

ARTICLE INFO*Article History:*

Received MM, DD, YYYY

Accepted MM, DD, YYYY

Revised from MM, DD, YYYY

Published online MM, DD, YYYY

ISSN :**E-ISSN :****INDONESIAN JOURNAL OF ISLAM AND PUBLIC HEALTH**

Volume 1, No 1 (2021)

Website : www.jurnal.umj.ac.id/index.php/IJIPHE-mail: ijiph@umj.ac.id**THE INFLUENCE OF THAHARAH BEHAVIOR IN DAILY LIFE ON DIARRHEA DISEASES****Ernyasih¹, Abul A'la Al Maududi¹, Nur Romdhona¹, Dadang Herdiansyah¹, Rohimi Zamzam²**¹Faculty of Public Health, University of Muhammadiyah Jakarta²Faculty of Educational Science, University of Muhammadiyah Jakarta*Correspondence Author : ernyasih@umj.ac.id**ABSTRACT**

Diarrhea is a disease characterized by a change in the stool with bowel movements 3 times a day. In 2014 the incidence of diarrhea in East Java reached 106%, in Malang Regency it reached 53,383 people (34.40%), among them were under five (in the 6-35 month age group, because children began to actively play and were at risk of infection) and the rest all ages due to the low hygiene and healthy lifestyle. The purpose of this paper is to increase public knowledge in an Islamic perspective, namely thaharah against diarrhea, with preventive measures, namely Clean and Healthy Behavior (PHBS). Data obtained from literature reviews downloaded through the 5 journals regarding the relationship between behavior and diarrhea. There is a relationship between Clean and Healthy Behavior against diarrhea which is obtained from 5 public behavior journals by improving clean water facilities, providing latrines for families who do not have this access, increasing information provision to the community about good Clean and Healthy Behavior and true through the media and in collaboration with schools or Public Health Centre.

Keywords: *thaharah, diarrhea, clean and healthy behavior*

Background

Diarrhea is a disease characterized by a change in the shape of the stool with excessive bowel movements, which is more than 3 times a day. If not treated immediately, there will be a lack of fluids which can cause death.¹ Diarrhea is an environmental-based public health problem² and is a major cause in Indonesia because of the high morbidity and mortality.³ According to WHO (2010), diarrhea is ranked fifth in the top 10 death diseases in the world.⁴ In addition, according to Data and Information on Indonesia's Health Profile (2017) the number of diarrhea cases handled in all provinces was 4,274,790 (60.4%).⁵

Diarrhea extraordinary events (KLB) are still common, with the CFR rate that is still quite high.⁶ In 2008, there were 69 sub-districts with 8,133 cases and 239 deaths (CFR 2.94%). 2009 occurred in 24 sub-districts with 5,756 cases and 100 deaths (CFR 1.74%), while 2010 occurred in 33 sub-districts with 4,204 patients with 73 deaths (CFR 1.74%). (RI, no date). In

2014 the incidence of diarrhea in East Java reached 106%, in Malang Regency it reached 53,383 people (34.40%), among them were under five (in the 6-35 month age group, because children began to actively play and were at risk of infection) and the rest all ages due to the low hygiene and healthy lifestyle.⁷

Cleanliness according to Islamic teachings is called *Thaharah* (holy),⁸ a condition that must be met for every Muslim before praying, namely avoiding hadast and uncleanness, both place, clothing, body and mind.⁹ This study aimed to increase public knowledge in an Islamic perspective, namely *thaharah* against diarrhea, with preventive measures, Clean and Healthy Behavior (PHBS).

Methods

This article used a literature review, by examining journals published in the last five years, regarding people's behavior towards diarrhea which was downloaded through the journal portal. From the journals, we summarized some of the research results and analyze existing data in the five journals. Data regarding journals was accessed by using the google scholar search engine. The keywords used were *thaharah* behavior, clean and healthy behavior, and diarrhea.

Results and Discussions

In a study conducted by Mawan et al. In 2017 with the title Development of a Video Counseling of Clean and Healthy Behavior (PHBS) with Character Values on Increasing Public Knowledge in Managing Diarrhea, it was found that people's knowledge had increased about clean and healthy behaviors. This type of research is development using the ADDIE model and tested using one group pre-test post-test design with a total sample of 30 people. The test results were analyzed by using paired sample t-test. The results showed that the pre-test scores were 61.33 and the post-test 89.10, and the hypothesis testing results obtained p value $< \alpha$ (0.05). The conclusion was the PHBS counseling video contains effective character values in increasing public knowledge.⁷

Irianty et al conducted a study in 2018 discussing the Relationship of Clean and Healthy Behavior (PHBS) with Diarrhea in Toddlers. This research was conducted with analytic survey and cross sectional design and chi square analysis conducted in the work area of Martapura Barat Public Health Centre with a sample of 76 respondents who had children under five. There was a relationship between the use of clean water (P value $0.026 < \alpha$), the use of healthy latrines (P value $0.049 < \alpha$), and the behavior of washing hands with soap (P value $0.001 < \alpha$) towards

the incidence of diarrhea. This study conclude that clean and healthy behavior against diarrheal disease was still low because it has not been fully established.¹⁰

Sari et al in 2016 conducted a study, namely the factors related to clean and healthy living behavior as an effort to prevent diarrhea disease in students at SDN Karangtowo, Karang Tengah subdistrict, Demak regency. This type of quantitative research with analytic survey and cross sectional design was conducted on 51 fourth grade students of SDN Karangtowo, Karang Tengah District, Demak Regency. As many as 33.3% of respondents had clean living habits and health care as an effort to prevent diarrhea. Meanwhile, 66.7% of respondents have poor hygiene and healthy lifestyle. It was concluded in this study that students living clean and healthy behavior towards diarrhea disease was still low.¹¹

