

## Utilization of The Golden 1000 Application by Pregnant Women, Breastfeeding Women, Baduta Mothers, Cadres, and Midwives To Prevent Stunting in The Working Area Of The Bungursari Health Center in Tasikmalaya City in 2021

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### ABSTRACT

In 2020 there were 28 babies with stunted growth and 23 pregnant women with malnutrition at the Bungursari Health Center, with 56% of mothers providing exclusive breastfeeding and 74% of mothers starting from the age of 4 months of the baby and the menu given was not in accordance with WHO MPASI. This community service aims to use the golden1000 application for pregnant women, nursing mothers, mothers with children under 2 years old in guarding 1000 HPK so as to prevent stunting. Community Service using the golden1000 application was attended by 10 Bungursari PKM midwives, cibunigeulis village cadres and 15 third trimester pregnant women carried out for 2 days involving expert resource persons in their fields, namely the Golden1000 application Founder, Breastfeeding Counselor and PMBA Counselor. The training was carried out face-to-face and interactively using the golden1000 application and how to use it. The results obtained were an increase in the knowledge and skills of midwives, cadres and pregnant women in guarding 1000 HPK as well as with golden1000 application tools.

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## INTRODUCTION

Bungursari Health Center is one of the basic health services in the Tasikmalaya City area located on Bungursari street in Tasikmalaya City. It consists of 2 health worker resources, 2 doctors, 16 midwives and 125 posyandu cadres. In 2020, Bungursari Health Center ranks first in the puskesmas with the highest stunting incidence in Tasikmalaya City. There were 28 stunted toddlers with chronic malnutrition conditions, pregnant women with totaling 23 people, exclusive breastfeeding coverage was only 56% of all breastfeeding mothers, and as many as 74% of mothers had given supplementary feeding with breastmilk before the baby was 6 months old with a menu that did not match 4 quadrants with WHO recommendations in child feeding (Imaniar *et al.*, 2022).

Stunting refers to a condition in which a baby's height or height is shorter than his age. Stunting is one of the nutritional problems faced by children around the world, in 2013 around 16 million children experienced it, until 2017 a total of 22.2% or around 150.8 million toddlers in the world were stunted. In 2018 as many as 8 million Indonesian children experienced growth disorders, the prevalence of stunting in Indonesia in 2018 was 37.2%, meaning that 1 in 3 Indonesian children were stunted (Account, 2018)(Akombi *et al.*, 2017)(T, M and Z, 2017)

The impact caused is that children are easily sick, cognitive abilities are reduced, when old are at risk of exposure related to diet, balanced body functions, body posture is not optimal as an adult, and experiences economic losses(Aguayo and Menon, 2016)(Kementerian Kesehatan Republik Indonesia, 2013)(de Onis and Branca, 2016) (Yusnia and Resmi Lestariana Putri, 2022)

Stunting can occur due to malnutrition, especially in the first 1000 days of life, namely 270 days of pregnancy, 365 days of the first year, and 365 days of the second year. 1000 HPK is a golden opportunity to raise healthy and intelligent children. One way to prevent stunting is to provide nutrition and health services to pregnant women (Aguayo and Menon, 2016)(Som *et al.*, 2018) (Rao *et al.*, 2011)

Services that have been provided to guard the 1000HPK period as a form of stunting prevention are by implementing health education directly through posyandu activities for pregnant women, breastfeeding mothers and mothers with children under 2 years old and refreshing cadres with training by midwives and Puskesmas.

The existence of the COVID-19 pandemic has certainly caused changes in the order of health services, one of which is that providing information through posyandu activities has stopped with the recommendation of physical distancing and avoiding crowds to prevent the spread of the virus. This results in limited access to health workers, midwives and cadres face-to-face in providing health education related to 1000HPK as stunting prevention, of course, the information obtained by pregnant women will be little and even without any information. If this is left unchecked, it will certainly increase the incidence of stunting at the Bungursari Health Center.

The purpose of this community service activity is to improve health services and facilitate public access to education focused on stunting prevention in the Bungursari health center work area so as to reduce the incidence of stunting in toddlers in the region.

