number of sufferers throughout 2024. Diarrhea cases surged sharply to 14,137 cases, making it a major concern for the province's health sector. The number of diarrhea cases in Bengkulu City in 2024 reached 6,326 children under five, with the highest number at Telaga Dewa Community Health Center (535).

Methods

Analysis Univariate

Univariate analysis, often referred to as descriptive analysis, aims to explain and describe the characteristics of each research variable. The form of univariate analysis depends on the type of data. For numerical data, the mean, median, and standard deviation are used. Generally, in This analysis only produces frequency distributions and percentage from each variables

(Notoatmojo, 2020). Analysis univariate in study This is with look for percentage in accordance for research purposes. Percentages are obtained from computer calculations.

Analysis Bivariate

Bivariate analysis was performed on two variables that were suspected related or correlated. Bivariate analysis is performed after univariate calculations. Bivariate analysis determines the relationship between variables. In this study, *the Chi Square statistical test* was used to determine the relationship between one variable and another. other variables linearly.

This analysis is used to determine the influence of variables independent variable with the dependent variable. The statistical test used in this study is *the Chi-Square Test*. The significance limit used in this study is an α value of 0.05. Statistical decision making is carried out by comparing *the p-value (p_value)* with *the α value (0.05)*, with the following provisions (Notoatmojo, 2020):

1. If *the p value \leq the α value (0.05)*, then there is an influence between the independent variable and the dependent variable;
2. If *the p value $>$ α value (0.05)*, then there is no influence of the independent variable on the dependent variable.

Analysis Multivariate

Multivariate analysis was conducted to determine the relationship between more than One independent variable and one dependent variable. In this study, multivariate testing was conducted using multiple logistic regression because the dependent variable was categorical data.

Results and Discussions

Test Validity Data

Validity testing demonstrates the ability of a research instrument to measure what it is intended to measure and accurately reveal data from the variables being studied. Validity testing is conducted beforehand using different objects. Validity testing is necessary to ensure that questionnaire items are accurately used in data collection. Validity is determined by correlating the scores of each item with the total score of each item, as shown in Table 5.8.

Table 1. Results Test Validity Instrument Study

No	Variables/Indicators	r count	Significance r	Information
CPTS (X1)				
1	X11	0.322	0.0010	Valid
2	X12	0.695	0.0000	Valid
3	X13	0.413	0.0000	Valid
4	X14	0.769	0.0000	Valid
5	X15	0.545	0.0000	Valid
6	X16	0.595	0.0000	Valid
7	X17	0.413	0.0000	Valid
8	X18	0.686	0.0000	Valid
10	X19	0.482	0.0000	Valid
11	X110	0.321	0.0010	Valid

No	Variables/Indicators	r count	Significance r	Information
CPTS (X1)				
Availability water clean (X2)				
12	X21	0.552	0,000	Valid
13	X22	0.601	0,000	Valid
14	X23	0.577	0,000	Valid
15	X24	0.629	0,000	Valid
Toilet Which clean And Healthy (X3)				
16	X31	0.550	0,000	Valid
17	X32	0.453	0,000	Valid
18	X33	0.321	0.001	Valid
19	X34	0.190	0.060	No Valid
20	X35	0.051	0.615	No Valid
21	X36	0.556	0,000	Valid
22	X37	0.102	0.314	No Valid
23	X38	0.321	0.001	Valid
24	X39	0.179	0.076	No Valid
Eat fruit And vegetables every day (X4)				
25	X41	0.623	0,000	Valid
26	X42	0.839	0,000	Valid
27	X43	0.707	0.039	Valid
28	X44	0.787	0,000	Valid
Knowledge (X5)				
29	X51	0.095	0.350	No valid
30	X52	0.550	0.000	Valid

