

# THE MYTH OF “EASY” IN CARRIER PERCEPTION OF CHILDREN WITH DIARRHEA IN THE CENTRAL ICU PICU ROOM JOMBANG REGENCY HOSPITAL

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**THE MYTH OF “EASY” IN CARRIER PERCEPTION OF CHILDREN WITH DIARRHEA IN THE CENTRAL ICU PICU ROOM JOMBANG REGENCY HOSPITAL**

By

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**ABSTRACT**

There are many myths about disease among the people that are believed to be true for generations. One of myth in children with diarrhea is a “enteng entengi” myth. “Enteng-Entengi” is myth from java that believes that diarrhea in children is a sign of increasing growth and development skills. This myth has an impact on delays in making decisions to bring children with diarrhea to health service facilities. The purpose of this study was to understand caregivers' perceptions of the "enteng-entengi" myth in children with diarrhea in the Central ICU (PICU) RSUD Jombang Regency. This study uses a qualitative approach to the type of instrumental case study research. According to the study criteria, there were 4 participant caregivers who accompanied the care of children with diarrhea in the central ICU PICU room. The research instrument uses structured interview guide and observation method by taking notes. The data analysis technique in this study uses Interpretative Phenomenological Analysis (IPA). The results of this study identified three themes. (1) The caregiver's knowledge of the “Enteng-Entengi” myth: all participants know that diarrhea in children is “enteng-entengi” myth. It is a sign that the child will have progress in growth and development such as teeth growing, learning to crawl, wanting to walk and being prone. (2) Caregiver's knowledge about diarrhea : Some participants said they had never received information about how to deal with diarrhea. (3) Caregivers' belief in the “enteng-entengi” myth: all participants believe that the cause of diarrhea in their children is because they take “enteng-entengi”. This myth is obtained from parents, grandmothers and neighbors. Health education is needed with quite intense so that this "enteng-entengi" myth can be reduced so that delays in bringing children to health services do not occur.

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**1. INTRODUCTION**

Toddlers are an age group that is susceptible to various diseases due to their weak immune systems. In addition, the life of toddlers still depends on their parents, so that health problems in toddlers are also the responsibility of parents which cannot be underestimated. One of the health problems for toddlers in Indonesia that often occurs is diarrhea. Often people have various perceptions related to diarrheal disease. These different perceptions often cause problems, for example the problem of delays in making decisions to bring toddlers to the hospital. One of the public perceptions of diarrhea in infants is a sign of increased intelligence, such as wanting to walk. There are also those who think that diarrhea which is often suffered by infants and children is caused by the influence of air, which is often

known as "colds". Because the perception of the causes of disease is different, the treatment is also different (Khasanah, 2011).

Based on data from the Republic of Indonesia Ministry of Health (2019) in RISKESDAS (Basic Health Research) in 2018 the prevalence of diarrhea reached 12.3% with the age group 1-4 years (12.8%) and female sex (8.3%) was a group the most sufferers. The prevalence of diarrhea in 2019 has decreased compared to the previous year, namely 4.5%. Even so, diarrheal disease is still a major health problem in toddlers in Indonesia and is also the most common health problem in toddlers in Indonesia

Central ICU Room (PICU) Jombang District General Hospital. Data from the Central ICU (PICU) in 2019 found 48 patients with diarrhea with dehydration with details of severe dehydration 44 patients, moderate dehydration 4 patients, 18 patients died, 30 patients moved rooms. Data for 2020 from January to August found data on diarrhea patients with dehydration of 30 patients with details of severe dehydration 22 patients, 1 patient moderate dehydration, 7 patients died, 23 patients moved rooms. Based on the results of interviews conducted with a mother of several mothers who were waiting to be hospitalized for a child with diarrhea in the PICU (Pediatric Intensive Care Units) room of the Jombang District Hospital, it was revealed that the delay in bringing her to the hospital was due to the belief that diarrhea was a marker. Mothers believe that having diarrhea is normal because they want to be able to crawl or walk, so they don't need to be given medication. So when a child has diarrhea, the family is not immediately taken to a health worker because it is considered a normal thing too.

Many factors can cause diarrhea in toddlers such as infections caused by bacteria, viruses and parasites or disturbances in the absorption of food in the intestine (malabsorption), allergies, chemical poisoning or the presence of poisons contained in food, immunodeficiencies, namely decreased immunity and other causes (Aziz, 2006). Research conducted by (Nurul Utami, 2016) that there are several factors that influence events diarrhea in children, namely sociodemographic factors consisting of parents' education and occupation and age of the child, as well as behavioral factors, namely the habit of washing hands and washing fruits and vegetables before consumption.

