

## Increasing Optimization of SDIDTK Training for PAUD Teachers during the Covid 19 Pandemic

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### ABSTRACT

The most important period in a child's growth and development is during the toddler years, because during this period the toddler's basic growth will influence the child's subsequent development. The development of language, children's creativity, social, emotional and intelligence awareness during toddlerhood will develop very quickly and is the next foundation in development. Previous research stated that out of 500 children whose development was measured aged 0-6 years in Jakarta, it was found that 11.9% of children experienced growth and development abnormalities. Sleman data for 2021 states that the number of stunting among children is 3445 under five. Based on data from the Jember Health Service, it is stated that the coverage of child growth and development detection has decreased from 60.58% in 2009 and in 2010 to 50.89%. The role of various parties is very important in overcoming growth and development problems in children, one of which is the role of Early Childhood Teachers. Based on these problems, it is necessary to implement strategies to reduce developmental problems in children early by holding cadre training on SDIDTK (Stimulation, Detection and Early Intervention of Child Growth and Development). Increasing optimization of PAUD teacher services with SDIDTK training. The method used is health education and training on SDIDTK. There was an increase in the level of SDIDTK knowledge among PAUD teachers where before training/counseling the average level of teacher knowledge was 52.82 and knowledge after counseling/training was 80.31. Conclusion: Education or counseling or training for PAUD teachers is effective in increasing knowledge related to SDIDTK.

**Keywords:** Development, health education, SDIDTK, toddlers

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### INTRODUCTION

Development and growth during toddlerhood determines the success of a child's growth and development in the following period. The period of growth and development at toddler age is a period that occurs quickly and will never be repeated, which is called the golden age. Parents will hold the key in fostering children's growth and development, especially during the toddler years because parents are the people who know best about the changes that occur in children.

Increasing growth and development also includes the government's duties, one of which is through the National Family Planning Coordinating Board (BKKBN). One of the BKKBN's work programs is the Toddler Family Development (BKB) program. The function of BKB is to provide knowledge and skills to mothers about how to educate and care for their toddlers and is an effort to increase knowledge and skills as well as awareness of parents and family members in fostering children's growth and development.

The implementation of BKB is carried out by cadres who have been prepared to provide training by providing counseling to parents who have toddlers. One of the tasks of BKB is to monitor the development of toddlers.

Research conducted by Wahyuni (2014) stated that parents who took part in the BKB program, one of which was related to growth and development counseling and monitoring children's growth and development, had children with a fairly high level of normal development compared to parents who did not take part in the BKB program. Valianti (2011) stated that out of 500 children whose development was measured aged 0-6 years in Jakarta, it was found that 11.9% of children experienced growth and development disorders.

In 2015, the Department of Health (Depkes) showed that around 16% of children in Indonesia experienced neurological and brain development disorders ranging from mild to severe. Around 5-10% of children aged 1-3 years are estimated to experience developmental delays. Data on the incidence of general developmental delays is not yet known with certainty, but it is estimated that around 1-3% of children under 5 years of age experience general developmental delays which include motor, language, socio-emotional and cognitive development, delays in motor skills are a common presentation found in developmental disorders. This opinion can be proven from the results of various studies, including research at two day care centers in Piracicaba, SP, Brazil in 2010, it was found that 30% of children experienced delays in gross motor and fine motor development in children aged 1-3 years, according to screening carried out by the Ministry of Health. by using DDST in one of the Community Associations in Mulyorejo District in April 2014, the results showed that 40% of toddlers aged 1-3 years were interpreted as suspected or suspected of being delayed in their motor development, both gross and fine motor skills.

Based on data from the Jember Health Service (2010), it was stated that the coverage of child growth and development detection had decreased from 60.58% in 2009 and in 2010 to 50.89%. Monitoring children's development will be very effective if the community, those closest to the child, in this case the mother, caregivers and family, have sufficient knowledge about the child's development. Apart from that, monitoring of children's developmental disorders can also be carried out by families, and to support this monitoring process a simple and easy tool is needed so that it can be used by mothers, caregivers and all family members.

Proper stimulation will stimulate the toddler's brain so that the development of movement, speech and language, social and independent abilities in toddlers takes place optimally according to the child's age. Early detection of deviations in growth and development needs to be done to be able to detect early deviations in the growth and development of toddlers. If deviations are found, early intervention is carried out for deviations in early childhood growth and development so that they can return to normal. If a toddler needs to be referred, the referral must also be made as early as possible according to the indications. (SDIDTK, 2016)

The Ministry of Health in collaboration with the Indonesian Association of Pediatricians (IDAI) has developed an instrument for stimulation, detection and early intervention of growth and development for children aged 0 to 6 years as outlined in the Guidelines for Implementing Early Detection and Intervention Stimulation of Growth and Development (SDIDTK) for Children at the Basic Service Level.

