

# The Cadre Empowerment and Education for Pregnant Women and Toddler Mothers in Efforts to Prevent Stunting in Sukamaju, Jambi Luar Kota, Muaro Jambi

Neni Heryani, Herinawati, Murdayah<sup>a)</sup>

Poltekkes Kemenkes Jambi, Jambi, Indonesia

<sup>a)</sup>Corresponding author: murdayahlaksono@gmail.com

## Abstract

Sukamaju Village is the village with the highest incidence of stunting in the Pondok Meja Health Center working area, 31%. Stunting in Muaro Jambi Regency experienced an increase of 5.1% from 2016 of 25.5% to 30.6% in 2017. The aim of the activity is to empower cadres by teaching cadres to be able to provide education using flip-sheet media containing about stunting to pregnant women and mothers with toddlers. Stunting-themed educational activities were carried out for 40 cadres. This activity is carried out directly using a flip sheet containing stunting including the meaning of stunting, recognizing the signs of stunting, preventing stunting, causes of stunting, the impact of stunting, as well as tips for preventing stunting during the first 1000 days of life (HPK). The educational activities went well and received a good response and enthusiasm from the cadres. This is demonstrated by the cadres' enthusiasm in asking questions and sharing information obtained from learning outcomes using flip-sheet media. The education provided was also conveyed well as shown by the increase in cadres' knowledge regarding stunting by looking at the comparison of pre-test and post-test results which increased significantly. For this reason, educational activities using flip-sheet media need to continue to be implemented as an effort to increase cadres' knowledge in educating pregnant women and mothers with toddlers.

**Keyword:** *Stunting, Cadre Empowerment, Education*

## INTRODUCTION

Suka Maju Village is a village located in Mestong, Muaro Jambi, Jambi Province, Indonesia, with an area of 2,000 km, among them Karang Mulyo of 3 (three) RT, Lengkuas of 5 (five) RT, Kalimantan of 4 (four) RT, Sidodadi of from 4 (four) RT. The population is 3415 people, consisting of 961 heads of families (KK) with an average of 3 family members, the male population is 1,811 people and the female population is 1,604 people (Desa Suka Maju, 2022).

Jambi Province, the prevalence of stunted toddlers in 2017 was 30.6%, this is an increase from the previous year, namely 25.5% in 2016. The prevalence of stunted toddlers in Jambi in 2015-2017 was 21.3%, 21.1% and 22.6% . This shows that in the city of Jambi the incidence of stunting is greater than recommended by WHO. Meanwhile, Sukamaju Village is a village in the work area of the Puskesmas Pondok Meja with the highest incidence of stunting in Mestong, Muaro Jambi, 31% based on data from Dinas Kesehatan Muaro Jambi, with a percentage of stunted toddlers at 12.6% and very stunted at 19.3 % (Dinas Kesehatan Muaro Jambi, 2022).

Suka Maju Village Stunting cases in 2019 were 51 children out of 1849 children (2.76%), in 2020 it increased sharply to 197 children from 1589 (12.4%) and in 2020 it became 167 out of 1589 children (10.5%) , (Puskesmas Pondok Meja, 2022). The stunting prevention and reduction program is a process to identify the distribution of stunting prevalence in the Suka Maju Village area by forming Gemasting cadres (Stunting Aware Community Movement) by conducting training for midwives, cadres and Suka Maju village officials (Puskesmas Pondok Meja, 2022).

One of the attempts in preventing stunting, which is expected to accelerate its decreasing has become an implementation strategy of the government through Posyandu. Stunting may occur because of nutritional deficiency, especially during the first 1000 days of life. One of the ways to prevent stunting is nutrition fulfillment and health services for pregnant women. The government has sought to do sustainable high-level advocacy and carry out multi-sector approaches through nutrition-sensitive programs held simultaneously from various programs, namely Posyandu (Nita Arisanti Yulanda et al., 2022)

Therefore, it is necessary to increase mothers' knowledge about appropriate parenting patterns to prevent stunting, such as exclusive breastfeeding, appropriate complementary breast feeding, hygiene parenting patterns and basic health parenting patterns. Apart from that, education for cadres must also be carried out so that cadres can provide ongoing education to pregnant women and mothers with toddlers.

This shows that empowering cadres through training can increase cadre knowledge. In line with the training conducted by Kosasih, Purba, & Sriati (2018), it shows that there is an increase in health cadres' knowledge before and after training about nutritional disorders and early detection of nutritional disorders. Increasing training-based knowledge for cadres can use various methods, such as lecture, discussion and practicum methods provided by health workers to cadres (Kosasih, C. E., Purba, C. I., & Sriati, 2018).

## METHOD

The Service activities are carried out by providing knowledge and skills to the target, GEMASTING cadres in Suka Maju village, totaling 40 people, using flip-sheet media which will be aimed at pregnant women and mothers with toddlers.