## METHODS

The method that the proposer and partners carried out in this activity was:

1. Measure knowledge, skills and access to health services before PKM activities were carried out (problem situation analysis) the target partners were (Yusnia and Resmi Lestariana Putri, 2022)

- Measuring midwife health services of 15 people so far during the pandemic related to 1000HPK service education using questionnaire measuring instruments
  - Measuring the skills of 15 cadres in providing education about 1000HPK to pregnant women using a questionnaire measuring instrument
  - Measuring the level of knowledge of pregnant women, breastfeeding mothers and mothers with children under 2 years old totaling 15 people regarding 1000 HPK using a questionnaire measuring instrument
2. Conducting socialization and training on the golden1000 android-based application to cadre midwives and pregnant women, including for easy access to use according to partner needs. (Rubiani *et al.*, 2022)(Imaniar *et al.*, 2022)
- Midwives, Cadres and pregnant women, breastfeeding women and mothers with children under 2 years old installed the application on each mobile phone totaling 45 participants
  - Socializing the use of the golden1000 application by the application founder and the stages carried out according to partner needs.
  - Midwife Training for 15 participants Online education using the online chat feature consultation using the golden1000 application
  - Breastfeeding skills training for cadres totaling 30 participants using the video feature in the golden1000 application
  - Training on using features in the application for pregnant women, breastfeeding mothers and children under 2 years old totaling 15 people in the golden1000 application and how to do online chat features with Midwives
3. Measuring knowledge, skills and access to health services after PKM activities are carried out, namely
- Measuring midwife health services after the use of the golden1000 application during a pandemic related to 1000HPK service education using questionnaire measuring tools
  - Measuring cadre ability in providing education about 1000HPK after the use of the golden1000 application
  - to pregnant women using questionnaire measuring instruments about 1000 HPK after the use of the golden1000 application using a questionnaire measuring instrument
4. After the activity is over, there is supervision for midwives, cadres and pregnant women at the bungursari puskesmas always carry out 1000HPK education without limited time and media with the golden1000 application so that stunting can be reduced in the working area of the bungursari puskesmas
5. This PKM activity consists of 3 members of the lecturer team and 3 midwifery students. Each PKM member has different duties according to their field competencies.
- The chief researcher of midwife competence is tasked with preparing proposals and activity map plans as well as mediation with partners and implementing activities as a trainer for socialization of the golden1000 application (founder)
  - Member 1 of the nursing competency in the field of children is in charge of implementing activities as a trainer for stunting detection in toddlers and compiling activity reports
  - Members of 2 nursing competencies in the community are tasked with implementing stunting training trainer activities for cadres and mothers with children under 2 years old and compiling PKM output publications
  - The students involved are 3 midwifery students who will assist during the implementation of training activities, and are included in the credits of teaching practice for Community Midwifery Mathematics and Child and Toddler Neonatal Midwifery Care

## RESULT

This activity lasted for 2 days, namely the implementation date of June 28 and 30, 2022 at the location of the Bungursari Health Center and Cibuniceulis Health Center, attended by 30 participants, namely village midwives of 10 participants and 20 cadres and pregnant women in the third trimester, the activity was carried out by meeting the requirements of the Covid 19 prevention health protocol. The presentation of the activity material is how to use the Golden1000 application in controlling 1000HPK. The conclusions of the presentation delivered by the resource persons in this training are:

1. How to Register and Log in to Golden1000 Application
2. Get to know the features contained in the golden1000 application
3. Utilizing the Pregnancy Feature to find out how pregnant women maintain nutritional intake during pregnancy so that mother and baby nutrition is fulfilled, knowing exercises to reduce discomfort during pregnancy
4. Utilize the Childbirth Feature to find out how mothers prepare for labor so that it takes place safely and smoothly
5. Utilize the Breastfeeding Feature to find out how mothers can learn about how to breastfeed, recognize problems during breastfeeding and its solutions
6. Utilizing the MPASI Feature to find out how mothers make MPASI menus and how to cook baby food so that their nutritional needs are met
7. Utilize the chat feature with Midwives for free online consultations anytime and anywhere, as well as related videos for 1000HPK to prevent stunting children

