The Level of Mother's Anxiety in Dealing with Diarrhea in Toddlers

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Abstract

Diarrhea is something condition Where somebody poop with consistency mushy or liquid, even can either water or accompanied mucus and blood. The frequency more often (usually three times or more) in One resulting day _ lost fluid and electrolyte. Study This aim for now the Level of Anxiety Mother in Face Diarrhea on Toddlers at the Health Center Labuan Rasoki Subdistrict Southeastern Padangsidimpuan. Can be measured with 5 categories that is No anxious, mild, moderate, severe and very heavy. The method used is quantitative with design descriptive with use questionnaire about level worry based on age, education, occupation and source information. Study This done in 31 mothers as sample taken with technique Accidental Sampling. Results study served in distribution frequency and percentage. From the results study find that level worry respondent experience level worry currently as much as 1 person (3%), level worry heavy as many as 2 people (6%) and level worry very heavy as many as 28 people (91%). So concluded that Level of Anxiety Mother in Face Diarrhea on Toddlers at the Health Center Labuhan Rasoki concern Southeast Padangsidimpuan In 2020 the majority experience level worry is very heavy.

Keywords: anxiety level; mother; diarrhea; toddler

Introduction

Diarrhea is a condition in which a person defecates with a soft or liquid consistency, it can even be water either with or without mucus and blood only and the frequency is more frequent (usually three times or more) in one day and diarrhea in infants if the frequency of bowel movements more than four times [1]. Anxiety is a feeling that is general in nature, where a person feels afraid or loses self-confidence that is not clear or tangible. Anxiety is a natural thing that has been experienced by every human being. According to Kaplan, Sadock, and Grebb anxiety is a response to certain situations that are threatening, and is a normal thing that occurs with development, change, new experiences or that have never been done, as well as in finding self-identity and meaning of life. Anxiety is a reaction that anyone can experience [2]

According to data from the World Health Organization (WHO) in 2015, the mortality rate due to diarrhea in toddlers in Nigeria and India was 42% and the morbidity rate for toddlers with diarrhea was 39%. According to WHO, diarrheal disease is the second leading cause of death in children under five years, and is responsible for killing around 525,000 children every year. Diarrheal disease is a major cause of child mortality and morbidity worldwide, and most result from contaminated food and water sources. Worldwide, 780 million people do not have access to improved drinking water and 2.5 billion lack improved sanitation. Diarrhea due to infection is widespread throughout developing countries. The majority of these deaths 15% were caused by pneumonia followed by diarrhea as much as 9%. The estimated child mortality from diarrhea in Nigeria is around 151,700–175,000 per year [3].

Nationally, the case fatality rate (CFR) for diarrhea outbreaks (KLB) in 2014 was 1.14%, while the CFR target for diarrhea outbreaks was expected to be <1>1%), whereas in 2018 the CFR for Diarrhea has increased compared to 2017, namely to 4.76% [4]

According to North Sumatra in 2017, an estimated 180,777 cases of diarrhea were found and treated, or 23.45% of the case detection target. This achievement has decreased when compared to 2016 from the target of case detection of 761,557 cases found and handled of 235,495 cases (30.92%). If it is conventional with diarrhea morbidity rate (IR) per 1,000 population in 2017, this coverage will only reach 13/1,000 population. This IR achievement was far below the program's target of 270 per 1,000 population. The low IR is a concern not reflecting the decreased incidence of diarrheal disease in the community but rather due to the large number of unreported cases (under-reporting cases). Of the 33 existing districts/cities, the highest cases of diarrhea were found and handled in 3 (three) districts/cities, namely Samosir district (58.87%), Sibolga city (50.80%), and North Padang Lawas district (47.69%). %), while the lowest cases of diarrhea were found in West Nias district (2.87%), Padang Lawas district (4.32%) and Nias district (8.97%). Coverage of finding and handling cases of diarrhea per district/city [5]. The Labuhan Rasoki Health Center had 27 cases of diarrhea in 2019 and in 2020 there was an increase in cases of diarrhea as many as 36 mothers who had suffering toddler _ diarrhea started from January 13 2020 to October 19 2020.

Method

This type of research used is quantitative with a descriptive design. The research location chosen as the research location was at the Labuhan Rasoki Health Center, Padangsidimpuan Tenggara District And done on April 7, 2021. The population in this study were all mothers who had toddlers suffering from diarrhea at the Labuhan Rasoki Health Center with Sampling technique by Accidental Sampling. Data collected with method give questionnaire and with use measurement level Worry with HARS scale.