Test Reliability Data

After the validity of the instrument has been tested, the valid instrument is then subjected to a reliability test, to test or show the consistency of a measuring instrument in measuring the same symptoms, in this research the reliability test is... use technique *Alpha Cronbach*. After obtained r_{tt} , then compare the value with the critical reliability number in the r_{tt} table, so that the critical reliability value can be determined at 0.60 (Ghozali, 2018) so that it can be said to be reliable if the r_{tt} value is greater than the critical reliability number. The results of the reliability test are explained in Table 5.9 below:

Table 2. Reliability Instrument Study

Information	Cronbach's Alpha	Information
CPTS (X1)	0.694	Reliable
Availability water clean (X2)	0.703	Reliable
Toilet Which clean And Healthy (X3)	0.619	Reliable
Eat fruit And vegetables every day (X4)	0.746	Reliable
Knowledge (X5)	0.651	Reliable

Information	Cronbach's Alpha	Information
Attitude (X6)	0.669	Reliable
Incident Diarrhea (Y)	0.700	Reliable

Source: Attachment 6, Data processed, 2025

Results Analysis *Univariate*

CPTS

Respondents' answers indicate that the average respondent to the CPTS was always, while the least likely answered often. This means that mothers of toddlers always wash their hands with soap before engaging in activities. The CPTS of mothers of toddlers at the Jembatan Kecil Health Center can be seen in table 5.10 below:

Table 3. Distribution Respondents Based on CPTS

Criteria	Frequency	Percentage (9%)
Not enough Good	10	10.1
Good	89	89.9
Total	99	100.0

Availability water clean

Based on the respondents' answers, it shows that in general the respondents' answers regarding the availability of clean water were on average always. While the least answered often. This explains the availability of clean water to meet the needs available. explained in table 5.11 below.

Table 4. Distribution Respondents Based on Availability Water Clean

Criteria	Frequency (f)	Percentage (%)
Not enough Good	36	36.4
Good	63	63.6
Total	99	100.0

Table shows that the availability of clean water for mothers of toddlers at the Jembatan Kecil Community Health Center in Bengkulu City is classified as good, at 63 people (63.6%). Meanwhile, the availability of clean water for mothers of toddlers is There were 36 people (36.4%) who were classified as less than ideal. Some of them still used less than clean spring water sources.

Results Analysis *Bivariate*

Results analysis bivariate show existence connection between CPTS, availability of water, use of clean and healthy toilets, Eating fruits and vegetables every day. *Bivariate analysis* was used to determine the relationship between CPTS, water availability, use of clean and healthy toilets, eating fruits and vegetables every day, and knowledge and their influence on the incidence of diarrhea, as explained below.

Results Analysis *Multivariate*

Results Analysis Regression Logistics All over Sample

Factors influencing diarrhea incidence were analyzed using a *Logistic Regression approach*, where the dependent variable was qualitative data in the form of nominal *dummy data*. The *dummy* for this dependent variable was either yes (diarrhea) or no (no diarrhea). The *dummy coding method* used a category indicated by the number 1, called *the included group* for the diarrhea incidence category, and was assigned a value of 0 (zero). Which called *excluded group* For category No diarrhea. Factors Factors that influence the incidence of diarrhea (Y) are CPTS (X1), availability of water (X2), use of clean and healthy toilets (X3), eating fruit and vegetables every day. day (X4), knowledge (X5) and attitude (X6). The results of the logistic regression analysis of factors considered to influence the incidence of diarrhea are presented in Table 5.22 below.

