

Empowering Women by Education about Toddler's Nutrition in Posyandu Puspa Indah Nabire

Shanty Natalia*, Ngatiyem, Sara Erari, Iace Douw, Paula Pekei, Maria Dior Pardede,
Ernawati, Dandrika Mote, Gelara Nawipa, Serpina Bunai, Dela Tatogo

Department of Midwifery, Institut Ilmu Kesehatan STRADA Indonesia, Kediri, Indonesia

*Corresponding author: shantynatalia@strada.ac.id

ABSTRACT

Nutrition problems in developing countries, including Indonesia, show an increasing trend, one of which is the problem of stunting. Stunting is a nutritional problem caused by a long-term lack of nutritional intake during the first 1000 days of life, which is a critical period. Resulting in growth disorders in children. The high incidence of stunting is a concern for the government. Some of the causes of stunting itself are a lack of intake that is absorbed by the body from the time it is in the womb until after birth, lack of access to health services, lack of access to clean water and sanitation. Therefore, efforts need to be made to prevent stunting by improving diet and parenting patterns and sanitation. The aim of this community service is to increase mothers' knowledge about the importance of providing balanced nutritional and food intake for their children to prevent stunting. This activity is carried out by providing education with leaflets to mothers of toddlers about Balanced Nutrition. This counseling was carried out at Posyandu Puspa Indah, Nabire Regency. Which was attended by 13 mothers. The results of the counseling showed that mothers of toddlers understood the material provided. It is hoped that further counseling will focus on the growth and development of babies and toddlers.

Keywords: Balanced nutrition, health education, nutrition

Received: January 8, 2024

Revised: February 11, 2024

Accepted: March 18, 2024



This is an open-access article distributed under the terms of the Creative Commons Attribution-ShareAlike 4.0 International License

INTRODUCTION

Nutrition problems in developing countries including Indonesia show an increasing trend, one of which is stunting problems. Stunting condition is a nutritional problem caused by long-term lack of nutritional intake during the first 1000 days of life (HPK) which is a critical time. It is the age of the child, and it is the height of a child, or the length of a young child. This state of stunting is indicated by a high z-score value of body by age (TB/U index) < -2 SD according to WHO standards.

The high number of stunting incidents is a government concern. Some of the causes of stunting themselves are the lack of intake absorbed by the body from still in the womb to post-birth, lack of access to health care, lack the access to clean water and sanitation. Therefore, stunting prevention efforts need to be undertaken by improving the diet, care and sanitation patterns. Some studies suggest that there is a significant relationship between maternal care patterns and

stunting events in the news, and that a good mother care pattern such as exclusive breastfeeding, proper MPASI administration, immunization and psycho-social stimulation of the child can prevent the child from becoming a stunting. A mother's lack of knowledge will increase the incidence of stunting because she doesn't know what the right way to grow a baby.

Mother has a very important role to play in the development of the child. The Indonesian public believes that short child growth or what is often called stunting is a hereditary factor. However, in fact stopping is one of the health problems affected by a variety of factors where it is a chronic nutritional problem in young people characterized by shorter height compared to their age.

Therefore, there is a need to improve mother's knowledge of how proper maternity patterns are for stunting prevention such as exclusive breastfeeding, proper MP breastfeed, hygiene care pattern as well as basic healthcare pattern. Besides, education to cadars should also be done so that cadars can provide sustainable education to mothers who have news. Based on this, a dedication to the community is being carried out with themes “empowering women about toddler’s nutrition in Posyandu Puspa Indah Nabire”.

