

The Relationship of the Role of Mothers as Educators with Personal Hygiene Actions in Children in Rantau Selatan in 2020

Maria Haryanti Butarbutar¹, Sri Lasmawanti², Rupina K. Situmorang³, Ani Deswita Chaniago⁴

^{1,2,4}D3 Nursing, Faculty of Pharmacy and Health, Institut Kesehatan Helvetia, Medan, Indonesia

³Bachelor of Public Health, Institut Kesehatan Helvetia, Medan, Indonesia

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ABSTRACT

Personal hygiene or personal hygiene is an act to maintain the cleanliness and health of a person for the welfare, both physical and psychological. The purpose of this study is to determine the relationship of the role of mothers as educators with personal hygiene actions in children in Rantau Selatan in 2020. The research design used Analytic Survey with Cross-Sectional approach. The population were mothers who had elementary school children amounted to 100 respondents. The sampling used was purposive sampling with 50 respondents. Based on the results of data analysis using the Chi-Square Test, it showed that the significant probability value (Asymp.sig) was $.016 < \text{sig-value} .05$, this proved that there was a relationship between the role of mothers as educators with personal hygiene actions in children in Rantau Selatan in 2020. The conclusion showed that statistically there was a relationship between the relationship of the role of mothers as educators with personal hygiene actions in children in Rantau Selatan in 2020. It is recommended for mothers to care more and increase awareness of the importance of cleanliness, especially personal, family and environmental hygiene. And for research place society should get educating more about personal hygiene performance and the environment as well as facilitating more common hygiene activities such as cleaning the gutters. family and environmental hygiene. And for research place society should get educating more about personal hygiene performance and the environment as well as facilitating more common hygiene activities such as cleaning the gutters. family and environmental hygiene. And for research place society should get educating more about personal hygiene performance and the environment as well as facilitating more common hygiene activities such as cleaning the gutters.

E-mail:

Maria.haryanthi@yahoo.com.au

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1. Introduction

Elementary school-age children (SD) are a period of good growth and development, at this time, children need to get supervision of their health because in school-age children, children have many activities that are often directly related to a dirty environment, causing children to -children are susceptible to disease(Kusuma, 2019) (Lina, 2016) (Herawati, Indriyati, Sutrisno, & Putra, nd).

From the World Health Organization (WHO) in several developing countries, the prevalence of personal hygiene is reported to be 6%-27% of the general population, while in Indonesia it was registered in 2010 of 4.60%-12.5%. In the United States, personal hygiene was ranked third in 2001 for causing death to children. In Indonesia in 2008 the incidence rate reached 60-80% and death by 24% attacked mainly the age of 9-12 years. In the case of personal hygiene occupies

(11%) after upper respiratory tract infection (ARI). Meanwhile, every year an average of 100 children die due to poor personal hygiene (Golzarian, Sun, Sharafuddin, Baert, & Sartor, 2006) (TIMBULENG, Langelo, & Sasube, 2019).

Such as respiratory tract infections, anemia, skin diseases, intestinal worms, and diarrhea. Elementary school age children who do not understand well how to maintain personal hygiene, especially hand hygiene, can potentially cause intestinal worms. Besides helminthiasis, other diseases that are also caused due to lack of personal hygiene are skin diseases, skin diseases are easy to infect if the habit does not maintain cleanliness, especially personal hygiene. The application of personal hygiene can break the chain of transmission of agents that cause skin diseases from their place of life to the host (Golzarian et al., 2006) (Wibowo, 2019).

Data regarding personal hygiene is still lacking in Indonesia, based on data from the Indonesian Ministry of Health in 2011 the prevalence of helminthiasis cases in elementary school children in Indonesia was 24.1%. as for one of the causes of one of the worms is the lack of personal hygiene (Fatmawati, 2018). Parents have a role in educating, being role models for children, giving advice, and reminding children to always maintain personal hygiene. Parents need to emphasize the importance of maintaining personal hygiene to children from an early age. Children are accustomed to always cleaning their bodies so they know what to do from a young age (Fitriani, People, & Country, 2015) (Estella, nd).

