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Community service through toddlers' mentoring Posyandu in Cihanjuang Village

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ABSTRACT

The successful implementation of the community health development program to improve the quality of public health in Cihanjuang Village cannot be separated from the support and various active roles of the entire community from various circles. The role of Posyandu is in improving the quality of maternal and child health and Posyandu is a community health center. Posyandu plays an important role in improving the quality of maternal and child health through health service processes such as family planning, nutrition, vaccination, and MCH services. This Kuliah Kerja Nyata activity aims to provide education regarding the importance of monitoring maternal and child health at posyandu. Data collection was obtained through interviews and observations. The results obtained show that mothers in Cihanjuang Village already understand the importance of vaccination status and children's health, but need to receive training to determine children's nutritional status and know the appropriate vaccination intervals. This counseling activity is expected to be carried out regularly every month to detect any deviations in growth and take corrective action as soon as possible so as not to disrupt the child's growth and development process.

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ABSTRAK

Keberhasilan pelaksanaan program pembangunan kesehatan masyarakat untuk meningkatkan mutu kesehatan masyarakat di Desa Cihanjuang tidak lepas dari dukungan dan berbagai peran aktif seluruh masyarakat dari berbagai kalangan. Peran Posyandu dalam meningkatkan kualitas kesehatan ibu dan anak dan Posyandu merupakan pusat kesehatan masyarakat. Posyandu berperan penting dalam meningkatkan kualitas kesehatan ibu dan anak melalui proses pelayanan kesehatan seperti KB, gizi, vaksinasi, dan pelayanan KIA. Kegiatan Kuliah Kerja Nyata ini bertujuan untuk menyelenggarakan penyuluhan mengenai pentingnya pemantauan kesehatan ibu dan anak di posyandu. Pengumpulan data diperoleh melalui wawancara dan observasi. Hasil yang diperoleh menunjukkan bahwa para ibu di Desa Cihanjuang sudah memahami tentang pentingnya status vaksinasi dan kesehatan anak, hanya saja perlu mendapatkan pelatihan untuk menentukan status gizi anak dan mengetahui interval vaksinasi yang sesuai. Kegiatan penyuluhan ini diharapkan dilakukan secara rutin setiap bulannya untuk mendeteksi adanya penyimpangan pertumbuhan dan mengambil tindakan perbaikan sesegera mungkin agar tidak mengganggu proses tumbuh kembang anak.

Kata Kunci: kesehatan ibu dan anak; kuliah kerja nyata; pemantauan pertumbuhan balita; posyandu

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INTRODUCTION

Healthcare is a vital and valuable aspect of society. To achieve this, adequate nutrition is required. Nutrition is the nutrients from food that, when consumed, can support the creation of a healthy body condition. Therefore, health and nutrition have a close relationship. Providing good nutrition to early childhood is an important responsibility for parents (Anggreni et al., 2023). One of the Indonesian health-related problems is maternal and child health. In 2005, the number of children aged 0-6 years was 27.6 million, and only 25 percent of them had access to health and nutrition improvement programs. The low coverage and quality of these programs have resulted in the poor condition of Indonesian children. This phenomenon is exacerbated by a situation where, 13 years later, the same issue persists. More precisely, in 2018, the Kementerian Perencanaan Pembangunan Nasional/Badan Perencanaan Pembangunan Nasional Republik Indonesia (BAPPENAS) noted that there were 9 million Indonesian children who were stunted (Ramlah, 2021).

Problems with children's health and nutrition should not be ignored. Nutritional problems in children can increase the morbidity of children, such as underweight, overweight, or stunting (Ruswiyani & Irviana, 2024). This situation reflects the condition of growth failure in children under the age of five. Additionally, children's cognitive development can be hindered, which may impact their future intelligence and productivity (Supriani et al., 2022).

