

## ANALYSIS OF FACTORS AFFECTING MOTHERS' BEHAVIOR IN THE LINTAS DIARRHEA PROGRAM IN BANGUN REJO VILLAGE IN 2025

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### ABSTRACT

*Background: Diarrhea remains a major public health problem in Indonesia and is a significant cause of morbidity and mortality in young children, especially in areas with limited access to clean water and sanitation. Objective: This study aims to analyze the factors that influence mothers' behavior in implementing the LINTAS Diarrhea program in Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency. Method: This analytical cross-sectional study involved 35 mothers of infants selected using purposive sampling. Data were collected using a closed-ended questionnaire and analyzed using the Chi-Square test ( $p < 0.05$ ). Results: The majority of respondents had good knowledge (62.9%), positive attitudes (60.0%), supportive family support (57.1%), and easy access to information (65.7%). Knowledge ( $p = 0.001$ ), attitude ( $p = 0.020$ ), family support ( $p = 0.003$ ), and access to information ( $p = 0.002$ ) were significantly associated with mothers' behavior in LINTAS Diarrhea. Conclusion: Knowledge, attitude, family support, and access to information influence mothers' behavior in the prevention and management of diarrhea.*

**Keywords:** Diarrhea, LINTAS Diarrhea, Mothers' Behavior, Risk Factors

### INTRODUCTION

Diarrhea remains a serious public health concern at both the global and national levels. This disease can lead to severe dehydration, which can be fatal, particularly among children under five years of age (infants). Data from the World Health Organization (WHO) indicates that approximately 1.7 billion cases of diarrhea occur worldwide each year, with 525,000 deaths among children under five, most of which occur in developing countries. The primary factors contributing to the high incidence of this disease are limited access to clean water, poor sanitation, and low adoption of healthy living behaviors (PHBS).

In Indonesia, diarrhea is among the top ten causes of death among infants. The 2023 Indonesia Health Profile Report notes that the incidence of diarrhea among infants reaches 6.8%. In addition to causing death, diarrhea also impacts children's nutritional status, growth, and development, as well as increasing the economic burden on families.

North Sumatra Province, particularly Deli Serdang District, is an area with a relatively high incidence of diarrhea. In 2024, there were 4,782 cases of diarrhea in this district, with the majority of patients being infants. Bangun Rejo Village, located in Tanjung Morawa Subdistrict, is one of the areas with a significant number of cases. Local health center data reported 96 cases of infant diarrhea in the same year.

As a countermeasure, the LINTAS Diare (Cross-Sectoral Diarrhea Prevention) Program has been implemented, involving cooperation between the health, education, and village administration sectors. This program aims to increase public knowledge, shape positive attitudes, and encourage healthy behaviors in the prevention and treatment of diarrhea. However, even though this program has been running, preventive behaviors among mothers of toddlers still vary.

Factors such as knowledge, attitudes, family support, and access to health information are believed to influence mothers' behavior in preventing diarrhea. Therefore, this study was conducted to analyze the factors influencing mothers' behavior in implementing the LINTAS Diarrhea Program in Bangun Rejo Village, Tanjung Morawa Sub-district, Deli Serdang District, North Sumatra Province, in 2025. The results of this study are expected to serve as a basis for planning more effective public health interventions.

**MATERIALS AND METHODS**

This study used a cross-sectional analytical design. The population consisted of all mothers of toddlers in Bangun Rejo Village, and a sample of 35 people was taken purposively. Data were collected using a questionnaire that had been tested for validity and reliability. Independent variables included knowledge, attitude, family support, and access to information, while the dependent variable was maternal behavior in LINTAS Diare. Bivariate analysis was performed using the Chi-Square test.

**RESULTS**

From the results of the study conducted by the author entitled “Analysis of Factors Affecting Maternal Behavior in LINTAS Diarrhea in Bangun Rejo Village, Tanjung Morawa District, Deli Serdang Regency, North Sumatra Province in 2025,” the following research results were obtained.

**Table 1. Distribution of Respondent Characteristics**

<b>Age Characteristics</b>	<b>Frequency</b>	<b>Percentage (%)</b>
20–30 years old	20	57,1
31–40 years old	10	28,6
>40 years old	5	14,3
<b>Total</b>	<b>35</b>	<b>100</b>

Based on table 4.1, it can be seen that most of the respondents were 20 (57,1%) and 5 respondents (14,3.4%) >40 years old.