When a child has diarrhea and vomiting continuously, at first he feels thirsty because (lack of body fluids) is light, so his lips look dry. In addition, the skin becomes wrinkled, and the eyes and fontanel are sunken (in children younger than 18 months). Usually the most fatal impact of dehydration is shock. In severe dehydration, breath feels short, can even be unconscious (Maya, 2012). But in reality, there are still people's views that are wrong in the initial handling of diarrhea, especially children, due to a lack of knowledge from parents or parents who think that diarrhea is a natural thing to happen to children as a form of increasing the child's intelligence so that errors occur in handling it with complications. can cause death (Khasanah, 2011).

Activities to prevent diarrheal diseases that are correct and effective, namely healthy behavior consisting of breastfeeding until the age of 6 (six) months, providing complementary food for breastfeeding, using sufficient clean water, washing hands, using the latrines, disposing of baby's feces properly and administering measles immunization immediately after the baby is 9 months old to prevent the baby from getting measles, because children with measles are often accompanied by diarrhea so immunization

Measles is one way to prevent diarrhea. Other activities that can prevent the occurrence of diarrhea are environmental sanitation which consists of providing clean water, waste management and waste water disposal (Kasaluhe, 2014). In addition, efforts that can be made to prevent diarrhea in toddlers are by improving mother's behavior in food hygiene, so that mothers can provide hygienic food for toddlers (Fida and Maya, 2012).

It is known that the behavior of managing diarrhea at home has not shown improvement and has not met expectations, because there are still several children under five with diarrhea who come to health services in a state of moderate or even severe dehydration. Many people still believe in myths or think wrongly about diarrhea or diarrhea. They think that diarrhea is a sign that the child will get fat, a sign that the child will grow teeth and a sign that the child will be able to walk or in Javanese "take it easy" (Rahman, 2018). Therefore, this research is expected to assist nurses in exploring the perceptions of mothers who have children with diarrhea about the "take it easy" myth.

## 2. METHODS

This research is a type of qualitative research with a phenomenological approach. Phenomenology aims to interpret our social actions and those of others as meaningful (interpreted) and can reconstruct derivative meanings (meanings that are used next moment) of meaningful action on individual intersubjective communication in the world of social life (Strauss, 2017). The purpose of this study is to understand caregivers' perceptions of the "take it easy" myth. in children with diarrhea in the Central ICU (PICU) Jombang District Hospital.

The focus of this research is to understand and describe caregivers' perceptions of the "take it lightly" myth. in children with diarrhea.

The chosen research location was in the Central ICU PICU room at the Jombang Regency Hospital, while the actors who acted as participants were mothers as caregivers for children with diarrhea in the Central ICU PICU room



at the Jombang Regency Hospital.. There are 4 participants. The method of selecting participants in this study was not directed at the number but based on the principle of suitability and adequacy to reach data saturation. This research was conducted in the ICU Central (PICU) room at the Jombang District Hospital in January - July 2021. The data analysis technique in this study used Interpretative Phenomenological Analysis (VIOLENCE).

### **3. RESULTS**

#### **1. Caregivers' Knowledge of the "Take it Easy" Myth**

Various signs of "taking it lightly" expressed by the participants found during the interview stage. At this stage of the interview, questions were asked from a variety of different points of view with the aim of digging deeper into the views and knowledge of the participants related to the signs of "taking it lightly". kindly

The mythical concept of "taking it lightly" in this study is the assumption that diarrhea is a sign that a child will be smart, a sign that a child will become fat, a sign that a child will grow teeth and a sign that a child will be able to walk.

There are many different dynamics from the participants' expressions about "take it easy" signs. According to the participants (P1, P3, P4) that the signs of "taking it easy" are teeth that want to grow. One participant (P3) revealed that the sign of "taking it easy" was learning to crawl. Two participants (P3, P4) revealed that the sign of "taking it easy" was wanting to walk. Being prone as a sign of "take it lightly" was expressed by one participant (P1). Three participants (P2, P3, P4) revealed that the signs of "taking things lightly" were wanting to get smarter. According to participants (P1, P2), the source of information about "taking things lightly" was from neighbors. One participant (P3) revealed a source of information "take it lightly" from his parents. And one participant (P4) said that the source of information about "take it easy" from his grandmother.

The signs of "taking it lightly" found in this study were based on participants' expressions, namely teeth wanting to grow, learning to crawl, wanting to walk, being prone, and wanting to get smarter. While the source of information about "take it easy" based on the participants' expressions, namely people people, neighbours, parents, and grandmothers.

#### **2. Caregiver Knowledge About Diarrhea**

Based on the questions submitted to the four participants about signs of diarrhea. Participants (P3) stated that signs of diarrhea were diarrhea many times times, vomiting, weakness, while one participant (P4) revealed that the signs of diarrhea were liquid stools.