Based on this statement, the government should implement the Posyandu program. The Pos pelayanan terpadu (Posyandu) is defined by the Ministry of Health (106) as an extension of the Community Health Center (Puskesmas) that provides integrated health services and monitoring. Posyandu is one form of upaya kesehatan bersumber daya masyarakat (UKBM) that targets the entire community or family, particularly newborn babies, infants, toddlers, pregnant women, breastfeeding mothers, postpartum mothers, and couples of reproductive age (PUS) (Saragih et al., 2019). Posyandu plays a crucial role in improving the health quality of mothers and children through healthcare services, and Posyandu has become a community health information center (Saepudin et al., 2017).

Since 1975, the Indonesian Ministry of Health has established a Pembangunan Kesehatan Masyarakat Desa (PKMD) policy, which is part of general welfare as stated in the Undang-Undang Dasar tahun 1945 (Nopiani, 2019). In the early stages, PKMD activities focused on improving nutrition through toddler care centers, treating diarrhea through diarrhea treatment centers, providing medical treatment to rural communities through health centers, and providing immunization and family planning services through immunization centers and village family planning centers. In 1984, a joint instruction was issued by the Minister of Health, the Head of the BKKBN, and the Minister of Domestic Affairs, integrating various existing community activities into a single framework known as the Pos Pelayanan Terpadu (Posyandu). The activities carried out are aimed at accelerating the reduction of maternal and infant mortality rates in line with the concept of Growth Monitoring, Oral Rehydration, Breastfeeding, Immunization, Female Education, Family Planning, and Food Supplementation (GOBI-3F). In Indonesia, this is translated into five Posyandu activities Maternal and Child Health (MCH), Family Planning (KB), Immunization, Nutrition, and Diarrhea Management (Hafifah & Abidin, 2020; Wahyuningsih et al., 2023).

In addition to the government, the community is also required to participate in monitoring and checking the health of mothers and children. Monitoring human growth and development, including conducting posyandu activities, has many benefits, including: 1) To ensure the survival of children from the womb to toddlerhood (Children Survival); 2) To foster the optimal physical and mental growth and development of children (Children Development); 3) To provide opportunities for work and creativity in building the nation and state (Employment) (Lestari et al., 2023). Community empowerment activities (monitoring and health checks for mothers and children) that involve the community itself will create awareness of rights and

obligations, in this case related to the health services they should receive. Such participation will increase health knowledge among the community (Ramadhani et al., 2021).

Some examples of activities that have been carried out are included in a study entitled “Partisipasi Mahasiswa KKN UKIM Desa Wadludan Dalam Menggerakkan Ibu Balita Memanfaatkan Posyandu.” In this study, health service training activities were conducted because most infants in Wadludan Village lacked MCH books, many infant and toddler mothers did not utilize the Posyandu, and health workers were less active in providing health services (Paunno et al., 2022). A similar activity was also conducted in the study titled “Pencegahan Stunting Pada Anak Dengan Posyandu di Desa Pematang Berangan Kecamatan Rambah, Kabupaten Rokan Hulu.” The study noted that socialization activities for mothers with children under five years of age must be guided and provided with information on the importance of meeting the nutritional needs of toddlers in efforts to prevent stunting (Kusmiani et al., 2023). Lastly, the study titled “SPenyuluhan Stunting dan Kegiatan Posyandu Sebagai Upaya Peningkatan Kewaspadaan Ibu Terhadap Bahaya Gizi Buruk” also conducted educational activities aimed at increasing mothers’ awareness of malnutrition in children. Additionally, mothers received information on how to measure height, length, and weight, as well as infant immunization (Khusuma et al., 2023).

Posyandu activities or maternal and child health services should also be implemented in various parts of the village, including Cihanjuang Village. Based on a mini-research study, Cihanjuang Village, located in West Bandung Regency, has an area of 410 Hectares, with a population of approximately 18,000 people (as of 2014). Currently (2023), the village head is Mr. Gagan Wirahma, and the village secretary is Aep Gojali S.T., whose terms end in October 2024. Among the facilities available at the Cihanjuang Village Office is a Sports Hall (GOR), which is frequently used for sports activities and village events, such as training sessions and others. This facilitated the author's Kuliah Kerja Nyata activities, which involved providing support for the infant posyandu in Cihanjuang Village. This activity aimed to provide knowledge and information about the importance of monitoring children's growth and development to prevent future health issues for both the children and their parents.