METHOD

This community dedication was followed by eight newlyweds that took place on Monday January 22, 2024 in Posyandu Puspa Indah. The method used in this community service is to give advice to pregnant mothers using the Leaflet on Balanced Nutrition. The planning process and methods used in this community service can be seen through the following diagram:

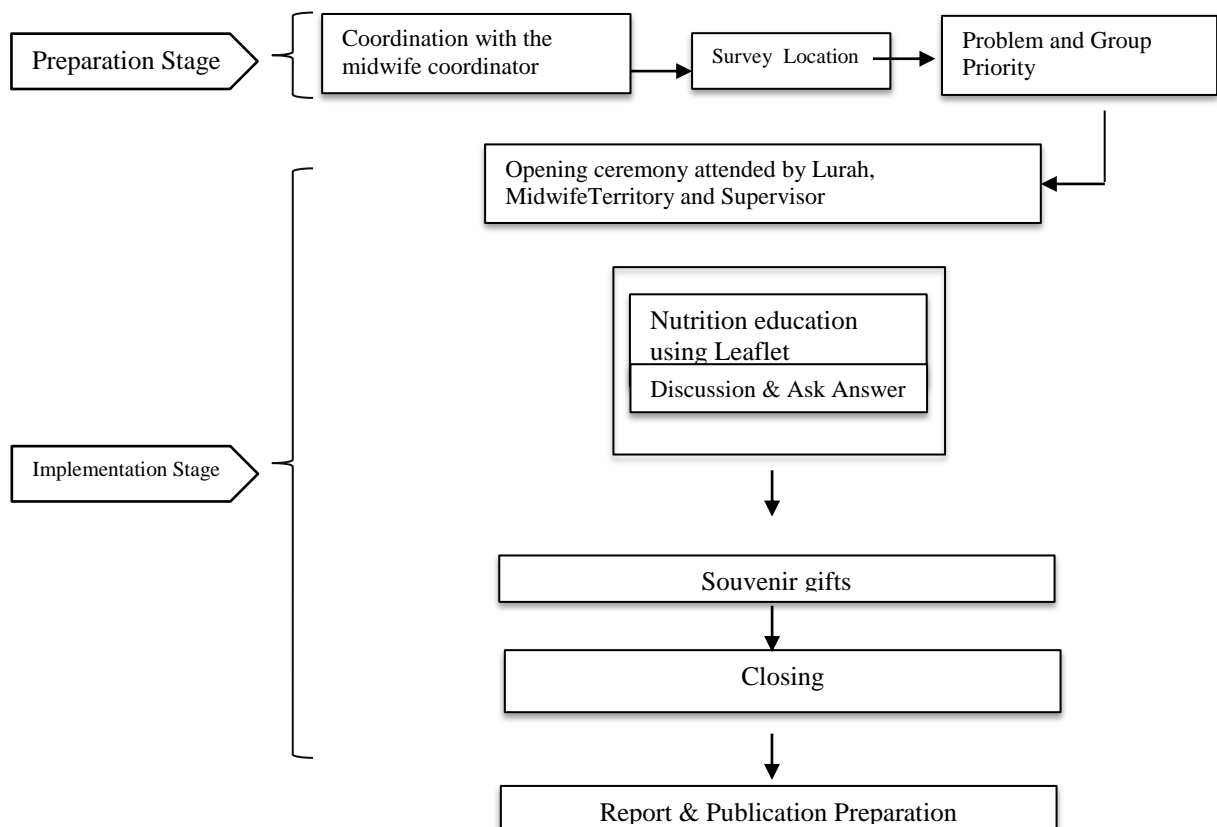


Figure 1. Stage of Community Service Activities

RESULT

A dedication to the community program that consists of health examination, counseling and health advice on “Nutrition”, can enhance mother’s knowledge of: Understanding news, Characteristics of news, Importance of young age, Nutrition problems in children, Nutrient needs of children, nutritional needs of youth and culture and quantity of nutritional consumption. Through this activity, I can make decisions on using health care facilities in the district, especially in Kelurahan Oyehe district of Nabire in an effort to maximize the number of stunts. That's what happened when I asked the mother to answer the question. This shows that the participants were very enthusiastic about raising their knowledge about the importance of education on balanced nutrition for young mothers.



