

Improving Maternal and Child Health in Sukomulyo Village, Kaliwungu Selatan Subdistrict, Kendal Regency through the Mother and Child Posyandu Program

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Abstract. Health education is to change the knowledge, attitudes and skills of individuals or community groups in the health sector, promote and maintain healthy lifestyles, and be active in achieving optimal health. The aim of this research is to see the effect of breast cancer health education on knowledge, behavior and BSE skills in women of childbearing age who visit PMB Utami Dewi in Cihideung Bogor in 2023. This research method is to use a Quasi Experiment with a one group pretest posttest research design. So the sample in this study amounted to 30 respondents. This research instrument uses a questionnaire containing knowledge, behavior and skills regarding BSE. Based on the results of the paired sample t test, it shows a significance value of 0.000, so it can be concluded that breast cancer health education influences knowledge, behavior and awareness skills in women of childbearing age who visit Pmb Utami Dewi in Cihideung Bogor in 2023.

Keywords: Breast cancer, knowledge, behavior, awareness skills.

Abstrak. Pendidikan kesehatan adalah untuk mengubah pengetahuan, sikap dan keterampilan individu atau kelompok masyarakat di bidang kesehatan, mempromosikan dan mempertahankan pola hidup sehat, serta aktif dalam mencapai kesehatan yang optimal. Tujuan Penelitian ini yaitu untuk melihat “pengaruh pendidikan kesehatan kanker payudara terhadap pengetahuan, perilaku, dan keterampilan SADARI pada Wanita usia subur yang berkunjung ke PMB Utami Dewi di Cihideung Bogor tahun 2023”. Metode Penelitian ini adalah menggunakan Quasi Eksperimen dengan design penelitian rancangan one group pretest posttest. Maka sampel dalam penelitian ini berjumlah 30 responden. Instrument penelitian ini menggunakan kuesioner yang berisi pengetahuan, perilaku, dan keterampilan mengenai SADARI. Berdasarkan hasil uji paired sample t test menunjukkan nilai signifikansi 0,000 sehingga dapat disimpulkan bahwa “pendidikan kesehatan kanker payudara berpengaruh terhadap pengetahuan, perilaku dan keterampilan sadari pada wanita usia subur yang berkunjung ke Pmb Utami Dewi Di Cihideung Bogor Tahun 2023.

Kata kunci: Pendidikan Kesehatan, pengetahuan, perilaku, keterampilan sadari.

1. BACKGROUND

Selected health workers who have been thoroughly trained by the Ministry of Health are hired for the Posyandu program. These health workers come from the local community and have the ability to perform their jobs on a daily basis inside and outside the Posyandu. As a result, the Posyandu Communication Center serves as a technical information center that provides information on local health services, services provided by the community, and technical training for health workers. Posyandu has played an important role in human resource development since its establishment. The strategic value

of early human resource development shows that we have the ability to improve the quality of our human resources in the future (Daulay et al., 2023).

Health is a basic need of everyone, so everyone should realize and recognize that it is important. Posyandu is a health facility that is available and easily accessible in a place. The Ministry of Health of the Republic of Indonesia describes Posyandu as one of the community-based health business units, also known as UKBM (Usaha Bersama Masyarakat). If people can use Posyandu services, access to basic health information will be easier and child mortality rates will be lower. As a result, Posyandu will become one of the community-based health services that is locally organized and supported by health workers (Nata & Sena, 2018).

People can reduce the economic burden on the community by getting posyandu services at no cost. In addition, posyandu also has many other benefits, such as providing information on maternal and child health, such as breastfeeding, nutritional supplements, and how to prevent diseases. Monitoring child growth to prevent malnutrition and poverty. Nutrition helps detect and treat abnormalities in children, pregnant women, and nursing mothers quickly. Providing comprehensive immunization. Posyandu is also a place for mothers to learn more about maternal and child health and share their experiences with health workers and others (Adawiyah et al., 2023).

2. METHODS

A descriptive qualitative approach is used to describe data and conduct scientific analysis (Azkia & Rohman, 2020). Research is a scientific method to obtain, discover, develop, and verify relevant information (Sugiyono, 2016). In Sukomulyo Village, Kaliwungu Selatan Subdistrict, Kendal Regency, there is a Puskesmas that provides health information to mothers and children and is held regularly at the balaidesa, or the holding of a posyandu program. The posyandu was then observed by the participants who attended the posyandu there. The purpose of this research is to find out how posyandu plays a positive role in improving the health of mothers and children.

