



## A Focused Community Health Education with In-Depth Discussion on Helminth Prevention among Four Mothers of Toddlers in Depok

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### ABSTRACT

Infeksi cacing masih menjadi masalah kesehatan pada anak, terutama balita, karena berkaitan dengan perilaku higiene dan sanitasi yang belum optimal. Kegiatan pengabdian kepada masyarakat ini bertujuan untuk meningkatkan pemahaman ibu balita mengenai pencegahan infeksi cacing melalui edukasi kesehatan dan diskusi mendalam yang dilaksanakan di Posyandu Kemuning A, wilayah kerja Puskesmas Ratu Jaya, Depok. Penelitian menggunakan pendekatan kualitatif deskriptif dengan teknik quota sampling. Informan penelitian terdiri dari empat orang ibu yang memiliki balita dan diwawancarai secara mendalam pada bulan 17 Desember 2025. Analisis data dilakukan melalui reduksi data, penyajian data, dan penarikan kesimpulan. Hasil penelitian menunjukkan bahwa sebagian besar ibu telah menerapkan perilaku hidup bersih dan sehat pada anak, seperti penggunaan jamban, mencuci tangan, penggunaan alas kaki, menjaga kebersihan kuku, serta pemberian obat cacing. Namun, praktik tersebut belum dilakukan secara konsisten, terutama mencuci tangan dan kaki menggunakan sabun setelah bermain di luar rumah. Pengetahuan ibu mengenai penularan cacing melalui tanah yang terkontaminasi serta waktu pemberian obat cacing pada balita juga masih terbatas. Ibu memiliki peran penting dalam membentuk perilaku higiene anak. Oleh karena itu, diperlukan edukasi kesehatan yang berkelanjutan dari tenaga kesehatan dan puskesmas untuk meningkatkan pengetahuan dan praktik pencegahan cacingan pada keluarga.

Helminth infection remains a health problem among children, particularly toddlers, due to inadequate hygiene and sanitation practices. This community service activity aimed to strengthen mothers' knowledge and awareness regarding helminth infection prevention among toddlers through health education and in-depth discussions conducted at Posyandu Kemuning A in the Ratu Jaya Community Health Center area, Depok. This community service activity involved health education on helminth infection prevention for four mothers of toddlers through interactive sessions and in-depth discussions conducted in December 2025. Data were analyzed through data reduction, data presentation, and conclusion drawing. The findings showed that most mothers had implemented clean and healthy living behaviors in their children, including toilet use, handwashing, footwear use, nail hygiene, and administration of deworming medication. However, these practices were not carried out consistently, particularly handwashing and washing feet with soap after outdoor activities. Mothers' knowledge regarding soil-transmitted helminth infections and the appropriate timing for administering deworming medication to toddlers was still limited. Mothers play an important role in shaping children's hygiene behaviors.



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The activity helped identify and improve mothers' knowledge on helminth infection prevention.

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## INTRODUCTION

According to the World Health Organization (WHO), in 2015 more than 1.5 billion people worldwide were infected with soil-transmitted helminths (Kamil, 2019). Based on data from the Indonesian Ministry of Health, 36.97 million children received deworming treatment through the Mass Drug Administration (MDA) program in 2021. According to post-treatment evaluation surveys conducted between 2017 and 2021, the prevalence of helminth infections was below 5% in 66 districts or cities; however, the prevalence rate remained above 10% in 26 districts or cities (Kemenkes, 2023). Helminthiasis is also included among eleven of the twenty categories of neglected tropical diseases (NTDs) found in Indonesia (Edy et al., 2024). If left untreated, helminth infections can become chronic diseases that interfere with children's growth and development and may lead to anemia and malnutrition (Syaputri et al., 2025). Previous reports have shown that children infected with roundworms are 3.2 times more likely to experience stunting compared to uninfected children (Eldrian et al., 2023). In the study area, gaps in mothers' knowledge and preventive practices regarding helminth infection highlighted the need for a community-based health education intervention.

Helminth infection is a disease caused by parasitic worms transmitted through contaminated soil (Pravana et al., 2017). Children are at high risk due to poor hygiene practices, limited parental knowledge, and environmental sanitation issues (Syaputri et al., 2025). In the target community, limited maternal knowledge and suboptimal hygiene practices among mothers and toddlers, along with inadequate sanitation conditions, highlighted the need for a community-based health education program.

Common symptoms of helminth infections include abdominal pain, diarrhea, nausea, vomiting, decreased appetite, and weight loss (Edy et al., 2024). Preventive measures include regular handwashing, proper food hygiene, safe cooking practices, regular deworming, and maintaining personal hygiene such as nail trimming and avoiding barefoot walking (Edy et al., 2024). However, in the target community, many mothers of toddlers at the Posyandu demonstrated limited awareness and inconsistent application of these preventive practices. Observations during community engagement activities indicated that hand hygiene practices were not routinely performed, and knowledge regarding deworming schedules and environmental hygiene remained suboptimal. These local conditions motivated the implementation of a community health education program aimed at improving mothers' knowledge and preventive behaviors.