Such parental treatment can make children always keep their bodies clean, and children get used to not having a dirty body. Various benefits can be felt by children if they always maintain personal hygiene, such as: avoiding various diseases, a clean body provides comfort, and can increase children's confidence. Lack of maintaining personal hygiene can cause various health problems if not addressed immediately (Fitriani et al., 2015). Personal hygiene or personal hygiene is an action to maintain the cleanliness and health of a person for well-being, both physically and psychologically. Children who have just entered elementary school are accustomed to taking care of their bodies, such as bathing, brushing teeth, and combing their own hair. Children are introduced to body hygiene and are responsible for their own personal hygiene (Fitriani et al., 2015) (Graha, 2013).

Based on the results of an initial survey conducted by researchers in the Sigambal Village, South Rantau District in 2020, it was shown that out of 10 children there were 4 children who were not neatly dressed, long nails, and dirty hands. When interviewed by the researcher, 4 children answered that they did not know the importance of keeping their hands and nails clean, they never wash their hands with soap after playing with the ground and sometimes eat without washing their hands and from 5 mothers there are 3 mothers who do not care and do not realize the importance of cleanliness. Mothers also do not teach and do not provide education and direction to their children to be able to carry out personal hygiene.

2. Method

Analytical Survey Method with Cross Sectional approach. The population in this study were mothers who had elementary school children totaling 100 respondents. The sampling used was accidental sampling, with the Slovin technique totaling 50 respondents.

3. Results and Discussion

3.1 Result

Based on table 1. It can be concluded that the characteristics of the child respondents in South Rantau in 2021. Based on the class of children, it shows that the majority of respondents are in grades 3-4 SD with a total of 22 people (44%), and respondents with grades 1-2 SD amounting to 18 0 people (36%), while respondents in grades 5-6 SD were 10 people (20%) and the characteristics of respondents based on maternal age showed that from the age category 26-35 (early adulthood) there were 31 people (62%). Age 36-45 (late adulthood), amounted to 15 people (30%) and age 17-25 (late adolescence) amounted to 4 people (8%).

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TABLE 1
CHARACTERISTICS OF CHILD RESPONDENTS IN RANTAU SELATAN IN 2020

Class	Characteristics	Amount	
Class	1-2 SD	18	36%
	3-4 SD	22	44%
	5-6 SD	10	20%
Mother's Age	17-25(late adolescence)	4	8%
	26-35(early adulthood)	31	62%
	36-45(late adulthood)	15	30%
	Total	50	100%

a. Univariate Analysis

Based on table 2. It can be concluded that the majority of mothers' roles in children in Sigambal Village, South Rantau District, who have a bad mother role are 32 people (64%) and 18 people have a good mother role (36%).

TABLE 2
FREQUENCY DISTRIBUTION OF MOTHER'S ROLE AS EDUCATOR IN CHILDREN IN SIGAMBAL VILLAGE, SOUTH RANTAU DISTRICT IN 2020

Mother's Role	Amount	
Bad	32	64%
Well	18	36%
Total	50	100%

In table 3. it is explained that the majority of personal hygiene in children in Sigambal Village, South Rantau sub-district, who have unclean personal hygiene are 33 people (66%) while those who have clean personal hygiene are 17 people (34%).

TABLE 3
FREQUENCY DISTRIBUTION OF PERSONAL HYGIENE IN CHILDREN IN SIGAMBAL VILLAGE SOUTH RANTAU DISTRICT IN 2020

Personal Hygiene	Amount	
Not clean	33	66%
Clean	17	34%
Total	50	100%

b. Bivariate Analysis

Based on table 4. It shows that from the number of 50 respondents (100%) who have unclean personal hygiene with poor maternal roles totaling 25 (50%) respondents, clean personal hygiene with poor maternal roles amounted to 7 (14%) respondents, while Unclean personal hygiene with a good maternal role amounted to 8 (16%) respondents, clean personal hygiene with a good maternal role amounted to 10 (20%) respondents.