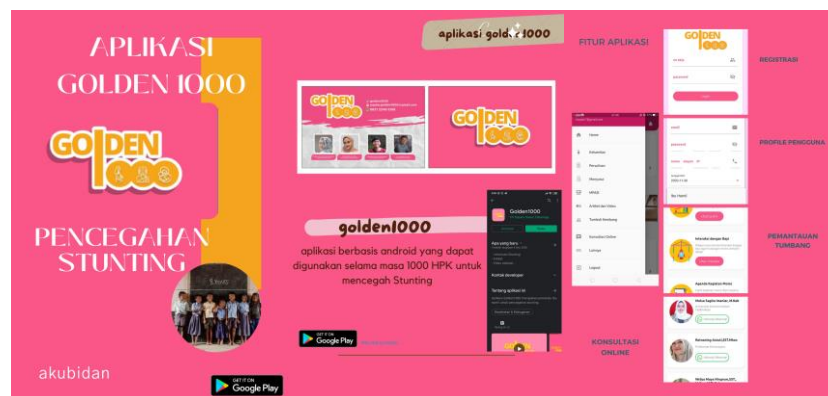


FIGURE 1. Golden 1000 Application

Participants were carried out first pre-test to measure knowledge about 1000 HPK, then systematically given material and practice of simulating 1000 HPK training using the golden1000 application. The form of training is active, so cadres and pregnant women immediately practice after being exposed to the material. One of them is how to practice positioning and attachment in breastfeeding so that in time maternity mothers can immediately breastfeed their babies and successfully breastfeed exclusively for 6 months (Saputra, 2016). Then participants were involved in direct processing of MP-ASI after being given exposure to resource persons. After the training, a post test was completed, and the results were an increase in scores regarding 1000 HPK from cadre participants and pregnant women and the use of the golden1000 application (Imaniar *et al.*, 2022)(Anak, Bulan and No, 2014)

By carrying out community service activities by lecturers and students, namely the use of the Android-based golden1000 application which can be downloaded on GooglePlay for free (<https://play.google.com/store/apps/details?id=co.id.mams.golden1000.Golden1000>), it is hoped that it can help reduce the burden on puskesmas and the bungursari community in an effort to improve the

nutritional status of pregnant women, infants, children and toddlers. Cadres who attend the training can transfer knowledge from the training to other cadres totaling 104 people, so that all cadres of the Bungursari Health Center are socialized about 1000HPK to prevent stunting. So that the incidence of stunting in the Bungursari puskesmas work area can be prevented (melsa sagita imaniar, 2020).

## DISCUSSION

Stunting is a chronic nutritional problem caused by lack of food intake for a long period of time, causing stunted growth in children, seen from height being shorter or smaller than age standards (de Onis and Branca, 2016) (Rahayu *et al.*, 2018). The critical points that must be considered during the first 1000 days of life are, the period in the womb 280 days, age 0-6 months 180 days, age 6-8 months 60 days, age 8-12 months 120 days, and age 12-24 months 360 days (Ford *et al.*, 2018). In this period there is a very rapid growth of the brain, which perfectly supports the whole process of growth of the child. This period is important because malnutrition in the golden period cannot be corrected in later life (Ford *et al.*, 2018).

Maternal knowledge about nutritional intake in children from pregnancy to the age of 2 years is still found to be low, of course, this will affect the attitude and behavior of mothers in controlling 1000 HPK and preventing stunting (Rahayu *et al.*, 2018) (Eralsyah *et al.*, 2023) The smooth production of breast milk is influenced by many factors such as, frequency of breastfeeding, birth weight, maternal age and parity, stress and acute illness, STI, breast care, contraceptive use and nutritional status. Hypnobreastfeeding that is routinely done during pregnancy is proven to increase the percentage of mothers successfully breastfeeding at the beginning of birth. The availability of breast milk smoothly in breastfeeding mothers will help the baby grow and develop properly according to recommendations from WHO (Mukhlis, 2019).

In addition to causing failure to thrive, in the first 1000 days of life, babies who are not breastfed enough can experience diarrhea and pneumonia. Some efforts that can be made during pregnancy to prepare for breastfeeding are hypnobreastfeeding, yoga in pregnancy and attending breastfeeding classes together with a breastfeeding counselor. (Penelitian *et al.*, 2018) (Abeshu, Lelisa and Geleta, 2016)

The Golden1000 application has features that control 1000HPK, from pregnancy, (Rusmil *et al.*, 2019) childbirth, breastfeeding, MP-ASI and child growth and development. Pregnant women and cadres can get complete information about 1000 HPK by utilizing the menu and features, and can use the chat feature for online consultation with Midwives. Midwives can get updates on 1000HPK by using the article menu which contains research results based on evidence-based (Imaniar *et al.*, 2022).

## CONCLUSION AND ADVICE

Activities to utilize the golden1000 application for midwives, cadres and pregnant women are important as an effort to prevent stunting. The menu contained in the golden1000 application contains 1000HPK and refers to WHO and Ministry of Health standards.

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## APPENDIX



Sourcer: Melsa Sagita (2022)

**FIGURE 2.** Midwifery Workshop



**FIGURE 2.** Photo of breastfeeding practice



**FIGURE 3.** Breastfeeding practices

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