Literature Review

Maternal and Child Health Services (MCH)

Mapparwe et al., in their book entitled “Kesehatan Ibu dan Anak,” state that maternal and child health efforts involve the care and services for pregnant women, women in labor, breastfeeding mothers, infants, toddlers, and preschool children. These efforts involve a system of preparedness or mutual aid from, by, and for the community, including transportation, communication, funding, and monitoring of Keluarga Berencana (KB) information, among others. A similar definition is mentioned in several studies, stating that maternal and child health services are part of family health services in the UKM, provided for pregnant women, infants, and toddlers. The health services provided include first- and third-trimester check-ups for pregnant women, routine and postpartum family planning services, postpartum care, neonatal care, management of neonatal complications, and services for infants and toddlers (Hidayah & Rahaju, 2022; Marita et al., 2021; Rosita & Simamora, 2021).

Maternal and Child Health (MCH) services generally aim to achieve healthy living through optimal health improvement for mothers and their families, in order to achieve the Norma Keluarga Kecil Bahagia Sejahtera (NKKBS). Additionally, these services aim to improve children's health, enabling their growth and development to proceed optimally, which in turn serves as the foundation for enhancing overall human quality. Furthermore, the specific objectives of MCH services are as follows, according to Mapparwe et al.:

1. Improving mothers' knowledge, attitudes, and behaviors in managing their health and that of their families by using appropriate technology as a means of promoting family health;
2. Enhancing efforts to promote the health of toddlers and preschoolers independently within the family environment, at health posts, toddler groups, or kindergartens;
3. Improving the coverage of health services for infants, toddlers, pregnant women, women in labor, postpartum women, and breastfeeding women;
4. Improving the quality of health services for pregnant women, women in labor, postpartum women, breastfeeding women, infants, and toddlers;
5. Enhancing the skills and roles of communities, families, and their members in addressing maternal, infant, and preschooler health issues, particularly through the role of mothers.

Posyandu

Posyandu is one form of Upaya Kesehatan Bersumber Daya Masyarakat (UKBM) managed and organized by, for, and with the community in the implementation of health development, aimed at empowering the community and providing ease of access to basic health services to accelerate the reduction in maternal and infant mortality rates (Sari & Muhammad, 2022). According to the Ministry of Health (2011), the benefits of implementing Posyandu are: 1) to support behavioral improvement; 2) supporting clean and healthy living behaviors; 3) preventing environment-based diseases and diseases that can be prevented through immunization; 4) supporting family planning services; 5) supporting family and community empowerment in food diversification through the utilization of backyard gardens (Islami et al., 2023).

The frequency of visits to Posyandu is categorized into two types: routine and non-routine. This is following the Indonesian Ministry of Health (2008), which states that toddler service coverage, where every child aged 12-59 months receives monthly growth monitoring services, at least 8 times a year, is recorded in the Toddler and Preschool Cohort, MCH/KMS Book, or other recording and reporting books (Saputra, 2024). The target audience of Posyandu includes the entire community, namely: 1) Infants; 2) Toddlers; 3) Pregnant women, postpartum women, and breastfeeding mothers; 4) Reproductive-age couples (PUS) (Safitri et al., 2021).

Meanwhile, the following is the implementation process of Posyandu (Sugiyanto, 2023):

1. Enrollment (under-fives, pregnant women)
2. Weighing (preparing dacin, weighing toddlers, measuring upper arm circumference / LILA in pregnant women and WUS) and weighing operations (optim), namely measuring the height of infants/toddlers, which is carried out every 3 months
3. Taking notes (toddlers, pregnant women, PUS/WUS)
4. Counseling (counseling for mothers of toddlers/pregnant mothers/postpartum mothers/breastfeeding mothers/PUS)
5. Health and family planning services (provision of vitamin A to postpartum mothers/babies/children, provision of blood supplement tablets to pregnant women, provision of PMT counseling, family planning services, immunization, and provision of ORS).