The participants' knowledge about the causes of diarrhea based on the results of interviews with participants (P1) revealed that the causes of diarrhea were wrong eating, lack of cleanliness, and the weather. Whereas one participant (P3) revealed that the cause of diarrhea in his child was because it was taken lightly.

The results of this study found that there was one participant (P1) who said that he had never received information about how to deal with diarrhea. Meanwhile, participants (P2, P3, P4) stated that they had received information about how to deal with diarrhea.

#### **3. Caregivers' Beliefs in the Myth of "Enteng-Entengi"**

Based on the results of this study, it was found that according to the participants (P1), it was revealed that people's belief in "take it lightly" myths was normal and there was no need to be afraid. Participant (P2) revealed that people's belief in "light" myths like that would happen, while participant (P3) revealed that society believed in "taken lightly" myths that would definitely happen to children, and participant (P4) said the community to the "light-hearted" myth is a natural thing.

As for the results of interviews about caregivers' beliefs about the "take it lightly" myth, one participant (P2) revealed that diarrhea had nothing to do with "take it lightly". Meanwhile, participants (P3) revealed that they did not believe in the "taken lightly" myth.

### **4. DISCUSSION**

#### **1. Caregivers' Knowledge of the "Take it easy" Myth**

The results of this study indicate that there are variations on the signs of "taking it lightly" that the signs of "taking it lightly" are teeth wanting to grow, learning to crawl, wanting to walk, being on your stomach, and wanting to get smarter. The majority of participants said that the sign of being "take it easy" is wanting to get smarter. This is in line with what was conveyed by Rahman (2018) that many people still believe in myths or think wrongly about diarrhea or diarrhea. They assume that diarrhea is a sign that the child will get fat, a sign that the child will grow teeth and a sign that the child will be able to walk or in Javanese "lightly take it easy".

Based on the participants' expressions about the sign of "take it easy" want to get smarter. In line with the research conducted (Khasanah, 2011) that from the point of view of the modern medical system, the existence of

different public perceptions of disease often causes problems. There are people in several areas who think that babies who experience diarrhea in infants are because the baby has increased in intelligence, as if he wants to walk. There are also those who think that diarrhea which is often suffered by infants and children is caused by the influence of air, which is often known as "colds".

Based on this opinion, it can be concluded that the caregiver's knowledge about the "take it easy" myth is formed from perceptions about the positive aspects of the child's future developmental stages. This shows increasingly felt the need to provide understanding and understanding to caregivers about the stages of children's development according to their level of education.

## 2. Caregiver Knowledge About Diarrhea

This study resulted in a second theme, namely caregiver knowledge about diarrhea including knowledge about the signs of diarrhea, knowledge about the causes of diarrhea, and information about how to deal with diarrhea.

Based on the participants' expressions in the first sub-theme, the signs of diarrhea are frequent diarrhea, vomiting, weakness, and loose stools. This is in line with the theory according to (IDAI, 2012) that diarrhea is a state of abnormal excretion of feces which is characterized by an increase in the volume and runny stool and the frequency of defecation more than 3 times a day (in neonates more than 4 times a day) with or without mucus blood .

Based on the expressions conveyed by the participants that the sign of diarrhea is vomiting. Related to vomiting according to (Suraatmaja, 2007) complications that can occur if the patient is dehydrated due to diarrhea are hypernatremia, hyponatremia, fever, edema/overhydration, acidosis, hypokalemia, ileus paralyticus, seizures, lactose intolerance, glucose malabsorption, vomiting, failure kidney.

The results of the study were based on the participants' expressions about the signs of diarrhea, namely weakness in the body. Referring to (Dep. Kes RI, 2017) that the body is weak or feeling tired is included in the effects of diarrhea. Diarrhea can cause fever, pain stomach, decreased appetite, fatigue and weight loss. The second sub-theme is the causes of diarrhea, based on the participant's statement that the causes of diarrhea are wrong eating, lack of cleanliness, weather, taking things lightly. According to (Purwaningdyah, 2015) that diarrhea is caused by several factors, including inadequate environmental health, unsatisfactory nutritional status, socioeconomic conditions and community behavior which directly or indirectly affect the occurrence of diarrhea. Apart from that, diarrhea can also be caused due to unhealthy food or food that is processed in an unclean way so that it is contaminated with bacteria that cause diarrhea such as Salmonella, Shigella and Campylobacter jejuni (Purwaningdyah, 2015).

The research conducted (Tutut Sulistiyowati, 2017) also states that one of the causes of diarrhea in children is the cleanliness of the food consumed which is less hygienic. Mother's behavior regarding food hygiene influences the incidence of diarrhea. The better the mother's behavior regarding food hygiene, the less the incidence of diarrhea in toddlers.