Table 6. Results Analysis Regression Logistics

		B	S, E,	Wald	df	Sig.	Exp(B)	Lower	Upper
Step	X1	- 0.022	0.377	11,003	1	0.034	0.979	0.467	2,049
1 ^a	X2	- 0.258	0.255	5,027	1	0.031	0.772	0.469	1,273
	X3	- 0.686	0.026	4,154	1	0.028	1,986	0.568	6,942
	X4	- 0.070	0.207	7,000	1	0.020	2,797	1,091	6,411
	X5	- 0.053	0.174	0.093	1	0.760	1,055	0.750	1,483
	X6	- 0.343	0.551	4,386	1	0.034	1,409	0.478	4,152
	Constant	0.637	0.393	0,000	1	0.001	0,000		

a, Variable(s) entered on step 1: X1, X2, X3, X4, X5, X6,

Discussion

Wash Hands Used Soap (CTPS)

Washing Hands with Soap (CTPS) is an important practice that must be carried out by mothers of toddlers to prevent the transmission of disease, especially infection channel digestion and breathing. CTPS Also help reduce the risk of eye disease and skin infections. CTPS is carried out by washing hands with soap and running water, with the following steps certain substances that are effective in eliminating germs. (Rianto, 2023).

Based on the results of univariate testing, it was shown that the CPTS of mothers of toddlers at the Jembatan Kecil Community Health Center in Bengkulu City was classified as good, at 89 people (89.9%). Meanwhile, the CPTS of mothers of toddlers was There were 10 people, or 10.1%, who were considered unhealthy. Many of them forgot to wash their hands with soap before doing something. It's important to note that washing hands with water alone cannot kill germs, but washing with soap can kill germs and requires a minimum amount of time. for 15-20 seconds to germs in hand completely dead. From Other data collection results show that 47.1% of mothers of toddlers do not know the importance of washing hands with soap (CTPS).

Availability water clean

Clean water availability refers to households that have access to clean water and use it for daily needs, whether from bottled water, tap water, protected wells, or rainwater reservoirs. Pumped water sources, wells, and protected springs must be at least 10 meters from waste or sewage reservoirs. Clean water availability for mothers of toddlers at the Jembatan Kecil Community Health Center in Bengkulu City is considered good. as many as 36 people or 36.4%. While the availability water clean for Mother toddler There is Which classified as not enough Good As many as 36 people, or 10.1%, still use less than clean water sources. The bivariate test

results show a significant relationship between water availability and diarrhea incidence, with a p-value of 0.044. The contingency coefficient of 0.900 indicates a strong relationship. This indicates that although water availability is not significantly related to diarrhea incidence, it has a p-value of $0.044 \leq 0.05$. This means that water availability is related. has a significant effect on the incidence of diarrhea in the Community Health Center area Small Bridge. The results of multivariate testing show with a water availability coefficient with an odds ratio of 0.772 with a significance of 0.031 less than the significance level (α) of 0.05. This means that the two hypotheses (H2) is accepted, meaning that the variables for using CPTS (X1), clean and healthy toilets (X3), eating fruit and vegetables every day (X4), knowledge (X5) and attitude (X6) If water is constant, water availability will affect the incidence of diarrhea. The better the water availability, the lower the incidence of diarrhea. The results of the description of water availability show that mothers of toddlers in region Bridge Health Center Small No all available Clean water. The primary source of drinking water is one of the sanitation facilities that is no less important in relation to diarrhea. Some infectious germs cause diarrhea transmitted through track fecal oral. They can transmitted with enter to in mouth, fluid or object Which polluted with feces, for example water drink, fingers hand, And food Which prepared in a pan washed with contaminated water. According to (Hadi et al ., 2024), various sources of drinking water include: 24 a) Surface water is water found on the surface of the ground. For example, river water, swamp water and lakes. b) Groundwater which depends on its depth can be called shallow groundwater or deep groundwater. Groundwater is water obtained from water collected in deep layers of the ground. For example, well water, water from springs. c) Space water is water that comes from the atmosphere, such as rain and snow. Things that need to be considered in providing clean water are: a) Taking water from clean water sources. b) Taking and storing water in clean and closed places and using special dippers to take water. c) Maintaining or protecting water sources from contamination by animals, children, and sources of pollution. The distance between drinking water sources and sources of pollution such as septic tanks, garbage dumps and wastewater must be more from 10 meters. d) Using the water boiled. e) Wash all cooking and eating utensils with clean and sufficient water.

