

**INCREASING THE CAPACITY OF POSYANDU AGENTS THROUGH
STUNTING PREVENTION EDUCATION IN CREATING HEALTHY
CHILDREN IN SANCA VILLAGE, CIATER REGENCY**

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ABSTRACT

Stunting is a severe condition in children characterized by a child's height above lower average or child concise as well as her body no grow and developing well according to age and lasting for a long time, even at the end followed by the disturbance in intelligence in children due to lack of chronic nutrition. This condition is triggered by several factors in the mother's womb, including infection in pregnancy, malnutrition (malnutrition) in pregnant women, which is not optimal for the baby from since born until three years of first life, repeated infections, or poor stimulation from the environment. According to Law Number 36 of 2009 concerning Health, the community must participate properly by per scarecrow and organized in all forms and stages of health development in order to help accelerate the achievement of the highest level of public Health. According to the survey results in Sanca Village, it is known that some of the problems encountered with monitoring activities are known growth of toddlers. Posyandu, known as Integrated Healthcare Center, including eight posyandu in 2021, categorized as an independent Posyandu in Sanca Village, which consists of 8 RW, and each posyandu opening schedule is not in accordance with the wishes of the community, as well as the whole the schedule is determined by the Puskesmas or the Village. The number of active cadres is only five people per posyandu. In practice, there are still difficulties for posyandu agents intake measurements anthropometry by appropriate.

Keywords: enhancement capacity, posyandu agents, prevention stunting

A. Introduction

Stunting is a deficiency of nutrition in toddlers until now and is still a problem health Indonesia. Deficiency nutrition generally occurs in toddlers because, at that age, children experience growth fast. Toddlers including nutritionally vulnerable groups in something group Public wheretime that is time transition Among moment weaned and startfollow pattern eat person mature (Arisman, 2011).

In Indonesia, according to Survey Status nutrition toddler Indonesia, number prevalence stunting still tend tall that is 27.69 percent (Ministry of Health, 2019), so it is necessary to reduce by optimal so that children Indonesia could grow and develop by optimal, haveability cognitive, emotional, social, and physique which ready for study, as well as capable innovate and compete in level global. Handling Stunting ismandate new for BKKBN with each target year 2021 as big as 22.2 percent, year 2022 as big as 19.46 percent, year 2023 of 16.73, and in 2024 of 14 percent.

Based on System Health National

(SKN) Year 2009, development health need moved by Public in where Public have opportunity and role which important in development health, by becauseit's community empowerment to be very important on base for grow awareness, will and ability as perpetrator health development. According to law Number 36 Year 2009 about Health, community participate good by per scarecrow nor organized in everything form and stages development health in order to help speed up achievement degrees health Public which as high as possible.

Utilization means service community based Health optimal by public like posyandu (Integrated Healthcare Center) is wrong one approach for find and resolve problem nutrition on toddler. Integrated Healthcare Center is wrong one form Effort Health sourced Power Public (UKBM) which managed and organized from, by, for and together Public in development managementhealth To use empower Public and give convenience to the community in get service health base. (Rianti et al., 2020)

According to study which performed by Nur Hafifah, Zaenal Abidin (2020) Success will implementation development health Public which aim for increase quality health people in Sukawening village do not can be separated from the various supports and role active which conducted by whole Public. In Thing this role which big is role posyandu (Integrated Healthcare Center) which by direct face to face with various problems society including problem health which faced by Public.

Tasks of posyandu agents is: (1). To do registration, which includes registration toddlers, pregnant women (pregnant mothers), postpartum mothers, mothers breast-feed, and target others. (2). Organizing Services health mother and child.

For service health child on posyandu, conducted weighing weight, height measurement, measurement circumference head child, detection development child, monitoring status immunization child, monitoring to action person old about the parenting that is done in children, related monitoring with

toddler problems, etc etc. (3). Dosing guidance for parents to record to various results measurement and monitoring condition toddler. (4). To do counseling about pattern foster toddlers, so that children grow up healthy, active, intelligent, and responsive. Inactivity that, cadre can give consulting services, counseling, discussions group. and demonstration (Practice) with parents/families of toddlers. (5). Provide motivation so that parents toddlers continue to do good parenting good on her son, with apply principle foster care. (6). Awarded person old which has come to Integrated Healthcare Center and ask for they for return on day posyandu, next. (7). Convey information on person old so that contact cadre if there is problem which related to child the toddler, don't disinclined or embarrassed. (8). To do recording what activities have you done? on the day open Posyandu.

Posyandu, known as Integrated Healthcare Center, one of the community groups in Sanca Village, Ciater District Yang To do prevention and education stunting is posyandu agents, which quality is very decisive in effort increase

quality services carried out. With Thus, the ability of posyandu cadres must be developed for potential by maximum, with supplies knowledge and Skills which customized with Duty which carried out, in managing posyandu, so that could play a role active in increase health Public. According to results survey in Village python, is known a number of problems which faced regarding with activity monitoring growth toddler, Among other 8 Integrated Healthcare Center on year 2021 which categorized as as Independent Posyandu in Sanca Yang Village consists of 8 RW, and each posyandu timetable open Integrated Healthcare Center no in accordance with desire Public, as well as whole timetable determined by Health Center or Village. As for the amount agents which active only 5 person per Integrated Healthcare Center.