Results

1.Anxiety Level

No	Anxiety Level	Frequency	Percentage
1	Not Worried	0	0%
2	Light	0	0%
3	Currently	1	3%
4	Heavy	2	6%
5	Very heavy	28	91%
	Amount	31	100%

It can be seen that of the 31 respondents studied, 1 person (3%) had moderate anxiety levels, 2 people 6% severe anxiety levels, and 28 people (91%) very severe anxiety levels.

Anxiety Level based on Age

NO	Age	No Worried		Light		Currently		Heavy		S. Weight		Score	%
		F	%	F	%	F	%	F	%	F	%		
1	18-22 Years	0	0%	0	0%	0	0%	0	0%	4	100%	4	100%
2	23-27 Years	0	0%	0	0%	0	0%	2	25%	6	75%	8	100%
3	28-32 Years	0	0%	0	0%	1	10%	0	0%	9	90%	10	100%
4	33-37 Years	0	0%	0	0%	0	0%	0	0%	9	100%	9	100%

It can be seen from 31 respondents aged 18-22 years as many as 4 people (100%) with very heavy category. There were 8 people (100%) aged 23-27 years with a heavy category of 2 people (25%), and a very heavy category of 6 people (75%). Age 28-32 years as many as 10 people (100%) with moderate category 1 person (10%), and very severe category 9 people (90%). Age 33-37 years as many as 9 people (100%) with very heavy category.

1.Anxiety Level based on Education

NO	Education	No Worried		Light		Currently		Heavy		S. Weight		Score	%
		F	%	F	%	F	%	F	%	F	%		
1	SD	0	0%	0	0%	0	0%	0	0%	2	100%	2	100%
2	JUNIOR HIGH SCHOOL	0	0%	0	0%	0	0%	1	14%	6	86%	7	100%
3	SENIOR HIGH SCHOOL	0	0%	0	0%	1	8%	0	0%	11	92%	12	100%
4	College Tall	0	0%	0	0%	0	0%	1	10%	9	90%	10	100%

It can be seen from the 31 respondents with primary school education as many as 2 people (100%) with a very heavy category. 7 people with junior high school education (100%) with a heavy category of 1 person (14%) and a very severe category of 6 people (86%). There were 12 people with high school education (100%) in the moderate category 1 person (8%) and 11 people in the very severe category (92%). 10 people (100%) with higher education education with a heavy category of 1 person (10%) and a very severe category of 9 people (90%).

Anxiety Level Based on Work

NO	Work	Anxiety										Score	%
		No Worried		Light		Currently		Heavy		S. Weight			
		F	%	F	%	F	%	F	%	F	%		
1	Farmer	0	0%	0	0%	0	0%	1	9%	10	91%	11	100%
2	Self-employed	0	0%	0	0%	0	0%	0	0%	7	100%	7	100%
3	civil servant	0	0%	0	0%	0	0%	1	14%	6	86%	7	100%
4	No Work	0	0%	0	0%	1	17%	0	0%	5	83%	6	100%

It can be seen from the 31 respondents who work as farmers as many as 11 people (100%) with a heavy category of 1 person (9%) and a very heavy category of 10 people (91%). There are 7 people who work as entrepreneurs (100%) with a very heavy category. There were 7 people (100%) working as civil servants with a heavy category of 1 person (14%) and a very heavy category of 6 people (86%). Those who did not work were 6 people (100%) with a moderate category of 1 person (17%) and a very severe category of 5 people (83%).

Anxiety Level Based on Source Information

NO	Source Information	Anxiety										Score	%
		No Worried		Light		Currently		Heavy		S. Weight			
		F	%	F	%	F	%	F	%	F	%		
1	Print Media	0	0%	0	0%	1	14%	0	0%	6	86%	7	100%
2	Electronic Media	0	0%	0	0%	0	0%	1	9%	10	91%	11	100%
3	Officer Health	0	0%	0	0%	0	0%	1	8%	12	92%	13	100%

It can be seen from the 31 respondents who received information from Print Media as many as 7 people (100%) with a medium category of 1 person (14%) and a very heavy category of 6 people (86%). Those who received information from Electronic Media were 11 people (100%) with a severe category of 1 person (9%) and a very severe category of 10 people (91%). Those who received information from Health Officers were 13 people (100%) with moderate category 1 person (8%) and very severe category 12 people (92%).