Helminth infections are still often considered harmless by many people. In fact, untreated helminthiasis can result in malnutrition (Fauziah et al., 2022), anemia, and weakened immune function (Syaputri et al., 2025). In some cases, the infection may not be immediately detected because children can appear healthy while the effects gradually manifest as impaired physical growth. Worm infections may worsen malnutrition if left untreated (Eldrian et al., 2023). Therefore, this community service activity aimed to enhance mothers' knowledge regarding the

prevention of helminth infections among toddlers through health education conducted at Posyandu Kemuning A in the Ratu Jaya Community Health Center area, Depok.

## **METHOD**

This community service activity was conducted through health education on helminth infection prevention, consisting of preparation, implementation, and evaluation stages. The program was delivered through interactive sessions for mothers of toddlers, followed by an evaluation of participants' understanding. Participants were recruited from mothers of toddlers attending Posyandu Kemuning A, Ratu Jaya Community Health Center area, Depok. A total of four mothers were involved in the community service activity based on their availability and willingness to participate in the health education sessions. The participants were mothers of children under two years of age who required continuous care and attention, limiting their ability to participate effectively in conventional group seminars. Consequently, the educational intervention was conducted through in-depth discussions, providing a flexible and participant-centered approach to strengthening knowledge on helminth infection prevention. This community service activity was designed as a health education program aimed at increasing mothers' awareness and understanding of helminth infection prevention among toddlers. The activity focused on delivering educational materials, encouraging active participation, and strengthening preventive health behaviors within the community. The implementation was carried out through interactive sessions at Posyandu Kemuning A, Depok, followed by a simple evaluation based on participant feedback and discussion.

Four mothers with toddlers from Posyandu Kemuning A participated in this community service activity. They were selected based on willingness and availability and served as beneficiaries of a focused health education program on helminth infection prevention. This community service activity focused on promoting awareness and preventive practices related to helminth infections among toddlers through health education and in-depth discussions at Posyandu Kemuning A in the Ratu Jaya Community Health Center area, Depok.

Data and information were obtained during the implementation of the community service activity, which focused on health education regarding helminth infection prevention. The intervention was delivered through structured educational materials covering transmission, symptoms, and preventive measures of helminth infections. The educational methods included interactive lectures, question-and-answer sessions, and group discussions to actively engage participants. The implementation process was conducted directly at Posyandu Kemuning A, Depok. Evaluation of the activity was carried out through participant feedback and post-education discussions to assess understanding and engagement. The analysis process included data reduction, data presentation, and conclusion drawing or verification. Data interpretation was carried out after the data processing stage was completed. The research findings were critically analyzed using relevant theories and accurate field data (Ramdani et al., 2024).

## **RESULTS**

The community service activity was conducted in December 2025 at Posyandu Kemuning A, involving four mothers of toddlers as beneficiaries. The program focused on delivering health education on helminth infection prevention through interactive sessions, in which participants actively engaged in discussions, asked questions, and received guidance on preventive practices. All informants participated in in-depth interviews to explore their perceptions and preventive practices regarding helminth infections among toddlers. The informants came from different social

backgrounds, ranged in age from 24 to 38 years, and had at least one toddler and a maximum of two toddlers.

Participants actively engaged in discussions on sanitation, water sources, and hygiene practices during the educational sessions. Following the intervention, mothers demonstrated improved understanding of the importance of clean water, environmental sanitation, and consistent toilet use in preventing helminth infections among toddlers. The activity contributed to strengthening awareness of practical hygiene measures that can be applied in the home environment.

In terms of handwashing habits, all informants stated that their children washed their hands before eating and after defecation. However, consistent handwashing with soap had not yet been fully practiced. Some informants revealed that their children more often washed their hands using water only, especially after playing or before having snacks.

One participant stated that before the intervention, handwashing practices were inconsistent and often performed only with water after playing outside. This finding was addressed through health education emphasizing proper handwashing techniques using soap and clean water, including critical times for hand hygiene. After the educational session, participants demonstrated better understanding of correct handwashing practices and expressed increased awareness of the importance of using soap to prevent helminth infection (Informant 2).

In addition, most informants reported that their children wore footwear while playing outside the house. However, supervision regarding the consistent use of footwear was still lacking, as children often removed their sandals while playing with peers.

The findings also indicated that most informants were aware of several signs of helminth infection in children, such as a bloated stomach, difficulty gaining weight, weakness, and frequent stomachaches. Nevertheless, some informants still did not fully understand all symptoms of helminth infections.