Practice in the field still there is difficulty cadre Integrated Healthcare Center in to do measurement anthropometrically appropriate.

According to results study which conducted by Ririn Novianti, et al. Steps

taken by the government for handle stunting is with optimizing role Integrated Healthcare Center. Wrong one role which rated could help handle stunting is role Integrated Healthcare Center in give counseling and counseling health nutrition which goal is increase Mother's awareness and knowledge so that occur change behavior which more good. (Novianti et al., 2020)

Based on phenomena and facts the so, team devotion Public take role for provide empowerment to mothers mother Integrated Healthcare Center with give counseling about prevention stunting, which aim for give counseling health nutrition. that role counseling health nutrition in Integrated Healthcare Center still experience various obstacle, good from side Mother toddler which not enough knowing and not enough understand that this role exists and is important. Wrong One reason is delivery information which no maximum and not enough thorough as well as level knowledge of different mothers of toddlers- different. As for the posyandu cadres, the problem usually is ability delivery information and Theory related

counseling health nutrition rated still not enough both in quality and quantity due to lack of training limited knowledge and level low education.

Draft About Stunting

Stunting Problems Problem child short (stunting) is one problem nutrition faced in the world, in particular in countries poor and develop (Unicef, 2013). On 2018, almost 3 from 10 child aged under five years suffer from stunting or too short for their age, while 1 in 10 is underweight body or too thin for age them. One-fifth of school-age children base advantages heavy body or obesity. (UNICEF INDONESIA, 2019).

Stunting is failure growth consequence accumulation insufficiency nutrition which in progress long start from pregnancy until with age 24 month. Lots factor which cause height incident stunting on toddler. Public not yet realize stunting as something problem compared with problem not enough nutrition other. by global policy which conducted for drop incident stunting focused on group The first 1000 days or so-called with Scaling up Nutrition. WHO recommend stunting reduction as big as 3.9% per year in skeleton Fulfill

target 40% drop stunting on year 2025. Intervention conducted on along cycle life good in sector health or non Health which involve various layer communities such as government, private sector, Public civil, UN through action collective for enhancement repair nutrition, good period short (intervention Specific) nor period long (sensitive). (Mustika & Syamsul, 2018)

Stunting is caused by various factors which each other influence, not only because factors of poor nutritional intake in mothers pregnant or toddler just. In Indonesia, has many conducted study about factor risk stunting. The risk of stunting can start since the period of conception, namely from the mother. Mother which not enough have knowledge about Health and nutrition since pregnant until give birth to play a major role in causing stunting on child which he was born. On moment pregnant, service ANC-Ante Christmas Care (health services for mothers During time pregnancy), Post Christmas Care (service health for mother after giving birth), and learning early which quality also very important. Thing this related with

consumption supplement substance iron which adequate moment pregnant, gift breast milk exclusive and Food companion Optimal breast milk (MPASI). (Nirmalasari, 2020)

Based on results study Ruswati, et al, (2021), risk factor analysis with incidence stunting obtained 5 factor reason with three main factors in Muarasari that is breast milk Exclusive, pattern mother's food and knowledge. Part the size of the child of the respondent never suffer stunting (76.7%) and the rest as much 7 child (23.3%) experience stunting. by analysis bivariate no there is variable which significantly related to incident stunting because amount respondent which a little.

However, based on study method ultrasound obtained three problem main that is breast milk Exclusive, pattern eat and mother's knowledge. Research data which conducted Muhammad Syairozi Hidayat *et al* (2017) which analyze by descriptive, prevalence stunting on toddler in region work Public health center sidemen is as big as 35%. toddler with stunting tend more many found on toddler with type sex woman (38.3%),

level education mother low (35.1%), history breast milk no exclusive (44.9%), and has a history of LBW (66.7%). Prevalence stunting on toddler in region work Public health center sidemen enough tall so that effort prevention required through program nutrition public health and health mother and child.

Base policy program food and nutrition in the long term formulated in Constitution No.17 year 2007 about Plan Development Period Long National (RPJPN) year 2005-2025. Approach multi-sector in development food and nutrition covers production, processing, distribution, until consumption food, with content nutrition which enough, balanced and guaranteed its safety.

Development period long run by gradually in period time five annual, formulated in the Plan document Development Period Intermediate National (RPJMN) which set in Regulation President. In RPJMN Step 2nd period year 2010-2014, there is two indicator outcome which related with nutrition namely the prevalence of malnutrition (nutrition) less and poor nutrition) of < 15 percent stunting (short)

as big as 32 percent on year 2014. Target program nutrition more focused on mother pregnant until child age 2 year (Nirmalasari, 2020).