Pembagian PMT



Pembagian PMT



Rapat Persiapan Pengabmas



Persiapan Kegiatan Penyuluhan



Kunjungan Rumah



Kunjungan Rumah



Kegiatan Penyuluhan



Kegiatan Penyuluhan



Foto Bersama Masyarakat, Kader Posyandu dan petugas puskesmas



Evaluasi Akhir Kegiatan



Kegiatan Penyuluhan



Pel. Kesehatan Kepada Masyarakat



Pel. Kesehatan Kepada Masyarakat



Pel. Kesehatan Kepada Masyarakat



Picture 2. Education Activities



Figure.3 Nutrition Leaflet

During the discussion session, I was very enthusiastic about the delivery of the material that the mother asks questions. The first question was asked by Mother Desi Musendi "How to deal with a child who has difficulty eating" and was answered by Student Sarah Erari "Give me a varied menu, do not give an extra meal near meal hours, invite the child to eat with other family members". Question two was asked by Yuliana Soren's mother, "What do you mean by the contents of my plate?" The content of my plate is a guide to healthy foods that can be a reference for a meal consisting of vegetables, vegetable, peaches and fruits.

Although the mother was very enthusiastic about this investigation, but it has not been evaluated objectively by giving the post test, then for the subsequent investigation activities can be given

the pre and post test. As well as about the material of discernment can be given about child growth. The mother's lack of knowledge about her child's nutrition will have an impact on the occurrence of stunting. The impact of stunting on children is the increasing importance of learning about balanced nutrition. Therefore, there is a need to improve mother's knowledge of how proper maternity patterns are for stunting prevention such as exclusive breastfeeding, proper MP breastfeed, hygiene care pattern as well as basic healthcare pattern. Besides, education to cadres should also be done so that cadres can provide sustainable education to mothers who have news.

Therefore, your efforts to increase your knowledge of Balanced Nutrition must be done continuously. Activities are not just in the form of dishes, but can be done in other forms of activities such as supplementary feeding or demo making nutritional balanced menus. Evaluate mother's level of knowledge on a periodic basis and also open for discussion. Collaborate with related parties such as puskesmas and other professions (doctors and nutritionists, etc.) in an effort to improve health holistically.

CONCLUSION

Counseling for 13 mothers of toddlers was carried out at Posyandu Puspa Indah, Nabire Regency. Community service activities regarding balanced nutrition education for toddlers received an enthusiastic response from mothers of toddlers at Posyandu Puspa Indah. Having received several questions from mothers of toddlers regarding counseling materials, the mothers hope that similar activities can be continued and developed into routine activities in Oyehe sub-district. The extension activities ran smoothly due to the cooperation of various related parties who participated for the success of this activity.

REFERENCE

- Andriani, M. W. (2014). *Peran Gizi dalam Siklus Kehidupan*. Jakarta: Kencana Prenada Media Group.
- Almatsier, S. (2003). *Prinsip Dasar Ilmu Gizi*. Jakarta: PT Gramedia Pustaka Utama.
- Kementerian Kesehatan RI. (2018). *Riset Kesehatan dasar 2018*. Jakarta.
- Mardhika, A. et al. (2021). Peningkatan Pendidikan Gizi (Cooking Class) Kelompok Kader Posyandu (Mp-Asi). *Abdimas Unwahas*, 6(1), pp. 7–12.
- Melati IP, Anna C, Afifah N, Studi P, Gizi S, Pendidikan J, et al. EDUKASI GIZI PENCEGAHAN STUNTING BERBASIS WHATSAPP GROUP UNTUK MENINGKATKAN PENGETAHUAN DAN SIKAP IBU HAMIL Nutrition education to prevent stunting by whatsapp group on improving mother ' s knowledge and attitudes during pregnancy. *Pangan Kesehat Dan Gizi*. 2021;1(April):61–9.
- Prawirohartono. (2007). *Nutrient dan Angka Kecukupan Gizi: Sub bagian Gizi Anak*, SMF Kesehatan Anak, RSUP Dr Sardjito.
- Zaki, I., Sulistyaning, A. R. & Farida, F. (2019). Peningkatan Pengetahuan Pemberian Makan Bayi Bawah Dua Tahun Pada Kader Posyandu Desa Karangsalam Kidul Kecamatan Kedung banteng Kabupaten Banyumas. *Dinamika Journal*, 1(2), 17–21.