METHODS

Posyandu activities for toddlers are carried out in collaboration between midwives, posyandu cadres, and UPI KKN students. In this activity, education about stunting prevention is delivered using a counseling approach. Health counseling itself is defined as a method used to increase a person's knowledge and abilities through learning practice techniques or instructions. Counseling aims to change and/or influence

human behavior, both individually and in groups, to promote greater independence in achieving a healthy life (Bancin et al., 2022). Increased knowledge was gained about mothers of toddlers and their caregivers related to significant health problems, especially in children and toddlers. The following are the stages of counseling carried out:

1. Observation and Needs Analysis Phase

This stage aims to explore information to get effective problem solutions with an efficient problem-solving process. The implementation stage involves providing educational information about the benefits of graphic design for children's weight, tailored to the child's age. This step aims to provide parents with knowledge about the benefits of the baby weight table by the child's age. This stage is carried out using print media, specifically maternal and child health books, as well as age and weight charts for children.

2. Procurement stage of maternal and child health books and counseling

This stage is planned so that the community, especially mothers of infants and mothers of toddlers, have educational information to be more concerned and obedient in monitoring children's growth and development from an early age through the child growth and development charts listed in the MCH book from the age of a newborn to the age of a child of five years.

3. Evaluation and Follow-up Stage

This stage was conducted after the activity was completed to provide feedback and suggestions on the implementation of counseling activities, aiming to improve them for the future. In its implementation, there were not many obstacles; however, for this program to be effective, it is recommended that the counseling activity be carried out once a month in Cihanjuang Village, West Bandung Regency.

RESULTS AND DISCUSSION

According to the work plan designed by the group, the activities carried out are as follows.

Educational Information on the Benefits of the Child Weight Chart by Child Age

Kartu Menuju Sehat (KMS) KMS is a card that contains the normal growth curve of children based on the anthropometric index of body weight according to age. With KMS, growth disorders or the risk of overnutrition can be recognized early, allowing for more prompt and effective preventive measures to be taken before the problem becomes more severe.

To provide sufficient knowledge about the importance of monitoring child growth and development, as well as administering vaccinations, mothers of newborns and toddlers are expected to use the posyandu every month. Support from mothers and community participation in the village are needed. Posyandu administrators must also actively approach mothers of young children and toddlers the day before the posyandu and on the day of the posyandu so that they are confident in the schedule and the staff where the posyandu is held. Students assist in providing guidance, especially when implementing this educational information in conjunction with counseling, so that mothers can understand the steps necessary to maximize child growth (Ikrimah et al., 2024).

Interviews revealed that some mothers already knew their children's health status and vaccination records, but required training on how to assess their children's nutritional status and determine the appropriate vaccination interval. In addition, from observations of the activity through mother and child health records, some mothers could not prove that they routinely brought their children to check their nutritional and vaccination status. Mothers play a crucial role in their children's health; therefore, education is essential to

improve mothers' knowledge and understanding (Ekayanthi & Suryani, 2019; Febriliani et al., 2024; Hafifah & Abidin, 2020).

Meanwhile, from the percentage of children under five who were weighed according to their characteristics, residence, and parents, it was found that there is a tendency for the higher the age group of children, the lower the coverage of routine weighing (≥ 4 times during the last six months). Conversely, the higher the age of the child, the higher the percentage of children who have never been weighed. Based on the data we reviewed during the posyandu activities from July to August in RW 8 in Cihanjuang Village, the frequency of visits by children under five to the Posyandu decreases with increasing age. For example, the proportion of children 6-11 months weighed at the Posyandu was 91.3%; for children 12-23 months, it dropped to 83.6%; and for children 24-35 months, it dropped to 73.3%. One of the important activities for identifying obstacles to children's growth is to routinely monitor the growth of children under five at the Posyandu. However, in practice, it is found that the coverage of weighing children at the posyandu decreases as the child's age increases (Okmalia, 2020; Abdurrahman et al., 2024). The existence of posyandu also helps prevent various diseases and provides early treatment if children contract a particular disease (Andriani et al., 2016).