TABLE 4
FREQUENCY DISTRIBUTION OF PERSONAL HYGIENE IN CHILDREN IN SIGAMBAL VILLAGE SOUTH RANTAU DISTRICT IN 2020

Personal Hygiene	Mother's Role				Amount		pv
	Bad		Well				
	F	%	F	%	F	%	
Not clean	25	50	8	16	33	66	0.016
Clean	7	14	10	20	17	24	
Total	32	64	18	36	50	100	

3.1 Discussion

a. The Role of Mothers in Children in Sigambal Village, Rantau Selatan District

Based on table 4.2, it can be seen that out of 50 (100%) the majority are 32 (64%) bad mothers, while 18 (36%). Being a mother is a very proud thing because the role of a mother in the household is very important, not just dressing up, cooking in the kitchen and giving birth. Moreover, nowadays being a mother is required to be able to master various things, such as: health, hygiene, nutritionist,

finance, time management, teachers, and psychology.(Jannah, 2019). The achievement of the mother's role is a process by which a mother can achieve her abilities in carrying out her role as a mother, integrating her motherly behavior until they find a new role where they achieve self-confidence, and alignment with their new identity. Behavioral responses to her role expectations are reflective and manifest in her care and ability to care for her baby, an attitude and love for her pleasure with the baby, and acceptance of the responsibilities of her role as a mother.(Trisetyaningsih, Lutfiyati, & Kurniawan, 2017).

This study is not in line with Yanita Trisetyaningsih's research on family support playing an important role in achieving the role of primiparous mothers. The results showed that respondents who had sufficient maternal role attainment were 21 (67.7%) respondents and those who had good maternal role attainment were 8 (25.8%) respondents while maternal role achievement was less, namely 2 (6.5%) respondent(Trisetyaningsih et al, 2017). This study is in line with the research of Milkhatul Muniroh, Sri Handayani, Rina SW, entitled the role of mothers in providing information on the readiness of young women to face menarche at SDN Palur 2 Mojobalan Sukoharjo. The results showed that 39 respondents (63%) had a mother's role attainment and 23 respondents (37%) had a mother's role.(Muniroh, Handayani, & Rina, 2017).

According to the researcher's assumptions based on research conducted in the Sigambal Village, South Rantau District in 2020, it can be seen that most respondents have a bad role 32 (64%), due to the mother's indifference to the personal hygiene of her children and unawareness of the importance of personal hygiene to avoid various diseases. While respondents who have a good role are 18 (36%), due to high knowledge, concern for the cleanliness of themselves and their children and awareness of the importance of cleanliness to protect themselves from various kinds of diseases.

b. Personal Hygiene for Children in Sigambal Village, Rantau Selatan District

From the results of research conducted in the Sigambal sub-district, Rantau Selatan sub-district in 2020, based on table 4.3, it can be seen that of the total 50 (100%) respondents who had unclean personal hygiene 33 (66%) respondents, and those who had clean personal hygiene 17 (34%)) respondents. Personal hygiene is self-care that affects human health where personal hygiene is carried out as an activity of daily life. Personal hygiene is very important for children because children often get sick due to not paying attention to personal hygiene. Knowledge of personal hygiene must be given from an early age, the goal is that children's knowledge about personal hygiene will be more mature so that children will get used to doing personal hygiene(Golzarian et al, 2006).

Factors that affect personal hygiene are culture, religion, environment, developmental level according to age, health and energy, and personal preferences. The benefits of personal hygiene are being able to maintain self-care, both independently and with assistance(Pirantika & Purwanti, 2017). Personal hygiene aims so that humans can maintain their own health, enhance and improve health values and prevent disease. Improper application of personal hygiene will facilitate the emergence of infectious diseases, such as pulmonary tuberculosis, upper respiratory tract infections, diarrhea, intestinal worms, skin diseases, and others.(Mustikawati & Faradillah, 2013).