Activities are carried out in the following stages:

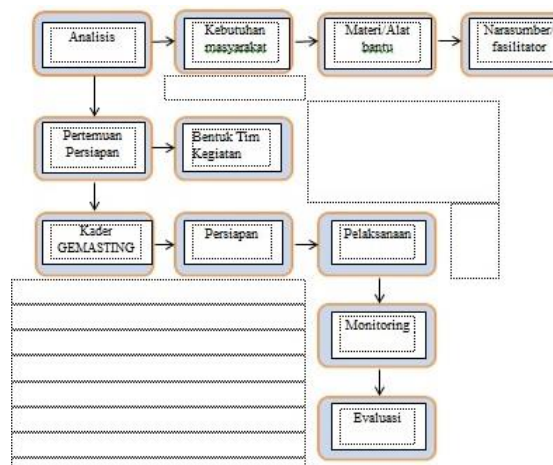


Figure 1. Stages Of Community Service Activities

## RESULT

Knowledge was obtained from the results of a pretest conducted to see the knowledge of GEMASTING cadre mothers regarding the use of flip sheets in counseling before being given intervention. The assessment is grouped into good knowledge  $\geq$  and sufficient  $\leq$ . Based on the results of the pre-test scores for cadres before being given training material on stunting prevention, the lowest score was 1 correct and the highest was 10 correct out of 15 questions, with an average score of 6.96. On average, cadres do not know about the specific symptoms of stunting and interventions using stunting feedback sheet media.

Knowledge was obtained from the results of a posttest conducted to see the knowledge of GEMASTING cadre mothers regarding the use of flip sheets in counseling before being given intervention. The assessment is grouped into good knowledge  $\geq$  and sufficient  $\leq$ . Based on the post test scores, it is known that the lowest score is 9 and the highest is 15 with an average cadre knowledge score of 13.70. After the intervention, the use of stunting feedback sheet media was carried out

- Implementation of the empowerment of GEMASTING cadres who are able to accompany and educate pregnant women with KEK (chronic energy deficiency) and toddlers with stunting in Sukamaju village, Mestong, Muaro Jambi.

Health cadres are residents who are selected and provided with health skills through training by local health service facilities/Puskesmas. Becoming a health cadre is a form of community participation in Primary Health Care (PHC). These health cadres will then become the driving force or managers of primary health efforts. The role of information in managing public health is very important, therefore health cadres have the right and obligation to provide correct and accurate information about health in their area (Safrudin & Sariana, 2021).

At the GEMASTING cadre meeting, the community service team provided a presentation about empowerment for cadres in the form of stunting feedback sheet education which is needed to increase cadres' knowledge about nutritional problems in the community, especially toddlers so that GEMASTING cadres are exposed to new information to be applied in Posyandu.

- The increased cadres' knowledge in educating pregnant women and toddlers using flip sheets about stunting.

The Cadres who play an important role in posyandu are expected to have good knowledge and high motivation in efforts to prevent stunting. Providing material before the knowledge measurement is carried out increases cadres' knowledge about stunting and its prevention because cadres have been exposed to the information. Apart from that, looking at the characteristics of the cadres, the majority of whom have a high school education level, shows that the higher the level of education and the amount of information a person obtains, the broader their level of knowledge will be (Notoatmodjo, 2012).

The implementation of providing nutrition education and stimulation as prevention and handling of stunting is quite effective as seen from the results of the activities carried out that there is an increase in the knowledge and skills of cadres which can be an indicator of stunting prevention and handling of stunting because cadres can better understand their role and can help in early detection of stunting in their area. Community engagement (CE) is an essential component in a primary health care (PHC) and there have been growing calls for service

providers to seek greater CE in the planning, design, delivery and evaluation of PHC services (Chabibah et al., 2023).

The results of the pre-test scores for cadres before being given the educational material on the flip sheet about stunting, the lowest score was 1 correct and the highest was 10 correct out of 15 questions, with an average score of 6.96. On average, cadres do not know about the specific symptoms of stunting and interventions using stunting feedback sheet media.

The result of the post test scores, it is known that the lowest score is 9 and the highest is 15 with an average cadre knowledge score of 13.70. After the intervention, the use of stunting feedback sheet media was carried out.

Then, to assess knowledge before and after, a data normality test was carried out, where the distribution of the data was not normally distributed, so a Wilcoxon test was carried out with a value of 0.000, which means that there is an educational effect using stunting flip sheet media in increasing cadres' knowledge in preventing stunting in toddlers.

