



OPTIMIZATION OF EDUCATION THROUGH BOOKLETS IN IMPROVING THE ROLE OF CADRES ON LOCAL FOOD PROCESSING FOR STUNTING CHILDREN

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ABSTRACTS

Introduction: Situation analysis obtained in RW 05 Kertamaya Bogor Selatan are that there are 7 health cadres, but only 5 cadres are active. The results of the interview showed that the low role of these cadres was caused by a combination of various factors, ranging from limited knowledge, minimal educational facilities, lack of support, low community involvement, time problems, to low motivation. **Objective:** Optimizing education through booklets in increasing the role of cadres in processing local food ingredients for stunted children. **Method:** Problem solving is carried out through several steps. The first stage of preparation consists of initial preparation and planning. The preparation stage is by conducting a needs analysis by reviewing and collecting information through literature studies of related journals, conducting situation analysis through interview reviews, observations, and distributing questionnaires to cadres, and finding partner problems. While the planning stage is determining problem solutions, determining strategies, and planning activities; the second stage of implementation is conducting a knowledge test on participants before education is carried out, implementing the optimization of education through booklets in increasing the role of cadres in processing local food ingredients for stunted children, and conducting a post-test for participants after education. This second stage ends with an analysis of the process and test results. **Conclusion:** The results of the Community Service showed an increase in the role of cadres in processing local food ingredients for stunted children after community service was carried out, with the majority having a good role of 66.7%. The booklet helps cadres convey information more effectively, increases community understanding, and encourages local food independence.

ARTICLE INFO

Article History:

Received 30 August 2023

Revised 20 September 2023

Accepted 29 September 2023

Available online 1 October 2023

Keyword:

*booklet, cadres, local
food, role, stunting.*

1. INTRODUCTION

Stunting in children is one of the serious health problems still faced in various regions of Indonesia. Based on data from the Ministry of Health, the prevalence of stunting in Indonesia is still quite high, with a significant impact on the quality of health, cognitive development, and productivity of children in the future. Stunting not only affects height, but also has an impact on mental abilities and the risk of degenerative diseases in adulthood (Rohaeti, 2024 ; Rahmadiani, Fibriana, & Azam, 2024 ; Zamzamy, Suminah, & Sumardiyono, 2024)

One of the main causes of stunting is a lack of adequate nutritional intake during the first 1000 days of life, especially due to an imbalance in the consumption of foods rich in essential nutrients. The use of local food ingredients as a source of nutrition for children is still less than optimal. Many families prefer instant food or imported products that are more easily accessible, even though there is potential for local food sources that are rich in nutrients around them. In fact, local food ingredients can be a nutritional solution that is affordable, healthy, and easy to process. The lack of knowledge of the community, especially health cadres, about the potential and how to process local food ingredients is one of the main obstacles in preventing stunting (Melaniani, & Yamano, 2024; Siagian et al, 2024).

Health cadres as the spearhead in community empowerment have a strategic role in providing education about nutrition and stunting. However, in carrying out their roles, cadres often face limitations in terms of information and media used to deliver education. Education delivered verbally is often not enough to leave a deep impression or be easily remembered by the community. Therefore, an innovation is needed in effective education methods, one of which is through the use of booklet media containing practical information about processing local food ingredients that is easy to understand and apply (Siburian, & Ritonga, 2024 ; Qodir et al, 2024).

The results of the situation analysis obtained in RW 05 Kertamaya Bogor Selatan, there are 7 health cadres, but only 5 cadres are active. The results of the interview showed that the low role of these cadres was caused by a combination of various factors, ranging from limited knowledge, minimal educational facilities, lack of support, low community involvement, time issues, to low motivation. To increase the effectiveness of cadres in the local food processing program for stunting prevention, a capacity building strategy is needed through ongoing training, provision of adequate educational media, stronger support from

related institutions, and awards and incentives that can motivate cadres to play a more active role.

This educational booklet aims to improve the knowledge and skills of cadres in processing local food ingredients that have high nutritional value. By optimizing education through booklets, it is hoped that health cadres can be more effective in carrying out their roles, providing counseling based on local potential, and being able to increase awareness and skills of families in providing nutritious food for children. Through this program, it is hoped that efforts to prevent stunting at the community level can be more optimal by utilizing the resources available in their environment.

Therefore, this community service program focuses on empowering health cadres through optimizing booklet-based education, which carries the topic of local food processing as a strategic effort to support the national stunting prevention program.

2. METHODS

Strategy and planning in conducting Community Service. The method used in solving problems is carried out through several steps. The first stage of preparation consists of initial preparation and planning. The preparation stage is by conducting a needs analysis by reviewing and collecting information through literature studies of related journals, conducting situation analysis through interview reviews, observations, and distributing questionnaires to cadres, and finding partner problems. While the planning stage is determining problem solutions, determining strategies, and planning activities. The second stage of implementation is conducting a knowledge test on participants before education is carried out, implementing education optimization through booklets in increasing the role of cadres regarding the processing of local food ingredients for stunted children, and conducting a post-test for participants after education. This second stage ends with an analysis of the process and test results.

