

ABSTRAK

Latar Belakang: Diare masih menjadi salah satu penyebab utama morbiditas pada balita. Pemberian zinc selama 10 hari merupakan terapi yang direkomendasikan untuk mempercepat penyembuhan dan mencegah kekambuhan. Namun, kepatuhan ibu dalam memberikan zinc masih dipengaruhi oleh berbagai faktor, salah satunya adalah tingkat pengetahuan.

Tujuan: Mengetahui hubungan antara pengetahuan ibu dengan kepatuhan pemberian zinc selama 10 hari pada balita diare di wilayah kerja UPT Puskesmas Cikelet Tahun 2026.

Metode: Penelitian ini menggunakan desain kuantitatif analitik dengan pendekatan *cross-sectional*. Populasi penelitian berjumlah 45 ibu yang memiliki balita diare penerima terapi zinc, dengan sampel sebanyak 34 responden yang dipilih menggunakan teknik *purposive sampling*. Data dikumpulkan menggunakan kuesioner pengetahuan ibu dan kepatuhan pemberian zinc yang telah diuji validitas dan reliabilitas. Analisis data dilakukan secara univariat dan bivariat menggunakan uji Pearson Chi-Square dengan tingkat kemaknaan $\alpha = 0,05$.

Hasil: Sebagian besar responden memiliki tingkat pengetahuan baik (38,2%), pengetahuan cukup (35,3%), dan pengetahuan kurang (26,5%). Hasil uji Fisher–Freeman–Halton Exact Test menunjukkan nilai $p = 0,003$ ($p < 0,05$), yang menunjukkan adanya hubungan yang signifikan antara tingkat pengetahuan ibu dengan kepatuhan pemberian zinc selama 10 hari pada balita diare di wilayah kerja UPT Puskesmas Cikelet Tahun 2026.

Kesimpulan: Terdapat hubungan yang signifikan antara pengetahuan ibu dengan kepatuhan pemberian zinc selama 10 hari pada balita diare. Peningkatan pengetahuan ibu melalui edukasi kesehatan diharapkan dapat meningkatkan kepatuhan pemberian zinc sehingga mendukung keberhasilan penatalaksanaan diare pada balita.

Kata kunci: balita diare, kepatuhan, pengetahuan ibu, pemberian zinc.

ABSTRACT

Background: Diarrhea remains one of the leading causes of morbidity among children under five years of age. Zinc supplementation for 10 consecutive days is recommended as part of standard diarrhea management to accelerate recovery and reduce the risk of recurrence. However, mothers' adherence to administering zinc is influenced by several factors, including their level of knowledge.

Objective: To determine the relationship between mothers' knowledge and adherence to 10-day zinc supplementation among children under five with diarrhea in the working area of the Cikelet Community Health Center (UPT Puskesmas Cikelet) in 2026.

Methods: This study employed a quantitative analytic design with a cross-sectional approach. The study population consisted of 45 mothers of children under five with diarrhea who received zinc therapy, with a sample of 34 respondents selected using purposive sampling. Data were collected using validated and reliable questionnaires assessing mothers' knowledge and adherence to zinc supplementation. Data were analyzed using univariate analysis and the Pearson Chi-Square test with a significance level of $\alpha = 0.05$.

Results: Most respondents had a good level of knowledge (38.2%), followed by moderate (35.3%) and poor knowledge (26.5%). The Pearson Fisher–Freeman–Halton Exact Test showed a statistically significant association between mothers' knowledge and adherence to 10-day zinc supplementation ($p = 0.003$; $p < 0.05$). These findings indicate that mothers with higher levels of knowledge were more likely to adhere to the recommended zinc supplementation regimen.

Conclusion: There was a statistically significant relationship between mothers' knowledge and adherence to 10-day zinc supplementation among children under five with diarrhea. Improving mothers' knowledge through health education is expected to enhance adherence to zinc supplementation and support successful diarrhea management in children under five.

Keywords: children under five; diarrhea; maternal knowledge; adherence; zinc supplementation.