

**PROGRAM STUDI PROFESI NERS
FAKULTAS KEPERAWATAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Karya Ilmiah Berbasis Evidence Based Practice, Juli 2025**

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**Asuhan Keperawatan Keluarga Dengan Masalah Keperawatan Diare
Dengan Penerapan Madu Di Puskesmas Melur**

xi + 36 Halaman + 5 Tabel + 1 Skema + 6 Lampiran

ABSTRAK

Diare merupakan salah satu penyebab utama morbiditas dan mortalitas pada anak-anak, terutama balita. Di Indonesia, diare menyumbang sekitar 8,3% kasus penyakit infeksi pada anak usia di bawah lima tahun. Penanganan diare tidak hanya terbatas pada intervensi farmakologis, namun juga dapat melalui pendekatan non-farmakologis seperti pemberian madu, yang diketahui memiliki sifat antibakteri, antiinflamasi, dan antivirus. Penelitian ini bertujuan untuk mengetahui

pengaruh asuhan keperawatan keluarga pada anak dengan diare melalui penerapan madu sebagai intervensi non-farmakologis guna mengurangi frekuensi diare di Puskesmas Melur. Subjek pada penelitian ini adalah keluarga yang memiliki anak dengan masalah keperawatan penyakit diare sebanyak 1 keluarga yang dilakukan pada tanggal 28 Mei s/d 30 Mei 2025. intervensi dilakukan selama tiga hari dengan pemberian madu tiga kali sehari disertai edukasi kesehatan kepada keluarga. Data dikumpulkan melalui observasi, wawancara, dan lembar evaluasi pre-test dan post-test. Setelah tiga hari intervensi, terjadi penurunan frekuensi buang air besar dari empat kali menjadi dua kali per hari. Keluarga menunjukkan peningkatan pengetahuan mengenai diare, kemampuan dalam mengambil keputusan, merawat anggota keluarga, memodifikasi lingkungan, dan memanfaatkan fasilitas kesehatan. Pemberian madu terbukti efektif sebagai intervensi keperawatan non-farmakologis dalam menurunkan frekuensi diare pada anak. Edukasi kesehatan kepada keluarga turut meningkatkan efektivitas intervensi dan dapat dijadikan praktik keperawatan berbasis bukti (Evidence-Based Nursing).

Kata Kunci: Diare, intervensi non-farmakologis, keperawatan keluarga, madu, Puskesmas Melur.

Daftar Referensi : 9 (2021-2023)

**NURSING PROFESSIONAL STUDY PROGRAM
FACULTY OF NURSING
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**Family Nursing Care for Diarrhea Cases in Children Through the
Application of Honey at Melur Public Health Center (PuskesmasMelur)**

xi + 36 Pages + 5 Tables + 1 Figures + 6 Appendices

ABSTRACT

Diarrhea is one of the leading causes of morbidity and mortality among children, especially those under five years old. In Indonesia, diarrhea accounts for approximately 8.3% of infectious disease cases in children under five. Diarrhea management is not limited to pharmacological interventions but can also involve non-pharmacological approaches, such as honey administration, which is known to have antibacterial, anti-inflammatory, and antiviral properties. This study aims to determine the effect of family nursing care on children with diarrhea through the application of honey as a non-pharmacological intervention to reduce the frequency of diarrhea at Melur Public Health Center. The subject of this study was a family with a child experiencing diarrhea, conducted from May 28 to May 30, 2025. The intervention was carried out over three days by administering honey three times a day along with health education for the family. Data were collected through observation, interviews, and pre-test and post-test evaluation sheets. After three days of intervention, the frequency of defecation decreased from four times to twice per day. The family showed improved knowledge about diarrhea, decision-making ability, caregiving skills, environmental modification, and utilization of health facilities. The administration of honey proved effective as a non-pharmacological nursing intervention in reducing diarrhea frequency in children. Health education for the family further enhanced the effectiveness of the intervention and can be applied as evidence-based nursing practice.

Keywords:Diarrhea,non-pharmacological intervention, family nursing , honey, Melur health center

References: : 9 (2021-2023)