Use Toilet Clean And Healthy For Mother Toddler

The use of clean and healthy toilets for mothers of toddlers at the Jembatan Kecil Community Health Center in Bengkulu City is considered good. as many as 36 people or 36.4%. Meanwhile, the use of clean and healthy toilets for mothers of toddlers 36 people, or 10.1%, were classified as less than ideal. They still used less than clean spring water sources. The results of bivariate testing show that there is a significant relationship between the use of clean and healthy toilets and the incidence of diarrhea. with a p-value of 0.024. The contingency coefficient of 9.879 indicates a fairly strong relationship. This indicates that the use of clean and healthy toilets is significantly associated with the incidence of diarrhea. This is explained with mark p_value as big as $0.024 \leq 0.05$. Matter That means The use of clean and healthy toilets is significantly related to the incidence of diarrhea. in the area of the Jembatan Kecil Health Center. The results of multivariate testing show with coefficient use of clean and healthy toilets with an odds ratio of 1.986 with a significance of 0.028 smaller from the level significance (α) 0.05. This means that hypothesis three (H3) is accepted, meaning that if the variables of CPTS use (X1), water

availability (X2), eating fruit and vegetables every day (X4), knowledge (X5) and attitude (X6) If constant, the use of clean and healthy toilets will affect the incidence of diarrhea. The better the use of clean and healthy toilets, the lower the incidence of diarrhea. Based on (Nawalia et al ., 2022), the condition of the toilet/toilet Disposal of feces is an important part of environmental health. The people of Bengkulu City still dispose of a lot of waste in rivers or the environment so that it becomes polluted and unhealthy. Disposal of feces that does not comply with regulations facilitates the spread of certain diseases that are transmitted through feces, including 25 diarrheal diseases. According to (Notoatmojo, 2020), the requirements for waste disposal that meet health regulations are: a. Does not pollute the surrounding ground surface, b. Does not pollute the surrounding surface water, c. Does not pollute the water in the surrounding ground, d. The waste must not be open so that it can be used as a place for flies to lay eggs or for the breeding of other disease vectors, e. Does not cause odor, f. Is cheap to make, and g. Easy to use and maintain. According to Suliswati et al ., (2022), various types of feces disposal sites include: a) Pit latrine (Pit latrine) This pit latrine is often found in rural areas. This pit latrine is made by digging a hole in the ground with a diameter of 80-120 cm and a depth of 2.5 to 8 meters. The pit latrine should not be too deep, because it will pollute the groundwater below. The distance from the drinking source is at least 15 meters. b) Water latrine (Water latrine) This pit latrine consists of a watertight tank, filled with water in the ground as a place for feces disposal. The decomposition process is the same as that of feces in river water. c) Gooseneck toilet (Goose latrine) This toilet is shaped like a gooseneck so it will always be filled with water. The function of this water is to act as a stopper so that the foul odor from the toilet cannot be detected. When used, the feces are stored for a short time. and when water is poured, it will enter the sloping section to enter the reservoir. d) Bored hole latrine This type is the same as the plunge toilet, only smaller in size because it is for short-term use, for example for temporary settlements. The disadvantage is that if there is a lot of surface water, it can easily cause surface soil contamination (overflow). e) Bucket latrine The feces are collected in a bucket or other vessel and then disposed of in a place others, for example for patients who cannot leave their bed. The system toilet/basket toilet usually interesting fly in large number, No at the toilet/toilet location, but along the way to the disposal site. Using this type of toilet/toilet usually produces an odor. f) Trench toilet/toilet (Trench latrine) A hole is made in the ground 30 - 40 cm deep for defaecatie. The excavated soil is used to fill it. Facility disposal that does not meet sanitation standards will increase the risk of bloody diarrhea in toddlers by two-fold compared to families who have a habit of disposing of feces that meets sanitation standards (Suliswati et al ., 2022). According to the results of a study of toddlers from families who come from toilets equipped with septic tanks, the prevalence of diarrhea was 7.4% in cities and 7.2% in villages. Meanwhile, families who use latrines without septic tanks had diarrhea 12.1% in cities and 8.9% in villages. The highest incidence of diarrhea was found in families who use rivers as a place to dispose of feces, namely 17% in cities and 12.7% in villages.