**Table 2. The Relationship Between Knowledge and Maternal Behavior**

<b>Knowledge</b>	<b>Good Behavior</b>	<b>Poor Behavior</b>	<b>Total</b>	<b>p-value</b>
Good	19	3	22	0,001
Less	5	8	13	
<b>Total</b>	<b>24</b>	<b>11</b>	<b>35</b>	

Table 2 shows a significant relationship between mothers' knowledge and behavior (p=0.001). Respondents with good knowledge tended to behave well, with a total of 22 compared to those with less knowledge.

**Table 3. The Relationship Between Support and Maternal Behavior**

Support	Good Behavior	Poor Behavior	Total	p-value
Supportive	18	2	20	0,003
Do not support	6	9	15	
<b>Total</b>	<b>24</b>	<b>11</b>	<b>35</b>	

Table 3 shows a significant relationship between support and maternal behavior ( $p=0.003$ ). Respondents who were supportive tended to behave well, with a total of 20 compared to those who were not supportive.

**Table 4. The Relationship Between Access and Maternal Behavior**

Access	Good Behavior	Poor Behavior	Total	p-value
Easy	20	3	23	0,002
Difficult	4	8	12	
<b>Total</b>	<b>24</b>	<b>11</b>	<b>35</b>	

Table 4 shows a significant relationship between access and maternal behavior ( $p=0.002$ ). Respondents who were supportive tended to behave well, with a total of 23 compared to those who were not supportive.

The results of the study indicate that knowledge, attitudes, family support, and access to information have a significant relationship with mothers' behavior in LINTAS Diare.

1. Knowledge: Mothers with good knowledge are more likely to exhibit good behavior ( $p=0.001$ ), consistent with Notoatmodjo's theory that knowledge influences health behavior.
2. Family support: Good family support influences mothers' behavior ( $p=0.003$ ).
3. Access to information: Easy access to information increases the likelihood of good behavior ( $p=0.002$ ).

## DISCUSSION

The results of this study indicate a significant relationship between knowledge, attitude, family support, and access to information with mothers' behavior in implementing LINTAS Diare. These findings are consistent with the health behavior theory proposed by Notoatmodjo (2014), which states that health behavior is influenced by predisposing factors (knowledge and attitude), enabling factors (access to information), and reinforcing factors (family support).

### Knowledge and Behavior

Respondents with good knowledge tend to have better preventive behavior (86.4%) compared to those with less knowledge (38.5%). Knowledge plays an important role as it forms the basis for attitudes and behavior. Research by Fitriani et al. (2020) also found that mothers who understand the causes and prevention of diarrhea are more disciplined in practicing clean living behaviors, such as washing their hands with soap and using clean water. This shows that knowledge-enhancing interventions through health education are highly effective in shaping preventive behaviors.

### Attitudes and Behavior

Positive attitudes are associated with good behavior ( $p=0.020$ ). Attitudes are a readiness or predisposition to act that is formed from prior knowledge and experience. Mothers who have positive attitudes toward diarrhea prevention will be more

motivated to take preventive measures. Research by Lestari & Yuliana (2021) reinforces that mothers' positive attitudes toward the importance of PHBS have a significant impact on reducing the incidence of diarrhea in toddlers.

### **Family Support and Behavior**

Family support has been proven to be an important factor ( $p=0.003$ ). This support is not only in the form of physical assistance, but also emotional and informational. Supportive families make it easier for mothers to access health facilities, provide hygiene facilities, and remind them to maintain healthy living behaviors. This finding is in line with the study by Prasetyo et al. (2019), which states that family support can increase mothers' compliance with disease prevention behaviors.

### **Access to Information and Behavior**

Easy access to information increases the likelihood of good behavior ( $p=0.002$ ). Accurate and relevant information enables mothers to make the right decisions regarding diarrhea prevention. Research by Handayani et al. (2022) shows that mothers who are frequently exposed to health information through the media and health workers are quicker to respond to the early signs of diarrhea in children.

### **Implications**

These results indicate the need for integrated interventions that focus not only on increasing knowledge, but also on fostering positive attitudes, strengthening family support, and facilitating access to information. Community health centers can work with posyandu cadres, community leaders, and local media to strengthen all four factors simultaneously.

## **CONCLUSION**

Based on the results of research and discussion, the authors conclude:

1. Most respondents had good knowledge, positive attitudes, supportive families, and easy access to information.
2. Knowledge, attitudes, family support, and access to information were significantly related to mothers' behavior in LINTAS Diare.

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