Discussion

The majority of respondents experienced very severe levels of anxiety in dealing with diarrhea in toddlers, namely as many as 28 people (91%) and a minority of respondents experienced moderate levels of anxiety, as many as 1 person (3%). According to the researchers' assumptions, this was caused by a lack of counseling, visits and provision of information related to the condition of toddlers. After the researchers gave an explanation to mothers who had toddlers, it turned out that many did not understand how to deal with anxiety and ignored the factors, risks and causes of diarrhea.

The anxiety level of respondents based on the age of the majority experienced a very severe level of anxiety, namely 9 people (100%) aged 33-37 years and 1 person (10%) of moderate anxiety level respondents aged 28-32 years. According to Varcolaris (2005) that someone who has a younger age experiences anxiety level disorders than someone who is older, but there are also those who argue otherwise, meanwhile According to Hawari (2010) anxiety disorders can occur at all ages but more often in adulthood because many problems encountered. According to the assumption of the researchers, the results carried out by the researchers are directly proportional to the theory above, that anxiety can occur at all ages, although it is more common in adults.

The anxiety level of respondents based on education, the majority experienced a very anxious level of anxiety with 2 elementary school education (100%) and a minority of respondents with moderate anxiety level with high school education, 1 person (8%). Notoadmodjo (2012) who said that someone with a high level of education will be more rational in dealing with problems so that it will reduce anxiety levels. Researchers assume that mothers with high education will be able to overcome anxiety by using effective coping than someone with low education. According to the assumptions of the researchers, the results obtained by the researchers are directly proportional to the theory above because based on the education of the majority who have anxiety in the category of very severe anxiety, namely

elementary school education with very severe anxiety levels of 2 people (100%) than the minority who have very severe anxiety levels with high school education of 1 people (8%).

Anxiety level respondent based on work majority experience level worry very working weight _ as self-employed as many as 7 people (100%) and minority level worry working weight _ as farmer as many as 1 person (9%). According to Stuart & Sundeen (2009), said that worry can appear Because conflict role. Mother who has role double, works look for maintenance, care House ladder and must nurse sick child _ will raises worry Because no capable do role with ok. Various activity the increase activity Mother raises that fatigue _ Finally will stimulate anxiety. Fatigue can add anxiety. (Stuart & Sundeen, 2009). According to the assumptions of the researchers, the research carried out is directly proportional to the theory above because the results studied were the majority who worked as entrepreneurs as many as 7 people (100%), which resulted in a very heavy level of anxiety because they were unable to carry out their roles properly which resulted in fatigue which in turn Finally stimulate anxiety.

Anxiety level respondent based on source information majority experience level worry very heavy get source information from officer health as many as 12 people (92%) and minority respondent level worry heavy get source information from officer health of 1 person (8%). The more many information from officer health Good from doctor and nurse so will the more his anxiety also increased _ Because will more Lots know about illness _ _ her toddler. (Gass And Curiel, 2011). According to assumption researchers conducted _ researcher compared straight with the above theory Because research results _ majority level worry very the weight gain source information from officer health as many as 12 people (92%) resulted level worry increase Because will more Lots know about What only suffered _ her toddler.

Conclusion

Researcher can conclude:

1. The anxiety level of mothers who have toddlers is the majority of very severe anxiety levels as many as 28 people (91%) and a minority of moderate anxiety levels is 1 person (3%).
2. Based on the age, the majority of respondents experienced very severe anxiety, namely 9 people (100%) aged 33-37

years and a minority of respondents experienced moderate anxiety, namely 1 person (10%) aged 28-32 years.

3. Based on education, the majority experienced very severe anxiety, namely 2 people (100%) who had elementary school education and a minority of respondents experienced moderate anxiety, namely 1 person (8%) who had high school education.

4. Based on work, the majority experienced very severe anxiety, namely 7 people (100%) who worked as entrepreneurs and a minority of respondents experienced very severe anxiety, namely 1 person (9%) who did not work.

5. Based on information sources, the majority experienced very severe anxiety, namely 12 people (92%) who received information from health workers and a minority experienced severe anxiety, namely 1 person (8%) who received information from health workers.

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