3. RESULTS AND DISCUSSION

Table 1 The Role of Cadres in Processing Local Food Ingredients for Stunting Children Before Community Service

The Role of Cadres	Amount	Percentage (%)
Not enough	5	83.3
Good	1	16.7

Very good	0	0
Total	6	100

Table 2 The Role of Cadres in Processing Local Food Ingredients for Stunting Children After Community Service

The Role of Cadres	Amount	Percentage (%)
Not enough	0	0
Good	4	66.7
Very good	2	33.3
Total	6	100

The table above describes that there was an increase in the role of cadres in processing local food ingredients for stunted children after community service was carried out, with the majority having a good role of 66.7%.

Stunting is a chronic nutritional problem that results in stunted physical and cognitive growth in children. Data from the Indonesian Ministry of Health shows that stunting is still a serious challenge in Indonesia, where the prevalence in several regions is still quite high (Indonesian Ministry of Health, 2021). The main cause of stunting is a lack of adequate nutritional intake during the crucial period of the first 1000 days of a child's life, which includes pregnancy to the age of two years. Lack of access to nutritious food, as well as low public knowledge about processing local food ingredients, are the main factors that worsen this condition.

In an effort to reduce stunting rates, the role of health cadres is very important as agents of change at the community level. Health cadres have a strategic position in delivering nutrition education to the community, especially to mothers of children, regarding the importance of good nutritional intake for child growth and development. However, in many areas, it was found that health cadres still face challenges in carrying out their educational duties. One of the main problems is the limited media and effective methods for delivering information about local food processing. Without the support of adequate tools, the education provided is often not well conveyed, or is easily forgotten by the community.

The use of booklets as educational media is one solution that can overcome this problem. Booklets have the advantage of being a practical printed media, easy to carry, and can be used as a reference by the public whenever needed. With an attractive design and dense content, booklets can provide information clearly and easily understood. Booklets can be used to present the steps for processing local food ingredients that are rich in nutrients, such

as corn, cassava, sweet potatoes, coconut, anchovies, and tempeh, which are local food sources that are easily found in various regions in Indonesia. For example, tempeh, which is a fermented soybean product, is rich in protein, iron, and vitamin B12, which are very important for children's growth and development (Santoso & Suryani, 2016).

Optimization of education through booklets can be seen from several aspects, namely making it easier for cadres to convey information. With booklets containing structured information on processing local food ingredients, health cadres can have clear guidance in conveying education to the community. Booklets that are written in simple language and accompanied by pictures or illustrations will help cadres convey information more effectively. In addition, booklets can also be used as visual aids during counseling activities, so that the community can see directly how to process nutritious local food ingredients.

In addition, it can also increase public understanding and awareness. Booklets given to the community can function as educational media that can be read and studied at any time, thereby increasing their understanding of the importance of balanced nutritional intake. Information in the booklet can include how to process local food ingredients such as sweet potatoes and anchovies which are rich in vitamins, minerals, and protein, which are very important in preventing stunting. The use of local food ingredients is not only economical, but also easily accessible to the local community, thus encouraging the community to further utilize the potential of natural resources in their environment (Juliyanti, Lestari, & Yuliza, 2024; Wardani & Putra, 2018).

The educational program through this booklet not only focuses on improving nutrition, but also encourages food independence at the local level. The use of local food ingredients such as cassava and coconut that are easy to grow in various regions of Indonesia can reduce people's dependence on imported food products that tend to be more expensive and less affordable. In the long term, this can support food independence in local communities and increase national food security. Education on how to process cassava into tiwul or coconut into coconut oil and coconut milk is a real example of the application of the use of local ingredients to meet nutritional needs (Gunawan, 2017).

Education through booklets also facilitates the process of evaluating and monitoring knowledge and changes in community behavior. Cadres can evaluate the effectiveness of counseling by seeing how far the community utilizes information from the booklet in their daily lives. This monitoring is important to find out whether the community has understood

how to process local food ingredients and apply them to provide sufficient nutritional intake for their children.

Although booklets have many advantages, there are several challenges that may be faced in their implementation. One of the main challenges is the limited budget to print booklets in large quantities, especially for remote areas that are difficult to reach. In addition, the level of community literacy is also a determining factor in the effectiveness of booklet use. In areas with low literacy rates, cadres may need to provide more intensive assistance to ensure that the community truly understands the information contained in the booklet. Therefore, a collaborative community-based approach between the government, non-governmental organizations, and local communities is needed.

The use of booklets as educational media can also be further developed by integrating digital technology. In today's digital era, booklets can be accessed online through digital platforms, so that information can be distributed more widely at a lower cost. The use of infographics, video tutorials, and educational-based mobile applications can complement printed booklets to reach more people, especially the younger generation who are more familiar with technology. Collaboration between the health, education, and technology sectors is needed to realize this innovation.

4. CONCLUSION

The use of booklets as educational media on local food processing in preventing stunting provides many benefits in increasing the role of health cadres. Booklets help cadres convey information more effectively, increase community understanding, and encourage local food independence. Although there are several challenges in its implementation, a collaborative and innovative approach can optimize the results achieved. Through more structured education and supported by media such as booklets, it is hoped that stunting rates can be reduced significantly and the community can make more use of local food ingredients to support balanced nutrition for children.

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