Procurement of Maternal and Child Health Books and Counseling

In order for the community, especially mothers of infants and toddlers, to have educational information and to be more concerned and obedient in monitoring children's growth and development from an early age, a Maternal and Child Health (MCH) book is needed, in which a child's growth and development chart from the age of newborn to five years. In the procurement of this MCH book, collaboration was carried out with cadres and posyandu heads, the West District Health Office, Puskesmas, and support from the head of government. Some examples of the contents of the graphs contained in the MCH book are presented in Figure 1, which illustrates the nutritional status of underweight children, normal children, and overweight children. Figure 2 displays a child immunization schedule.

After procuring the MCH book, the next step was to organize counseling. This counseling activity is conducted in stages, beginning with weighing and measuring the head circumference of infants and toddlers, followed by height measurements, and concluding with parent consultation sessions (as illustrated in Figures 3, 4, 5, and 6). This posyandu activity is held regularly once a month in fourteen neighborhoods of Chianjuang Village, West Bandung Regency. This activity is attended by an average of fifty participants divided into various age groups ranging from less than one year old to five years old.



Figure 3. Weighing children at the posyandu
Source: National Population and Family Planning Agency



Figure 4. Measurement of a child's head circumference
Source: National Population and Family Planning Agency



Figure 5. Child height measurement
Source: National Population and Family Planning Agency



Figure 6. Konsultasi orang tua
Source: National Population and Family Planning Agency

Extension activities should be carried out because they have many benefits. The following are some of the benefits of counseling (Dewi, 2017).

1. Education, meaning that counseling is carried out to facilitate the learning process carried out by the recipient;
2. Dissemination, meaning that counseling is carried out to disseminate information;
3. Facilitation, meaning that counseling is carried out to serve client needs;
4. Consultation, meaning that counseling is done to help solve problems;
5. Supervision, meaning that counseling is carried out to assess and suggest alternative improvements to the problems being experienced;
6. Monitoring, meaning that counseling is carried out to supervise ongoing activities;
7. Evaluation, meaning that counseling is carried out to assess and measure the effectiveness of activities both before and after they are held.

Maternal and child health counseling conducted in the Bayas Jaya Pesawaran village had an impact on local mothers. The mothers became aware and wanted to continue regularly monitoring the health of their babies and toddlers. In addition, mothers are also aware of the importance of paying more attention to the health of their infants and toddlers to avoid undetected health complications (Aditia et al., 2023). Therefore, mothers' participation in Posyandu activities is essential, as it helps increase their understanding of motherhood and child development (Nazri et al., 2015; Tamia & Fauzan, 2024).

CONCLUSION

Based on the mentoring activities as part of the KKN, it can be concluded that the participation of the Cihanjuang Village Community in the posyandu program is relatively high. Posyandu plays a crucial role in enhancing the health of mothers and children. Mothers' knowledge of their children's vaccination status and health is also excellent. The facilities and infrastructure at the Posyandu in Cihanjuang Village are generally excellent and complete. However, some mothers still require training on how to assess their children's nutritional status and determine the appropriate vaccination interval. Through the procurement of Maternal and Child Health (MCH) books and posyandu counseling, mothers in Cihanjuang Village are expected to be able to assess the nutritional status of their children and continue to monitor their nutritional intake. Suggestions for future counseling activities can be carried out on a routine basis every month, allowing for more effective monitoring of the health of infants and toddlers.

AUTHOR'S NOTE

The authors declare that there is no conflict of interest related to the publication of this article. The authors confirm that the data and content of the article are free from plagiarism.

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