

## **Hand Washing Training for Posyandu Cadres**

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### **ABSTRACT**

Washing Hands with Soap (CTPS) is a form of Clean and Healthy Living Behavior (PHBS) to prevent and control diarrhea and typhoid infections, especially in children. The incidence of diarrhea and typhoid infections in children is still high. Hand hygiene is one factor in preventing the transmission of diarrhea and typhoid infections through food handled with dirty hands. The healthy behavior of washing hands with soap, which is one of the Clean and Healthy Living Behaviors (PHBS), has now become a global concern, this is because the problem of lack of practice of hand washing behavior does not only occur in developing countries, but also in other countries. Therefore, hand washing training is needed for posyandu cadres as an intermediary for achieving PHBS through washing hands with soap.

**Keywords:** Hand Washing, Posyandu Cadres, Training

Received: January 8, 2025

Revised: February 11, 2025

Accepted: March 20, 2025



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### **INTRODUCTION**

Diarrhea and typhoid infections are acute infections that occur in the digestive tract caused by various bacteria such as *Salmonella*, *Escherichia coli*, *Shigella*, *Campylobacter*, *Amoeba* and *Salmonella typhi*. The most frequent symptoms of this bacterial infection are diarrhea, nausea, vomiting, fever for more than seven days followed by other non-specific symptoms such as anorexia, or nausea and vomiting. In severe cases, it can be accompanied by mild to moderate to severe dehydration and impaired consciousness due to diarrhea and typhoid infections. Complications that can occur are severe dehydration, intestinal perforation, intestinal bleeding, coma and death.

The diagnosis is made based on the presence of bacteria in the blood through culture. Diarrhea and typhoid infections are infectious diseases that are a public health problem with a total of 22 million cases per year in the world and cause 216,000–600,000 deaths. In Indonesia, diarrhea and typhoid infections must receive serious attention from various parties, because these diseases are endemic and threaten public health (Hardianto, 2019).

2018 Basic Health Research data reveals that in Indonesia, diarrhea is still the cause of child deaths, namely 31 percent of children under the age of one year and 25 percent of deaths among children aged between one and four years. In fact, one of the cheapest ways to prevent death and disease related to diarrhea is to wash your hands with soap. According to WHO data (2014), washing hands with soap can reduce the risk of diarrhea by 40% and the risk of

acute respiratory infections, including pneumonia, by 20% (Pramita, 2017). According to 2018 Riskesdas data, the main cause of child death is pneumonia (23 percent), while for children aged 5-14 years it is diarrhea, typhus, accidents and neoplasms. For children over 15 years old, the main causes of death are accidents, tuberculosis and maternal complications. Based on the results of Riskesdas in 2007, diarrhea was the main cause of death for children under five, namely 25.2% compared to pneumonia which was only 15.5%. Based on data from the World Health Organization (WHO), every year 100,000 Indonesian children die from diarrhea, while data from the Ministry of Health shows that among 1000 residents there are 300 people who contract diarrhea throughout the year (Indonesian Health Profile 2013). According to Riskesdas data in 2018, the prevalence of ISPA in Indonesia was 4.4%, while diarrheal disease in 2013 was 4.5%, then increased to 6.8% in 2018. Washing hands is the most important basic technique in preventing and controlling diarrhea and typhoid infections. Diarrhea and typhoid infections are problems in the health sector that continue to grow over time. Based on data from WHO (World Health Organization), diarrhea, ARI (Acute Respiratory Infection) and diarrheal and typhoid infections are infectious diseases that are still a health problem in Indonesia. The cause of infectious diarrheal diseases in Indonesia which is influenced by climate is also supported by other factors, for example lack of public awareness of hygiene (Hasanah U., Mahardika DR, 2020). Washing your hands using water and soap (CTPS) can more effectively clean dirt and worm eggs that stick to the surface of the skin, nails and fingers on both hands. The habit of not washing your hands before eating has a greater risk of contracting diarrhea and typhoid infections compared to the habit of washing hands before eating. Washing your hands with soap (CTPS) followed by rinsing with running water will remove many of the microbes on your hands. Dirty or contaminated hands can transfer pathogenic bacteria and viruses from the body, feces or other sources to food (Sustaningsih, 2018) (Panirman, 2020).

## METHODS

The method used is knowledge, this occurs after people carry out experiments on a particular object. Knowledge about positive and negative things that influence attitudes and behavior. Where the respondent knows in advance the stimulus or material about hand washing so that it will give rise to new knowledge, which will then give rise to the respondent's attitude towards the objects they know. This training was held to determine the level of knowledge of posyandu cadres regarding how to wash their hands with soap as a clean and healthy living behavior, to prevent and control typhoid diarrhea infections. Training is carried out by providing counseling, training and assistance to posyandu cadres in the practice of washing hands with soap. Evaluation is carried out to find out how effective this training is in achieving the desired goals.

## RESULTS



The service team conducted hand washing training for posyandu cadres. The number of respondents who came was 10 respondents. Counseling and training using power point and brochure media. The training activity began with the delivery of material, followed by discussion and question and answer with the respondents (posyandu cadres), then the cadres took turns demonstrating how to wash hands with soap (CTPS).



## DISCUSSION

This training aims to increase the knowledge and skills of posyandu cadres about the importance of washing hands with soap (CTPS) in preventing and controlling diarrhea and typhoid infections. Knowledge can be obtained from direct experience or experience conveyed by other people.

## CONCLUSION

The benefits of this training include being able to make cadres pioneers of a clean and healthy lifestyle by teaching children to wash their hands with soap through the posyandu program. So, children can get into the habit of a clean and healthy lifestyle, especially the washing skills among posyandu cadres. habit of washing their hands with soap after The improvement is proven by the cadres' every activity. ability to demonstrate how to wash their hands on their own. Based on the training carried out, there was n increase in knowledge and hand hygiene.

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