The third sub-theme in this study was information about how to deal with diarrhea, one participant never received information from health workers, and three participants had received information from health workers. Based on research conducted by (Meliyanti, 2016) that 85.4% had never received health information, this was influenced by educational factors, low mother's knowledge, and mother's understanding to the information that has been given so that there are still many mothers who do not know the things that can cause diarrhea in toddlers. So the need for optimization in helping parents understand diarrhea.

Research conducted (Mukarramah, 2018) that knowledge is very important for everyone, knowledge can be obtained from anywhere and anytime. Knowledge about the initial handling of toddlers with diarrhea at home is very important for mothers to help mothers provide assistance to their children who suffer from diarrhea

Based on Lawrence Green's theory in (Notoatmodjo, 2010) which analyzes human behavior from the health level. The health of a person or community is influenced by one of the driving factors (reinforcing factor) which is manifested in the attitudes and behavior of health workers/other officers who are a reference group of people's behavior regarding health information, this supports that. Information can be said as knowledge obtained from learning, experience, or instructions that can be obtained from various sources, namely through health services and electronic media which greatly affect knowledge.

Based on the expressions of the caregivers, actually the caregivers already know about the signs of diarrhea, the causes of diarrhea only need to improve their understanding. In this case what can be done is the need for cooperation between parents, cadres, community leaders, health workers to provide counseling to the community in particular parents who have toddlers about diarrhea. It is also important to explain about preventing the occurrence of diarrhea to parents, namely by behaving positively in everyday life, especially in terms of hygiene food so that parents can provide appropriate food hygiene for toddlers. Mother's behavior is very important to prevent diarrhea in children because diarrhea is a dangerous disease and can attack anyone, especially toddlers.

## 3. Caregivers' Beliefs in the Myth of "Enteng-Entengi"



The results of this study found two sub-themes, the first sub-theme, namely people's belief in light myths with sub-sub-themes namely normal, don't be afraid, yes it's like that, sure, natural. While the second sub-theme is the caregiver's belief in myths that are taken lightly with the sub-sub-themes that have nothing to do with it, and do not believe it. <sup>2</sup>

This is in line with the results of research conducted by (Sumarno, 2016) entitled community perceptions about diarrhea and how to seek treatment for it in two villages in Boyolali district. The results of his research on people's perceptions of diarrhea are, according to mothers, what is called diarrhea is diarrhea. All mothers participating in the focus group discussions stated that all of their children had experienced diarrhea 3 times a day or more. According to them, what is meant by diarrhea is when a child's feces are watery or runny. However, mothers think that diarrhea is a normal or natural occurrence in children, so it is not too important to receive special attention, unless if the frequency of diarrhea is more than 5 times a day.

The results of his research on the opinion of the community about the causes of diarrhea (diarrhea) are that according to the people in the two villages concerned diarrhea in infants can occur because certain things that happen are experienced either by the baby directly or by the mother who is breastfeeding. That what is done and happens to the mother can cause the child to have diarrhea because it is transmitted from mother to child through her milk. In his opinion, small children or babies have diarrhea because of a bad cold, playing in the water, or eating sour things. From the community's perception of the causes of diarrhea, it appears that the community tries to invent according to their level of knowledge about simple natural and health concepts. Bacteria and viruses that cause diarrhea that are not visible to the naked eye are things that are beyond their reason, so they are not referred to as causes of diarrhea, or maybe even considered things that never exist.

According to (Khasanah, 2011) in his research that other beliefs about fever and diarrhea in infants are because these babies increase in intelligence as they want to walk. There are also those who think that diarrhea is often suffered by infants and children

Children are caused by the influence of air, which is often known as "colds". The conclusion that can be drawn from the description above is that the community taking things lightly in this case with symptoms of diarrhea is a natural or common thing and this definitely happens to toddlers. Different perceptions or opinions of society towards disease can cause problems. So, it is necessary to explain to the public that diarrhea (lightly) is not normal but it is a disease that must be treated immediately because if it is handled too late it can cause death in toddlers.

## 5. CONCLUSIONS

Based on the results of the study, the researcher can conclude that the description of caregiver perceptions of the "take it lightly" myth is that caregivers perceive diarrhea as a sign that a baby or child will grow teeth, want to get smarter like learning to crawl, want to walk, while lying on their stomach. This perception has been passed down by caregivers for generations from parents, grandmothers and neighbours. Caregivers think the myth of "taking it lightly" in children with diarrhea is a natural thing, and there is no need to be afraid.

## RECOMMENDATIONS

Health education is needed which is quite intense so that this "take it easy" myth is diminishing so that delays in bringing children to health services can be suppressed. Counseling to community related to diarrhea which includes the definition of diarrhea, signs of diarrhea, causes of diarrhea, initial treatment when infants or children have diarrhea, and treatment when infants or children have diarrhea needs to be done.

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