This study is not in line with Utami Triasmari's research on the determinants of personal hygiene in children aged 9-12 years. The results showed that the personal hygiene conditions were not good as many as 22 respondents (30.1%) while the personal hygiene conditions were good as many as 51 respondents (69.9%)(Golzarian et al, 2006). This study is in line with the research of Jane Mona Lisa Simanjuntak, Nurhayati Siagian, entitled Knowledge of attitudes and behavior of adolescent girls towards personal hygiene in children during menstruation at SMP Negeri 3 Parongpong, West Bandung Regency. The results showed that personal hygiene behavior was not good as many as 63 respondents (68.5%) and good personal hygiene behavior was 29 respondents (31.5%).(Simanjuntak & Siagian, 2020).

According to the researcher's assumptions based on research conducted in the Sigambal Village, South Rantau District in 2020, it can be seen that 33 respondents (66%) of personal hygiene were not clean because most mothers did not care, did not understand their children's personal hygiene so that many of them did not understand about the importance of personal hygiene such as bathing 2x a day, brushing teeth before going to bed, washing hands when finished playing, washing hair 3x a week, and cutting nails 2x a week.

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c. The Role of Mothers on Personal Hygiene in Children in Sigambal Village, Rantau Selatan District

From the results of research conducted in the Sigambal sub-district, Rantau Selatan sub-district in 2020, based on table 4.4 cross tabulation between the mother's role on personal hygiene in children, it is known that from the total 50 respondents (100%) who have unclean personal hygiene with poor maternal roles amounted to 25 (50%) respondents, clean personal hygiene with poor maternal roles amounted to 7 (14%) respondents, while unclean personal hygiene with good maternal roles amounted to 8 (16%) respondents, clean personal hygiene with good maternal roles amounted to 10 (20%) respondents.

Based on research conducted in Sigambal Village, Rantau Selatan District in 2020 using the chi-square test, a significant value or p-value of 0.016 and a value of (0.05), H_0 was rejected and H_a was accepted, meaning that there was a significant relationship with the mother's role on personal hygiene in children in the Sigambal sub-district, Rantau Selatan district in 2020. This study is not in line with Ayu Thabita August Werdiningsih's research entitled the role of mothers in meeting children's basic needs for the development of preschool age children. The results showed that the role of the mother in meeting the basic needs of children who had a good mother role was 57 respondents (87.6%) and those who had a sufficient mother role were 8 respondents (12.4%) and those who had a less maternal role were 0 respondents (0%). With the results of p - value 0.001 which means that there is a relationship between the mother's role in meeting the basic needs of children on the development of fine motoric or gross motoric and personal social preschool children aged 3-6 years in Baptist Kindergarten Setia Bakti Kediri (Astarani & Werdiningsih, 2012).

The research of Mardikaning Tiya Puji Lestari, Anjarwati with the title of the relationship between the role of mother as an educator and the personal hygiene behavior of seventh grade students of SMP Negeri I Tangen Sragen. With the results of the study, there is a relationship between the role of the mother as a behavioral hygiene instructor at SMP Negeri I Tangen Class VII (Sustainable, 2015). According to the researcher's assumption that the mother's role is closely related to personal hygiene in children because the mother's role in the family is very important. Mothers can educate, guide and teach positive things to their children

4. Conclusion

After carrying out research conducted by researchers in Sigambal Village, South Rantau District in 2020 regarding the relationship between the role of mothers as educators and personal hygiene measures in children in South Rantau in 2020, the researchers concluded that: The majority of maternal age in Sigambal Village, Rantau District South as many as 31 respondents (62%) aged 26-35 (early adulthood). The category of mother's role in Sigambal Village, Rantau Selatan District is more in the bad category as many as 32 respondents (64%). The category of Personal Hygiene in Sigambal Village, Rantau Selatan Subdistrict is more in the unclean category as many as 33 respondents (66%). In the Pearson chi-square section, the Asimp value can be seen. Sig is 0.016 because of the Asimp value. Sig p (0.016) < (0.05),

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