B. Method of Implementation

Activities community dedication this use method approach Participatory Rural Appraisal (PRA) which is approach and method which allow Public by together analyze problem his Health in order to formulate planning and policy by real. So that implementation destination The long term of this program is make the python village stunting free. As for Method which used in activity Devotion to public, ask answer and discussion interactive for raise knowledge and understanding about stunting.

C. Results and Discussion

Stunting is problem which not enough nutrition chronic caused by lack of nutrition in time which enough long, so that result in disturbance growth on child that is tall the child's body is lower or shorter (dwarf) from standard his age. Wrong one focus of

the current empowerment team is stunting prevention. This effort aim so that children could grow and develop by optimal and maximum, accompanied by ability emotional, social, and physique which ready for study, as well as able to innovate and compete in level global.

Solutions offered to partner is give counseling about Fulfill needs nutrition since pregnant, give breast milk Exclusive until the baby is 6 months old, accompany breast milk Exclusive with solid food healthy, Continue monitor grow flower child, Always keep cleanliness environment, and Consult health child you to doctor specialist child.

Implementation of activities empowerment Public conducted in groups by giving interactive counseling and discussion as well as views videos virtual related knowledge stunting, and practice making food companion breast milk. Effort drop stunting carried out through two interventions, namely: intervention nutrition Specific for resolve reason direct and sensitive nutrition interventions to address reason

no direct. Besides resolve reason direct and no direct, required precondition support that includes commitment political and policy for implementation, involvement government and across sectors, as well as the capacity to doing.

Reducing stunting requires an approach which thorough, which must start from fulfillment precondition supporters. Framework conceptual Intervention drop stunting integrated. Framework conceptual intervention drop stunting integrated isa guide for the Sanca Village government in reducing the incidence of stunting. Government village python given opportunity for innovate foradd activity interventionother effective

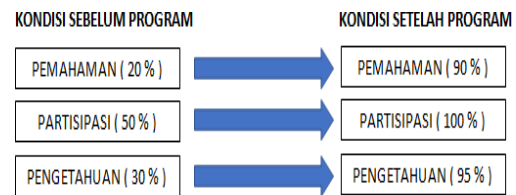
based on experience and practice good which has held on moment implementation team devotion cometo village python with focus onstunting reduction. Target 8 indicatorsmain in intervention drop implemented integrated stunting in Sanca Village, Ciater District are: a) Stunting prevalence in children under five, b) Percentage baby with Heavy BodyBorn Low (LBW), c) Prevalencedeficiency

nutrition (underweight) on child toddler, d) Prevalence wasting (thin) children under five, e) Percentage of infants age not enough from 6 month which get breast milk exclusive, f) Prevalence anemia on mother pregnant and teenager Princess, g) Prevalence worms on child toddler, h)Prevalence diarrhea on toddlers and toddlers. Just donea number of indicator just, which not yet done Among other Prevalence wasting (thin) children under five, prevalence anemia on mother pregnant and teenager daughter, prevalence of helminthiasis in childrentoddler. This is because society reluctant report to party Integrated Healthcare Center and Public health center, as well as lack of power cadre in service to Public,especially not yet once conductedhome visit good by posyandu agents. Evaluation devotion conducted for realize program PKM Community groups in Sanca . Village so that occur change pattern behavior in prevention stunting. partner in general

can follow all Step activity with good. As for The results of these activities include knowledge partner about prevention stunting start increase. Enhancement this can be seen from the response of partners during the discussion. Lots ideas appear related with intensification Fulfill needs nutrition since pregnant, give exclusive breastfeedinguntil baby aged 6 months, accompany breast milk Exclusive with solid food healthy, Continue monitor grow flower child, Always keep cleanliness environment, and Consult your child's Health to the doctor specialist child

Knowledge partner about the importance of fulfilling nutritional intake needs for mothers pregnant and fetus in content so important, because will determine health and growthbaby after birth. For that upgrade knowledge mother need improved.

Posyandu agents is moms or public which with consciousness wants participate inthe success of the quality of generations successor since in content so that the child whoborn free from troublestunting.



D. Conclusion

Program devotion on Public which aim for prevent and lower number stunting in Village python which held by lecturer and student facilitated by P2MPRD FISIP University Pasundan walk with fluent in accordance with which expected. As for results which obtained from court this is so big aspirations from apparatus village starting from the village head, the devicevillage, head region, and cadre Integrated Healthcare Center in doing activity this. From devotion this in earn results: 1) increase knowledge para cadre Integrated Healthcare Center about stunting and the problem, 2) increase knowledge para cadre Integrated Healthcare Center about method stunting prevention. 3) There is a target which want to achieved by cadre Integrated Healthcare Center for lower lift stunting in area village python in one year to front. 4) posyandu agents will use the method

Home Visit in giftservice to society which have mother take and toddler. 5) increasing knowledge of cadres Integrated Healthcare Center in increase quality service nutrition on child, with method processing food healthy, affordable with good ingredients easy in could in around the placestay.

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