

The Importance of Posyandu in Aria Hamlet Bingkeng Village

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ABSTRACT

Integrated service post in Indonesia known as Pos Pelayanan Terpadu (Posyandu) is a meeting place between professional services from Posyandu health workers and Posyandu's role in improving the quality of maternal and child health, Posyandu is also a center for public health information. The aim of this outreach activity to the community is to increase public knowledge and awareness about the utilization of health services at posyandu. The method used in this study is qualitative with data collection techniques through interviews, observation, and question and answer. Respondents in this study were posyandu cadres, Dusun PKK cadres, medical personnel, and the community, especially mothers with toddlers with a total of 90 participants. The results of the study show that the community's perception of the Posyandu program is quite positive, Posyandu has an important role in improving the quality of maternal and child health through the health service process, and Posyandu has become a center for public health information.

Keywords: Posyandu, Knowledge, Aria Hamlet Bingkeng Village

INTRODUCTION

Posyandu activities are assumed to be one of the right approaches to reduce infant mortality and morbidity and can improve the nutritional status of toddlers (Ministry of Health RI, 2011). Posyandu is one of the Community-Based Health Efforts (UKBM) that is managed from, by, for, and with the community, to empower the community and provide convenience to the community in obtaining basic health services (KEMENKES RI 2012).

Posyandu is a very important health service for infants and toddlers at the earliest. In fact, in Posyandu, many community members themselves do not use the Posyandu to monitor the growth and development of their children on the grounds that they are busy working or do not have time to bring their toddlers to the Posyandu and lack of knowledge about the importance of monitoring the growth and development of toddlers (Yulifah & Johan, 2009).

In its implementation, posyandu services have five priority programs such as Mother and Child Health (KIA), Family Planning (KB), immunization, Nutrition and Diarrhea Management. Posyandu activities are important for infants and toddlers, because they are not limited to giving immunizations, but also monitoring the growth and development of infants and toddlers through weighing activities and providing additional food. Prevention and treatment of malnutrition can also be addressed as early as possible, because basically, not all children under five are born with abnormal weight (Suhardjo, 2003).

There are several impacts that will be experienced by toddlers, if the mother is not active in utilizing Posyandu, including not getting health education about normal toddler growth, not getting vitamin A for eye health, every month the mother will not know the toddler's weight growth and the mother does not get giving and counseling about supplementary food (PMT). Mothers can monitor the growth and development of their toddlers by being active in Posyandu activities (Ministry of Health RI, 2007).

Therefore, in tackling these problems, the Posyandu program is needed where the existence of Posyandu in the community can be used as a center for activities for mothers in an effort to provide health services for their toddlers, Posyandu activities can also be used as a means to exchange information, opinions and experiences as well as deliberations to solve problems. various problems encountered.

The existence of Posyandu in the community is not going well, even though Posyandu is seen as very beneficial for the community so that the government instituted a Posyandu revitalization program (Notoatmodjo, 2007).

The level of family understanding of the benefits of posyandu is one of the obstacles related to visits by toddlers to posyandu. The activeness of the mother in every activity at the Posyandu will affect the development of the nutritional status of children under five. As we know, one goal of the Posyandu is to monitor the improvement of the nutritional status of the community, especially children under five and pregnant women. Mothers who have children under five should be active during the Posyandu so that their nutritional status is monitored so that the objectives of the Posyandu are achieved as expected.

If the knowledge of mothers who have toddlers about Posyandu is lacking, then the person's behavior is also the same as their level of knowledge. The lack of public knowledge about health services at Posyandu greatly influences the intensity of visits to Posyandu because knowledge is one of the predisposing factors of a person's behavior.

RESEARCH METHOD

The implementation of posyandu activities for the community in Aria Hamlet, Bingkeng Village, was carried out using the counseling method using PPT media, posters and direct education to the community with due observance of health protocols. Posyandu Dusun Aria Bingkeng Village, Dayeuhluhur District, Cilacap Regency is an activity that supports and plays an active role both as a subject and as an object in this activity. In the preparation stage, surveys and approaches were carried out and discussions were held. The information for this research consisted of midwives from the Posyandu in Bingkeng Village, Posyandu cadres in Aria Hamlet, and mothers who have toddlers who are in the Posyandu Dusun Aria as data sources and determine the implementation of activities. During the activity, KKN.T students acted as subjects, while health cadres and the community who came to the posyandu, especially mothers who had toddlers, became objects that would be given counseling in terms of increasing knowledge about the importance of posyandu health services.

RESULT AND DISCUSSION

The stages of implementing extension activities on the importance of posyandu in the community are as follows:

Preparation phase:

1. obtaining permits to carry out counseling activities that coincide with the simultaneous posyandu in Aria Hamlet, Bingkeng Village, after obtaining permits for activity recommendation letters, proceed with obtaining permits from Aria Hamlet and posyandu cadres as well as planning the time and place for carrying out activities and the targets to be attended on this implementation,
2. Making power points and posters as educational media,
3. Preparation of participant consumption and
4. Coordination with related parties such as the posyandu head, the midwife in charge of the posyandu, and health cadres and RT/RW.

Implementation stage:

1. counseling participants were health cadres on duty at posyandu and mothers who had toddlers 0-59 months as many as 34 mothers,
2. The counseling process was carried out at the posyandu which took place from 08.00-12.00 WIB which was attended by 90 people, counseling was carried out simultaneously and counseling was carried out by educating directly to the community using power points and posters as media.