3. RESULTS AND DISCUSSION

The Urgency of Health and Posyandu

Health is also an investment, so everyone and all levels of society must maintain, care for and improve their health so that people can live healthier lives and ultimately achieve the ideal level of public health. We must do this because health is not only the responsibility of the government; it is also the responsibility of ourselves, the government, and the community. We realize that Indonesia's health system is facing many unpleasant diseases, such as anemia, bird flu, and others. Therefore, puskesmas is the lowest health service center owned by the local government.

The community of Sukomulyo Village should organize and utilize the important role of Posyandu in the community. The monthly weighing of children under five to improve nutrition requires active community participation. In this process, mothers can also monitor their children's health every month. to conduct check-ups that are based on their children's weight. Every month, the village community of Sukomulyo Village holds a general health consultation. The aim is to ensure basic health services are available, especially for pregnant women and infants. It is very important for mothers to consult with local health center staff and midwives when conducting check-ups of toddlers and pregnant women. Mothers are responsible for the growth and nutrition of each baby. Therefore, mothers should actively participate in the comprehensive health program every month. They carry out posyandu usually at the balaidesa which is easily visited and accessed by local residents because it is close to their homes.

Health is very important and can be used as one of the determining factors of a country's human resources because health facilities and infrastructure are one of the indicators of a country's progress. Health is also very important for individuals because their level of health affects their level of economic achievement. Adi (2002) states that social welfare is related to health, so health is also included in Law Number 11 of 2009 concerning Social Welfare, which stipulates that social welfare is a condition in which people can live healthy and develop, and can fulfill social needs and carry out their obligations.

The role of health cadres in the success of Posyandu

Health programs are essential to increase the capacity of the community to get the best health. The involvement of Health cadres is an important component to the successful implementation of posyandu. Employees build health systems through the operation of integrated health centers. Cadres who are elected by the community and willing to provide assistance voluntarily take part in Health activities in their village (Mumu et al., 2023).

Banyak faktor baik internal maupun eksternal yang mempengaruhi kinerja suatu struktur. Kader harus mengunjungi peserta Posyandu selain bekerja sebulan sekali. Tingkat pengetahuan yang diperoleh kader melalui pendidikan formal adalah salah satu komponen yang mempengaruhi peran kader tersebut Prang (dalam Angelina Dkk., 2020). Posyandu is a health center such as nutrition, immunization, maternal and child health. Posyandu is a health service that is managed and coordinated by, for, and with the community to organize health development to strengthen the community and the welfare of the community. Primary health care to accelerate the reduction of maternal and child mortality. The framework mechanism requires teamwork. Cadres to be appointed must first complete cadre training. A possible structure based on capacity and readiness is 4-5 people per posyandu (Meilani et al., 2009). Posyandu services must be supported by training cadres to perform key tasks. A positive attitude is needed in all situations to make health care more efficient. Lack of staff involvement affects the awareness of local residents towards monitoring the nutritional status of their children (Rurensia, 2011).

Correlation between Maternal and Child Health and Posyandu

Health services provided to the community by health workers and their assistants are known as posyandu. Family planning, maternal and child health, vaccinations, nutrition and more are part of the posyandu health services. This Posyandu program will have a significant impact on social transformation. The perception of health, especially maternal and child health, monitoring of child development, early diagnosis, and many other benefits, has changed society. One of the most significant changes is the shift in attention away from health and fitness towards alternative medicine and sports than ever before.

Facts on the ground show that the Posyandu program has a significant influence on community health. This is due to the continuous improvement in health services. However, there is a need for improvement as many children are still malnourished. Factors affecting malnutrition in early childhood include economic conditions that limit a family's ability to purchase healthy food, poor cognitive function, and parents' lack of knowledge and understanding of nutrition.

Sukomulyo villagers are happy to support and implement the Posyandu administration policy. However, many stakeholders must be involved, both directly and indirectly, for the Posyandu program to be effective. Most of the community is involved

in the Posyandu program. In Sukomulyo village, the Posyandu program includes immunization, weight measurement, vitamins, supplementary food for pregnant women, and formula milk (MPASI) to track children's weight gain. In addition, infants and children who are underweight, malnourished, or have other problems that inhibit growth are also provided with complementary food or growth inhibiting drugs. Counseling on maternal and child health, nutrition, family planning, and the environment are part of the extension program.

4. CONCLUSION

Based on the researcher's observation in Skomulyo Village, South Kaliwungu Sub-district, Kendal District, it can be seen that the Posyandu program has a positive impact. That is, mothers and children in the village who participate in the Posyandu program provide nutritional supplementation, maternal and child health counseling, and additional maternal and child health services to pregnant women. Of course, in order for the Posyandu program to run effectively, it requires the participation of various stakeholders, such as the village head and health workers.

5. REFERENCES

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