This shows that empowering cadres through training can increase cadre knowledge. In line with the training conducted by Kosasih, Purba, & Sriati (2018), it shows that there is an increase in health cadres' knowledge before and after training about nutritional disorders and early detection of nutritional disorders. Increasing training-based knowledge for cadres can use various methods, such as lecture, discussion and practicum methods provided by health workers to cadres (Kosasih, C. E., Purba, C. I., & Sriati, 2018).

- There is a change in the behavior of each cadre, namely the cadre's skills in using the feedback sheet about stunting

The Skills are the human ability to use thoughts, ideas and creativity, change or make something into more value so that something has more meaningful value. Meanwhile, behavior is a combination of personality and attitudes shown when someone interacts with their environment. Skills can be used to control behavior.

The Community service activities not only provide knowledge but also provide skills for cadre participants in providing stunting education using flip-sheet media which makes it easier for pregnant women and mothers with toddlers to understand problems regarding stunting. In this activity, all cadres were very enthusiastic about taking part in this activity (Nasihudin Nasihudin & Hariyadin Hariyadin, 2021).

The evaluation results show that there has been an increase in cadres' skills in using flip sheets to make it easier to convey information about stunting to pregnant women and mothers with toddlers. The skills gained in this activity will be implemented by cadres in posyandu activities.

Based on external sources, skills that are always implemented in daily activities will produce strong memory regarding the knowledge gained during demonstrations that are applied or always put into practice in everyday life.

## CONCLUSIONS AND RECOMMENDATIONS

The Community service activities regarding cadre empowerment have been carried out including providing education using flip sheets containing about stunting to pregnant women and mothers with toddlers. The increasing cadres' knowledge in educating pregnant women and toddlers using flip-sheet media about stunting. The increasing the skills of cadres in the education process using flip-sheet media about stunting.

The Suggestions that can be given for this activity are that cadres should provide education to the community to be more effective and efficient using flip sheet media. By using a feedback sheet, counseling is more effective because it is done face to face.

## ACKNOWLEDGMENTS

Community service is an activity that must be carried out by Jambi Ministry of Health Polytechnic Lecturers as a realization of the Tri Darma. College. During the preparation of this community service report, the author received a lot of help and support from various parties, both directly and indirectly. For this reason, the author would like to express his thanks to: Director of Health Polytechnic, Ministry of Health, Jambi, Head of Midwifery Department, Head of Community Health Center and The village head, staff and all community leaders in Sukamaju Village have helped facilitate this activity. The author hopes that this community service activity can be beneficial for the community and all health practitioners.

## REFERENCES

- Chabibah, I. F. A., Anggraeny, D., & Irot, R. A. (2023). Optimizing the Role of Posyandu Cadres in Providing Nutrition Education and Stimulation as Prevention and Handling of Stunting. *Abdimas Umtas: Jurnal Pengabdian Kepada Masyarakat*, 6(3). <https://doi.org/DOI:https://doi.org/10.35568/abdimas.v6i3.3487>
- Desa Suka Maju. (2022). *Profil Data Suka Maju*.
- Dinas Kesehatan Muaro Jambi. (2022). *Data Stunting Muaro Jambi 2022*.
- Kosasih, C. E., Purba, C. I., & Sriati, A. (2018). Upaya Peningkatan Gizi Balita Melalui Pelatihan Kader Kesehatan. *Media Karya Kesehatan*, 1(1), 90–100. <https://doi.org/10.24198/mkk.v1i1.16945>
- Nasihudin Nasihudin, & Hariyadin Hariyadin. (2021). Pengembangan Keterampilan dalam Pembelajaran. *Jurnal Pendidikan Indonesia*, 2(4). <https://doi.org/https://doi.org/10.59141/japendi.v2i04.150>
- Nita Arisanti Yulanda, Sukmawati, T. L. C., Febrilestari, A., & Martadi, K. A. (2022). Reinforcement of the Cadres' Role of Toddler Integrated Healthcare Centerto Prevent Stunting During the Covid-19 Pandemic. *Abdimas Umtas: Jurnal Pengabdian Kepada Masyarakat*, 5(1). <https://doi.org/https://doi.org/10.35568/abdimas.v5i1.1708>
- Notoatmodjo, S. (2012). *Promosi Kesehatan dan Perilaku Kesehatan* (1st ed.). PT. Rineka Cipta.
- Puskesmas Pondok Meja. (2022). *Data Puskesmas Pondok Meja*.
- Safrudin, & Sariana, E. (2021). Pemberdayaan Kader Kesehatan Dalam Pengembangan Media Promosi Kesehatan Di Wilayah Rw 6 Kelurahan Jatiwarna. *Prosiding Diseminasi Hasil Pengabdian Kepada Masyarakat*. <https://ejurnal.poltekkesjakarta3.ac.id/index.php/ProsidingPKM/index>



## APPENDIX



Figure 2 . Implementation of Community Service