

ABSTRACT

Infectious disease in children under five may decrease the nutritional status thus disturbing growth period. Diarrhea is a common infectious disease in toddlers. The incidence of diarrhea in toddler in Indonesia is still high and needs serious attention. The main nutritional needs of children under five after 6 months was obtained from weaning food (MP-ASI). Preparing weaning food unhygienically increases risk of contamination by pathogens which is the main factor that cause diarrhea. Caregivers hygiene plays an important role in the food consumed by toddler. This study aims to find perceptions and practices about food and personal hygiene among caregiver of children suffering from diarrhea.

This study used qualitative methods. Data presented in descriptive form. The research subject is the primary caregivers of children under five who are or have had diarrhea for the last 2 weeks in Surabaya Bulak village. Data collection techniques used were in-depth interviews and observation. Data were analyzed using content analysis.

The results showed that the informants perceived both personal and food hygiene related to the incidence of children diarrhea. Informants perceived causes of diarrhea can be derived in terms of health and other causes beyond health. Informant understanding of the application of proper hygiene is good enough. In practice, practice personal hygiene and food are still ignored, such as hand washing, hygiene of utensils and cooked food storage.

This study concluded that caregivers has a good perception on some aspects of personal hygiene and weaning food, but in practice it is not done. Improved knowledge, support and motivation to toddler caregivers necessary to raise awareness in applying proper hygiene behavior.

Keyword: Perception, Practice, Diarrhea, Hygiene, Weaning Food