According to research conducted by Pratiwi and Haqi in 2019 regarding the Factors Affecting the Incidence of Diarrhea in Tambak Sari, Surabaya City. This research was an analytical study using the chi square test and primary and secondary data collection. The conclusion obtained that there was a significant relationship between cleaning the environment, making and consuming ORS, funds for hand washing behavior for 3 months in RW VI Rangkah Buntu Village, Surabaya.¹

Research conducted by Sari in 2018 discussed the Development of Clean and Healthy Living Behavior (PHBS) among Santri with qualitative descriptive research types and the type of research approach was qualitative field studies and with primary and secondary data. In this study, it can be concluded that the development of clean and healthy living habits is not optimal and there was a need for awareness to students about the importance of implementing PHBS practices.¹¹

Based on the results of the literature review of 5 journals, 5 journals were found to have a relationship between clean and healthy behavior (PHBS) on diarrhea disease. It was suspected that good hygiene and healthy living habits can overcome or prevent diarrhea. In Islamic teachings, thaharah teaches people to always live cleanly in an effort to prevent infectious diseases such as diarrhea.

Thaharah according to language means to be purified or clean, the words that must be fulfilled by every Muslim in performing worship,¹² namely being clean from hadas and unclean, both places of worship, clothes worn and thoughts. Small hadas can be removed by ablution, large hadas can be removed by doing janabah bath.¹³ If ablution and janabah bathing cannot be done, it can be replaced by performing tayammum.

As in the hadith of the Prophet Muhammad. Said which means:

"Indeed, Allah built Islam on cleanliness. And will not enter heaven except people and maintain cleanliness (Narrated by Thabraani)."

The meaning of the above hadith is that people are accustomed to behavior to maintain cleanliness, so if someone who cannot maintain cleanliness will not go to heaven. Someone behaving uncleanly can mean not participating in building Islam, because Allah actually built Islam with conversion.¹¹

It is also explained in the Al Quran surah Al A'la (87): verses 14-17:

قَدْ أَفْلَحَ مَنْ تَزَكَّى، وَذَكَرَ اسْمَ رَبِّهِ فَصَلَّى، بَلْ تُؤْثِرُونَ الْحَيَاةَ الدُّنْيَا، وَالْآخِرَةُ خَيْرٌ وَأَبْقَى

Means : Successful indeed are those who purify themselves. remember the Name of their Lord, and pray. But you 'deniers only' prefer the life of this world, even though the Hereafter is far better and more lasting.

The concept of thaharah according to the Muhammadiyah and Information Council, thaharah or purification can be done by ablution, showering janabah and tayammum.¹⁴

1. Ablution

One of the requirements for the validity of prayer is the sacredness of the big hadas and the small hadas. Cleansing yourself from a small hadas can be done by doing ablution, that is, with clean, flowing water and clean, not containing dirt that can cause disease. Eliminating small hadas can be done with tayammum if there is no water or in an emergency. Following are the procedures for ablution are as follows:

- a. Saying "bismillahirrahmannirrahim" and the intention in your heart to clean small hadast because of Allah and hope in Allah so that your sins are forgiven.
- b. Entering the palms and between the fingers three times
- c. Gargle which is done three times and accompanied by sucking water into the nose (when not fasting) using the right palm.
- d. Washing the face and cleaning the dirt on the face three times.
- e. Entering both hands to the elbows starting from the right hand and then the left hand three times.
- f. Wiping the head from the crown to the nape of the neck three times.
- g. Wash both outer ear and inner ear.
- h. Washing both feet and ankles starting from the right and left feet, accompanied by cleaning between the fingers and toenails three times.
- i. Pray '

2. Tayammum

Tayammum is done when in certain circumstances and can replace wudlu. The following is the tayammum procedure:

- a. Read basmalah and orderly.
- b. Put your palms on a dusty object or place, but the wrought or dust is clean.
- c. Pat your palms together, then wipe your face.
- d. Both palms, left hand thrust the back of the right palm and vice versa.

Ablution and tayammum will be canceled if something comes out of the rectum and circumcision, intercourse / touch with the opposite sex, touch the genitals, sleep on his side.

3. Obligatory Bath (Junub)

If after sexual intercourse / intercourse or semen is due to a dream or something else, a woman has just finished menstruation / postpartum, namely a large hadast. When you want to pray, you are required to take a big bath in the following manner:

1. Start reading basmalah and intend because of Allah SWT.
2. Washing both palms.
3. Washing the genitals and surroundings until clean.
4. Ablution
5. Then splash water all over the body and along with cleaning the limbs.

Muslims who practice thaharah from a health perspective, had a clean and healthy lifestyle towards disease prevention, such as diarrhea that caused by bacteria.¹³ There is a significant relationship between clean and healthy living habits and diarrhea.

Conclusion

From the results of the literature review, it can be concluded that the clean and healthy behavior of the community with diarrhea disease was interrelated. Because it is known that people's behavior and knowledge about PHBS was still lacking. The recommendation that can be given by the author are the eradication of diarrhea by improving clean water facilities, providing latrines for families who do not have this access, increasing the provision of information to the public about Clean and Healthy Behavior through the media and in collaboration with schools or health centers. For further researchers it is suggested to develop research by examining the environment that is the source of diarrhea and involving health cadres or community leaders in increasing information on Clean and Healthy Behaviors.

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