Eat Fruit and Vegetables Every Day For Mother and Toddler

Eating fruits and vegetables is beneficial for both mothers and toddlers because it significantly prevents diarrhea. Besides keeping your little one hydrated, eating fruits and vegetables can also help combat diarrhea by providing certain fruits and vegetables. Lots once a

meal in choose to prevent or overcome and treat diarrhea.

The results of bivariate testing show that there is a relationship between eating fruit and vegetables every day and the incidence of diarrhea. with a *p-value* of 0.022. The contingency coefficient is 7.123 So it is classified as a fairly strong relationship. This shows that if you eat more fruit and vegetables every day, the incidence of diarrhea will be more complete. will be more and more high. This is explained by a *p-value* of $0.022 \leq 0.05$. This means that eating fruits and vegetables every day is significantly associated with the incidence of diarrhea. in the area of the Jembatan Kecil Health Center.

Description of Knowledge About Diarrhea in the Jembatan Kecil Community Health Center Area, Bengkulu City

Knowledge is a crucial domain for shaping a person's actions. If behavior is based on knowledge and awareness of a positive attitude, it will be long-lasting. Conversely, if behavior is not based on knowledge and awareness, it will not last long.

The results of research by Sumi *et al .*, (2024) explain mothers' knowledge toddlers about diarrhea very important because diarrhea is the main cause of illness and death in children in Indonesia and the world. A good understanding of diarrhea can help mothers prevent, identify, and treat it effectively. Mothers need to know that diarrhea is characterized by increased frequency of bowel movements and loose stools.

Description of Attitudes Towards Diarrhea Incidents in the Jembatan Kecil Community Health Center Area, Bengkulu City

The attitudes of mothers of toddlers towards diarrhea vary, ranging from being proactive in handling it to being less concerned. Positive attitudes are usually associated with seeking information, maintaining cleanliness, and taking toddlers to health facilities when they have diarrhea. On the other hand, negative attitudes can be caused by a lack of knowledge and understanding about the importance of treating diarrhea.

The attitude of mothers of toddlers towards diarrhea incidents was considered good by 61 people (64.2%). Meanwhile, the attitude of mothers of toddlers was considered less good by 61 people (64.2%). 16 person or 16.2%. Mother Which his attitude not enough about diarrhea because according to mother, it is better not to maintain the cleanliness of the toilet/toilet at home because No relate with diarrhea. Attitude Mother Which Enough Because According to the mother, it is best to wash your hands first with soap before preparing food for your child as an effort to prevent diarrhea. Meanwhile, the mother who has a good attitude because according to the mother, it is better to maintain the cleanliness of food for toddlers to avoid diarrhea.

Description of Diarrhea Incidents in the Jembatan Kecil Community Health Center Area, Bengkulu City

Diarrhea is a common health problem, especially in developing countries. Diarrhea can be caused by various factors, including infections, sanitation Which bad, And behavior hygienic Which not enough. Symptom The main symptoms of diarrhea are increased frequency of bowel movements with a more liquid stool consistency, as well as other symptoms such as bloating, nausea, and fever.

Diarrhea cases in the region reached 61 people, or 64.2%. Meanwhile, 16 people, or 16.2%, experienced poor maternal behavior. Toddlers and children are more susceptible to dehydration than older children. Adults. Children under 5 years of age are at greater risk of dehydration due to their inability to meet their needs freely.