Figure I. Presentation of the importance of posyandu

In that hamlet, the total number of infants and toddlers was 74 children. Of these, it was recorded that all children had KMS. There were 40 children who did not attend the Posyandu, 34 of whom came and weighed, 21 of them gained weight, and 13 of them remained. From the observations of students making visits to toddlers in Cikadu Hamlet, Bingkeng Village, the lower this is due to several possibilities that can affect the obedience of mothers of toddlers in making visits to the Posyandu including knowledge, age, education, mother's busyness due to work reasons, distance and affordability of Posyandu.

Perceptions of the Narawita Village Community towards the Posyandu Program.

Based on the results of interviews with mothers who have toddlers in the field, several phenomena were found related to people's perceptions of the Posyandu program. This is related to the existence of Posyandu as the implementing unit for community assistance in achieving health. Questions related to mothers'

opinions regarding the posyandu in their environment, participation in the posyandu program, and mothers' opinions about posyandu programs. Based on the answers to these questions, several statements were found that described positive and negative perceptions. Some of the main points of the answer are, first, the residents of Dusun Aria have positive perceptions related to the Posyandu program in the form of



convenience in obtaining health services, especially health services for mothers and babies. Apart from that, the Posyandu program was well received by the residents of Aria Hamlet, especially the middle and lower classes, who were of course very happy with the Posyandu program.

Figure 2. Interview and material evaluation

A positive response is a form of appreciation. The Posyandu program is a social change that will bring benefits to the people of Dusun Aria. These changes are both positive and negative. Positive changes such as benefits obtained with the ease of obtaining health services.

Posyandu cadres of Dusun Aria commented that implementing this program was very important, not just carrying out a formal program and making routine activities (weighing toddlers, giving PMT, health checks, immunizations, blood pressure checks, health consultations) but having functions that very large for improving the quality of people's lives, especially those related to health problems. To increase community participation regarding posyandu, awareness must be made in the community about the important role and benefits of posyandu. Thus a positive perception will be formed among the public. With a positive perception, participation in the implementation of these activities will increase. However, it seems that what still needs to be clarified is an understanding that is still too simple about the Posyandu program. In the view of the community, especially mothers who have toddlers 0-59 months, the Posyandu program is a routine program that is carried out every month on the fourth week in order to weigh toddlers to determine the level of development of toddlers.



Figure 3. Giving blood pressure and taking photos together

This view is still too narrow because in fact Posyandu is not only for carrying out toddler weighing programs, but as an integrated health service center (health checks, immunizations, blood pressure checks, pregnancy checks, couples of childbearing age, health consultations) which can be carried out in order to provide convenience to community to obtain health services. To increase community participation in the Posyandu program, it is necessary to provide correct and targeted information.

In this case the Posyandu cadres are assisted by KKN.T UMTAS 2021 students with media and implementation methods that have been prepared to become the driving force for public health who become reliable communicators in disseminating health information to the public. Through the posyandu institution, KKN.T students took advantage of this moment to provide information about the importance of the posyandu with the right target.

That way, community participation in utilizing the Posyandu program can be seen from the active participation of the community in participating in Posyandu activities every month and the use of free immunization, weighing toddlers, health controls, examinations for pregnant women, couples of childbearing age and nutritional consultations. Likewise, community participation in Posyandu activities can be seen when providing additional food, for example giving PMT (supplementary feeding), besides being programmed, there is also assistance from the community. The factors that encourage people to participate in Posyandu activities are due to the growing awareness and sufficient understanding of the community about Posyandu. In addition, posyandu activities have become a tradition that is routinely carried out every month (immunization, weighing, knowledge about health and fulfillment of toddler nutrition).



Figure 4. Speech by the head of Bingkeng Village

If awareness has grown in every mother under five, it will increase the quality of health in the community easily. However, there are still a number of mothers with toddlers whose level of awareness is still low, besides that, medical personnel do not provide services that are more responsive to the community.

Based on this information, Posyandu must become an information center supported by a reliable information system. A reliable Posyandu information system is a series of activities to produce data and information about services for the process of child growth and development and basic maternal and child health services which include program coverage, program achievement, continuity of weighing, weighing results and community participation according to needs in an effective manner and on time for Posyandu managers.

CONCLUSION AND SUGGESTION

The KKN.T group 6 work program activities are running as they should in accordance with what has been jointly designed, through health education and the importance of posyandu to mothers who have toddlers 0-59 years in increasing public health knowledge, especially mothers who have children under five about the utilization of services. The health center at the posyandu was attended by 90 people which took place at the posyandu simultaneously in Dusun Aria, we saw that the posyandu participants were less enthusiastic about asking questions with the reason that they were embarrassed to ask and were afraid of being wrong, but we still provided assistance so that women dared to ask questions, but the community was enthusiastic, especially mothers who having toddlers is very good to want to come to posyandu and bring their toddlers to participate in health monitoring and immunization. This counseling activity can encourage posyandu cadres in Aria Hamlet, Bingkeng Village, to provide assistance to the community, especially mothers who have toddlers and the community so that they want to take advantage of posyandu services on a regular basis to support public health.

With the community's interest in participating in posyandu activities, it is suggested that related parties in the local area, especially the role of cadres, can manage this existing interest, so that the community's interest in attending posyandu utilization increases and does not decrease, the Village and

The Dayeuhluhur District Health Center is collaborating with midwives and Posyandu Dusun Aria so that they can further enhance efforts to increase their role so as to improve Posyandu management at the community level, so that Posyandu development services in the community can attract more people to participate in Posyandu activities..

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