## **METHOD**

Location

Location of activities held online via ZOOM.

Schedule of activities

Activities was carried out in November 2022

Target

PAUD teachers at the Nurul Dziki Foundation work together with RA is Indonesia

Method: Training and counseling using the zoom method

## **RESULT**

Counseling related to SDIDTK was carried out online via zoom involving several PAUD schools in Indonesia. This activity was attended by 61 teachers and school principals.

### **Early Childhood Teachers' knowledge related to SDIDTK before being given counseling**

The average knowledge score before counseling was 52.82.

### **Early Childhood Teachers' knowledge related to SDIDTK after being given counseling**

The average knowledge score after counseling was 80.31.

Respondents' knowledge before implementing the SDIDTK Health education intervention was still lacking because they did not receive complete information. This is in line with Green's theory in Notoatmodjo, (2010) that a person's behavior can be influenced by the knowledge they have. Knowledge is a very important domain in shaping one's actions.

Health education is a process of helping someone by acting independently or collectively. Arif (2011 in Yusuf 2016). The information obtained by the respondent influences the respondent's knowledge, which was previously sufficient, which will automatically change to become good. A person's knowledge of objects has different intensities or levels. A learning process that is not optimal will affect a person's perception so that changes to healthy living behavior will be difficult to achieve. The process of receiving information is also related to attention selection, coding, and memory.

The results of this community service are also in line with research from Rahayu (2019) which states that there is Health Education using the lecture method and demonstration can increase the knowledge of PAUD teachers in implementing SDIDTK. This is also in line with Prasida's research (2015) which states that empowerment through counseling about stimulation, detection and early intervention in toddler development uses a pre-development screening questionnaire (KPSP) which combines methods talk and Demonstration can increase knowledge effectively.

In this case it can be concluded that Health Education using lecture and discussion methods is effective for increasing knowledge related to SDIDTK.

**KPSP ANAK UMUR 21 BULAN (1 TAHUN 9 BULAN)**

No	Deskripsi	Kategori	Ya	Tidak
1	Tanpa berpegangan atau menyentuh lantai, dapatkah anak anda membungkuk untuk memungut mainan atau benda lain di lantai dan kemudian berdiri kembali?	Gerak kasar	Ya	Tidak
2	Dapatkah anak anda menunjukkan apa yang diinginkan tanpa menangis atau merengek? Ia dapat melakukannya dengan menunjuk, menarik atau mengeluarkan suara yang menyenangkan.	Sosialisasi & kemandirian	Ya	Tidak
3	Dapatkah anak anda berjalan sepanjang ruangan tanpa jatuh atau terhuyung-huyung?	Gerak kasar	Ya	Tidak
4	Jika anak anda memungut benda kecil seperti kacang, apakah ia mengambinya dengan menggunakan ibu jari dan jari telunjuk? (Jika anak anda memungut benda kecil seperti kacang seperti gambar di bawah ini?)	Gerak halus	Ya	Tidak
5	Jika anda menggelindingkan bola ke anak anda, apakah ia menggelindingkan atau melemparkan kembali kepada anda?	Gerak halus	Ya	Tidak
6	Dapatkah anak anda memegang sendiri cangkir atau gelas dan minum dari tempat tersebut tanpa tumpah?	Sosialisasi & kemandirian	Ya	Tidak
7	Jika anda sedang melakukan pekerjaan rumah tangga, apakah anak anda menui apa yang anda lakukan?	Sosialisasi & kemandirian	Ya	Tidak
8	Dapatkah anak anda melepas satu kubus di atas kubus yang lain tanpa menjatuhkan kubus itu? Kubus yang digunakan berukuran sekitar 2,5 cm, bukan kubus yang berukuran lebih dari 5 cm.	Gerak halus	Ya	Tidak
9	Dapatkah anak anda mengucapkan paling sedikit 3 kata yang mempunyai arti selain "pa-pa" dan "ma-ma"?	Bicara & bahasa	Ya	Tidak
10	Dapatkah anak anda berjalan mundur 5 langkah atau lebih tanpa kehilangan keseimbangan?	Gerak kasar	Ya	Tidak

## CONCLUSION

Health Education using effective lecture and discussion methods to increase the knowledge of Raudhatul Athfal (RA) PAUD teachers in the Indonesian Region regarding SDIDTK.

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