Informants also mentioned that worm transmission could occur through contaminated food and drinks, as well as dirty hands and feet. All respondents stated that they had received education about deworming medication from health cadres and community health center staff. However, all respondents were still unaware that helminth infections could also be transmitted through soil contaminated with worm eggs. Informants obtained their knowledge regarding disease transmission from health workers, social media, and personal experiences.

One participant stated that she was previously unaware that children who play in soil and do not wash their hands and feet before eating are at risk of worm infections. This issue was addressed through health education sessions that explained the transmission cycle of soil-transmitted helminths, including contamination through soil and poor hygiene practices. Following the educational discussion, participants were able to identify potential transmission routes and discuss appropriate preventive measures for helminth infections among children (Informant 1).

Various preventive measures against helminth infections had been implemented by the informants. Most mothers stated that they encouraged their children to wash their hands before eating, trim their nails regularly, wear footwear, and maintain food and drink hygiene. In addition, several informants stated that they had administered deworming medication regularly according to recommendations from health workers.

One participant stated that deworming medication was usually given to her child when it was distributed at Posyandu or school. Through the health education session, participants were further informed about the importance of routine deworming every six months and proper adherence to deworming schedules. After the intervention, participants expressed improved understanding of deworming practices and a stronger commitment to ensuring regular deworming for their children (Informant 3).

However, the interviews revealed that two mothers still did not know the appropriate age at which toddlers should begin receiving deworming medication.

Based on observations and interview findings, most children had relatively clean nails. However, some children were still found to have dirty nails. Informants explained that children had difficulty maintaining nail hygiene because they frequently played in the soil and were not disciplined in washing their hands.

The community service activity addressed hygiene and sanitation practices among mothers of toddlers through health education on handwashing, toilet use, and the importance of wearing footwear. The program output included improved participant engagement during interactive sessions and increased awareness of proper hygiene behaviors. Following the intervention, participants demonstrated better understanding of handwashing with soap after playing outside and showed increased awareness of consistent footwear use for their children. Overall, the activity contributed to strengthening mothers' knowledge and promoting healthier hygiene practices among toddlers in the community.

Mothers' knowledge regarding helminth infections was also still limited. Informants were aware of some signs and modes of transmission of worm infections, but they did not fully understand the risk factors and preventive measures. All respondents were still unaware that helminth infections could be transmitted through contaminated soil, and some mothers also did not understand the appropriate age for administering deworming medication to toddlers.

Furthermore, the study demonstrated that mothers play an important role in preventing helminth infections among toddlers. Mothers contribute to shaping clean living habits in children through supervision of personal hygiene, administration of deworming medication, use of footwear, and maintenance of food and environmental hygiene.

Overall, the study showed that mothers had a basic understanding of helminth infection prevention among toddlers. Hygiene practices such as toilet use, handwashing, footwear use, and deworming administration had begun to be implemented in daily life. However, the implementation of clean and healthy living behaviors was still not optimal, especially regarding the habit of washing hands and feet with soap after children played outside. In addition, mothers' knowledge regarding soil-transmitted helminth transmission and the appropriate timing of deworming medication for toddlers remained limited. Therefore, continuous health education from healthcare workers and community health centers is needed to improve family knowledge and preventive practices related to helminth infections.

## **DISCUSSION**

The community service activity was conducted in December 2025 at Posyandu Kemuning A, involving four mothers of toddlers as beneficiaries. The program focused on delivering health education on helminth infection prevention through interactive sessions, in which participants actively engaged in discussions, asked questions, and received guidance on preventive practices. Similar educational approaches have been reported to support mothers' knowledge and awareness regarding helminth infection prevention in community settings (Riadi et al., 2026). The four participants were mothers of children under two years of age who required close supervision, making individualized educational sessions and in-depth discussions more appropriate than seminar-based activities. The mothers came from different social backgrounds, ranged in age from 24 to 38 years, and had at least one toddler and a maximum of two toddlers.

Although some hygiene practices were not yet fully consistent prior to the intervention, these gaps were directly addressed through the health education program on helminth infection

prevention. The educational sessions emphasized the importance of using soap during handwashing, wearing footwear while playing outside, and washing hands and feet after contact with soil or dirty environments. Interactive demonstrations and discussions were used to reinforce these messages. Following the intervention, participants showed improved awareness of proper hygiene practices and expressed increased intention to consistently apply these behaviors in daily childcare. Mothers reported better understanding of the importance of using soap and encouraging their children to wear footwear when playing outside, indicating positive behavioral changes after the community service activity. The educational materials were developed based on evidence from relevant scientific literature and synthesized using a structured approach to literature review (Riadi, 2026).