The Influence of CTPS Behavior on the Incidence of Diarrhea in the Region Small Bridge Community Health Center, Bengkulu City

Wash hands often considered as matter Which is trivial in public, Handwashing can contribute to improving public health. Based on existing evidence, it appears that school-aged children tend to neglect the importance of handwashing in their daily lives, especially at school. They often eat food purchased near the school without first washing their hands, even though they have been playing around. This behavior is certainly influential and can contribute to the occurrence of diarrhea. Handwashing is the most important basic technique in preventing and controlling the spread of infection.

Our hands are the part of our body most contaminated with dirt and germs. When we touch things and shake hands, germs naturally cling to our skin. Worm eggs, viruses, germs, and parasites that contaminate our hands can be ingested if we don't wash them. first before eating or handling food. With This is how worms generally infect our bodies. In addition, germs can also stick to our hands after handling money, bathroom doors, or public telephones. holding toys, and parts in public places (Nuraini et al., 2025).

Conclusion

1. The PHBS conditions of mothers and toddlers consisting of CTPS behavior, availability of clean water, use of clean and healthy toilets, eating fruit and vegetables every day in the Jembatan Kecil Community Health Center area of Bengkulu City are explained with the following univariate results : 89 people (89.9%) were categorized as good, while 10 people (10.1%) were categorized as poor. Water availability was categorized as good. 63 people or 63.6%, while 36 people or 36.4% were considered poor. The use of clean and healthy toilets was generally categorized as good. 99 people or 100.0%, 0 people or 0.0% are considered poor. 93 people or 93.9% eat fruits and vegetables every day, categorized as good, 6 people or 6.1% are considered poor.
2. The level of knowledge of mothers of toddlers regarding diarrhea was classified as good (59 people, or 59.6%). 40 people (40.4%) had poor knowledge. 83 people (83.8%) had good knowledge. 16 people (16.2%) had poor knowledge.
3. There is a significant relationship $p_value (\alpha) \leq 0.05$ between CTPS behavior (0.036), availability of clean water (0.031), use of clean and healthy toilets (0.022) and eating fruit and vegetables every day (0.018) by mothers of toddlers with the incidence of diarrhea in the Jembatan Kecil Health Center area, Bengkulu City.
4. There is no significant relationship $p_value (\alpha) > 0.05$ Mother's knowledge of toddlers (0.416) with diarrhea incidents in the Jembatan Kecil Health Center area, Bengkulu City.
5. There is a significant relationship $p_value (\alpha) \leq 0.05$ the attitude of mothers of toddlers (0.021) with the incidence of diarrhea in the Jembatan Kecil Health Center area, Bengkulu City.

6. CPTS has a significant impact on diarrhea incidence. This indicates that better CPTS will reduce diarrhea incidence.
7. The availability of clean water significantly impacts the incidence of diarrhea in the Jembatan Kecil Community Health Center in Bengkulu City. This indicates that better water availability reduces the incidence of diarrhea.
8. The use of clean and sanitary toilets significantly reduced the incidence of diarrhea in the Jembatan Kecil Community Health Center in Bengkulu City. This indicates that the use of clean and sanitary toilets reduces the incidence of diarrhea.
9. Daily fruit and vegetable consumption significantly reduced the incidence of diarrhea in the Jembatan Kecil Community Health Center in Bengkulu City. This suggests that increasing daily fruit and vegetable consumption significantly reduced the incidence of diarrhea.
10. The knowledge of mothers of toddlers did not significantly influence the incidence of diarrhea in the Jembatan Kecil Community Health Center area of Bengkulu City. This indicates that the knowledge of mothers of toddlers is good or bad. not lower diarrhea incidents.
11. The attitudes of mothers of toddlers influence the incidence of diarrhea in the Jembatan Kecil Community Health Center area of Bengkulu City. This suggests that the attitudes of mothers of toddlers can reduce the incidence of diarrhea.
12. The dominant variable influencing diarrhea incidence is CPTS. This indicates that CPTS has the most significant influence on the incidence of diarrhea in toddlers.

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