This community service activity was conducted in a context where all participants had previously received basic education regarding helminth infections from health cadres and community health center staff. Building on this foundation, the program provided structured health education to reinforce key messages on helminth infection prevention and Perilaku Hidup Bersih dan Sehat (PHBS) (Widiastuti, 2025). The intervention included interactive explanations, demonstrations, and discussions to strengthen participants' understanding and clarify preventive practices. Following the activity, participants showed active engagement during discussions and were able to discuss key messages related to helminth infection prevention, indicating that the educational activity reinforced previously received information regarding PHBS-based preventive behaviors (Bancin et al., 2020; Sari et al., 2026)

Nevertheless, the interview results revealed that mothers still had limited knowledge regarding the transmission and prevention of helminth infections. All respondents were unaware that helminth infections could be transmitted through soil contaminated with worm eggs. According to a survey, 89.81% of minority women were unaware of soil-transmitted helminth infections (Nguyễn Hùng, 2022). In addition, two mothers also did not know the appropriate age at which toddlers should begin receiving deworming medication. These findings indicate that the information received by mothers had not yet been fully understood comprehensively. Previous research has shown that many mothers do not know when to begin administering deworming medication to toddlers (Lubis et al., 2018). Another study found that only 58.8% of mothers had adequate knowledge regarding the benefits of regular deworming medication (Aprila Paembonan et al., 2025). These identified knowledge gaps were addressed through the community health education intervention conducted in this study. The educational sessions specifically emphasized the transmission routes of soil-transmitted helminths, including soil contamination with worm eggs, as well as the appropriate timing and schedule for administering deworming medication to toddlers. The educational activity provided participants with information on helminth transmission and deworming practices through interactive discussions. Participants actively engaged in the sessions by sharing experiences, asking questions, and discussing preventive measures related to helminth infections among toddlers.

A lack of understanding regarding soil as a medium of transmission may cause mothers to be less aware of children's habits of playing barefoot or playing in unclean environments. Children's habits of not washing their hands and feet with soap after outdoor activities may also increase the risk of worm transmission through contaminated soil (Triwahyuniastuti et al., 2026). Mothers' knowledge plays an important role in shaping children's health behaviors; therefore, educational interventions need to be provided repeatedly using methods that are easily understood by the community. Poor nail hygiene, failure to wear footwear, and not washing hands with soap are examples of inadequate sanitation and hygiene practices that are major risk factors for the spread of STH among children (Wibowo et al., 2025). Children are more susceptible to infection when they play on contaminated soil without proper precautions (Nike Fortuna Sihura et al., 2022). Children's

hygiene habits are strongly influenced by their mothers' knowledge and practices. Educating mothers about the importance of environmental cleanliness and personal hygiene can significantly reduce the prevalence of STH infections (Wibowo et al., 2025).

Overall, the findings indicate that mothers have positive perceptions regarding efforts to prevent helminth infections among toddlers. To ensure the sustainability of the community service impact, collaboration with health cadres and the community health center is essential in continuing regular health education sessions during Posyandu activities (Ramdani et al., 2024). Follow-up activities may include periodic reinforcement of key messages on soil-transmitted helminth prevention, monitoring of hygiene practices among mothers and toddlers, and integration of deworming education into routine maternal and child health services (Riadi et al., 2025).

Future community-based interventions are recommended to adopt a more continuous empowerment approach, including repeated educational sessions, visual media reinforcement, and community-led hygiene campaigns to strengthen the sustainability of preventive behaviors and community participation in helminth infection control (Ariyanti et al., 2026; sitinourazizah et al., 2026).

Strengthening the role of health cadres as peer educators is also expected to improve long-term behavioral change related to handwashing practices, footwear use, and adherence to deworming schedules through continuous support, motivation, and community engagement (Aliyah & Riadi, 2025; Rahmadina et al., 2026). These strategies are expected to enhance sustained improvements in family knowledge and hygiene practices for helminth infection prevention among children, as maternal knowledge plays an important role in supporting preventive behaviors and appropriate deworming practices among children (Aurelia et al., 2026).

## **CONCLUSION**

This community service activity resulted in improved mothers' awareness and understanding of helminth infection prevention among toddlers, particularly regarding handwashing with soap, toilet use, footwear use, nail hygiene, and deworming practices. The program provided practical health education that strengthened participants' knowledge, although consistent application of some behaviors still requires reinforcement. For sustainability, Posyandu cadres are recommended to continuously deliver key hygiene messages during routine activities, healthcare workers should integrate helminth prevention education into maternal and child health services, and future programs should emphasize repeated education and practical demonstrations to support long-term behavioral change.

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## **INFORMED CONSENT**

The authors have obtained informed consent from all participants.

## **CONFLICT OF INTEREST**

The authors declare that there is no conflict of interest.

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