

## Efforts to Improve Health Cadres' Roles in Posbindu Management

Udin Rosidin<sup>a)</sup>, Ahmad Yamin, Mamat Lukman,  
Iwan Shalahuddin

Faculty of Nursing, Universitas Padjadjaran, Bandung, Jawa Barat, Indonesia

<sup>a)</sup>Corresponding author: udin.rosidin@unpad.ac.id

---

### ABSTRACT

Health development aims to increase awareness, will and ability to live healthily for everyone in order to achieve the highest possible level of health. Simultaneously with the implementation of health development, various health problems emerged. One of the factors that triggers health problems is the lack of public awareness of clean and healthy living habits. The results of a survey conducted by the community service team in Kota Wetan Village revealed several health problems such as high cases of hypertension and a lack of clean and healthy living behavior. These behaviors include rarely doing physical activity, consuming foods high in sugar, salt and fat. Apart from that, the implementation of Posbindu in Kota Wetan Village is still not optimal. Based on this, the initial level intervention to overcome the above problems is the implementation of posbinndu in each RW. Posbindu can run well if health cadres as posbindu managers have the knowledge and skills in managing posbindu. Taking these problems into account, the agreed intervention was the implementation of training for health cadres in optimizing the role of health cadres as posbindu managers. The aim of the activity is to increase the knowledge and abilities of health cadres in managing posbindu. The results of the activity showed that the average knowledge value before the activity was 61 points and the average value after the activity was 89 points. There was an increase in knowledge after health education was carried out by 28 points. The follow-up plan for this activity is that it is hoped that the Guntur Community Health Center will be able to carry out training activities for cadres on a regular basis. It is hoped that Kota Wetan Village will continue to provide support, so that the programs that have been implemented will continue to run

---

---

### ARTICLE INFO

#### **Article History:**

*Submitted/Received 24 Aug 2024*

*First Revised 4 Sep 2024*

*Accepted 5 Sep 2024*

*First Available online 21 Oct 2024*

*Publication Date 21 Oct 2024*

---

#### **Keyword :**

*Health Cadres*

*Role Optimization*

*Posbindu*

## INTRODUCTION

Health development seeks to raise everyone's awareness, willingness, and ability to live a healthy lifestyle in order to reach the best potential health. As health development was implemented, a number of health issues arose. One of the reasons that contribute to health concerns is a lack of public awareness about clean and healthy living practices. A survey undertaken by the community service team in Kota Wetan Village found various health issues, including high rates of hypertension and a lack of clean and healthy living habits. These behaviors include limiting physical exercise and eating foods heavy in sugar, salt, and fat. Aside from that, the implementation of Posbindu in Kota Wetan Village is still not ideal. Based on this, the starting level (Winoto, 2018).

Various development attempts to increase human development index indicators continue to be undertaken. In the health sector, the government's initiatives include promoting clean and healthy living habits. The primary goal of these programs is to promote communal wellbeing. Health development is a component of national development that attempts to raise everyone's awareness, willingness, and ability to live a healthy lifestyle in order to achieve the highest degree of public health. Health development involves the full potential of the Indonesian country, including society, the private sector, and the government.

Health issues are complex difficulties caused by a variety of natural and man-made environmental factors. The main issue, among several others, is a lack of public understanding about health. Other contributing reasons include uneven and extremely low levels of education, particularly in residential areas, unsanitary conduct, and a lack of health facilities and infrastructure. The majority of health problems are caused by people's own behavior and unhealthy environmental factors (Yuningsih, 2019). Indonesia is currently facing a triple burden, or three times the burden of various disease problems (Rosalina et al., 2023): (1) the presence of new emerging and re-emerging infectious diseases; (2) infectious diseases have not been properly resolved; and (3) noncommunicable diseases (PTM) are increasing year after year (Hernanda et al., 2024).

Various government attempts to address health issues continue, including those by the central, provincial, and district/city governments. West Java Province is now dealing with issues connected to low public health quality, with health care quality and coverage remaining below ideal. The West Java Provincial Health Service has set one of its policy directions for 2024-2026 to improve health services and public satisfaction (Aziza & Arsyad, 2024). This policy aims to improve public health. Increasing the level of public health can be done by employing a community nursing approach (Prasetyo, 2014).

Community nursing is the practice of nursing care that combines nursing science and public health by enlisting the community's support and active participation in the implementation of comprehensive preventive services while ignoring curative and rehabilitative efforts to achieve optimal public health levels (Nuryanti et al., 2023). Community nursing is a professional nursing service that helps the community, particularly high-risk groups, achieve optimal health (Padilah et al., 2024).

Community nursing is a community-focused strategy to improving health, avoiding disease, and maintaining rehabilitation by ensuring that necessary health services are affordable. This community-based strategy guarantees that needed health services are affordable and incorporates the community as partners in nursing service design, implementation, and evaluation (Amin, 2019). In practice, community nursing necessitates collaboration between nurses and the community, resulting in the community as a partner paradigm. Thus, community nursing in community groups promotes community independence, allowing them to identify and manage problems in their surroundings (Panglipurningsih et al., 2024).

A survey conducted by the community service team in Kota Wetan Village revealed several health issues, including high levels of hypertension, suspected tuberculosis, and a lack of healthy and clean living habits, such as rarely engaging in physical activity and eating foods high in sugar, salt, and fat. Aside from that, the

implementation of Posbindu in Kota Wetan Subdistrict remains suboptimal, resulting in inadequate monitoring of the elderly's health. Based on this, the first level intervention to address the aforementioned issues is the introduction of posbinndu in each RW. Posbindu can function effectively if health cadres serve as posbindu managers and have the necessary knowledge and skills to handle posbindu activities. Given these issues, one of the agreed-upon.

The expected outcome of this community service activity is to improve the knowledge and abilities of health cadres to manage posbindu. If posbindu is adequately managed, other initiatives will be able to run, such as avoiding noncommunicable diseases and promoting clean and healthy living habits in each family. The impact of the health cadre training activity, as part of an effort to optimize the role of health cadres in all RWs, Kota Wetan Subdistrict, Garut City District, will be to improve the community's health status through activities to prevent noncommunicable diseases, implement PHBS, and increase visits to posbindu.

The health cadre training is aimed to develop health cadres' knowledge and abilities through the following community service activities: a) Educating health cadres on noncommunicable disease prevention strategies; b) Educating health cadres on ten indicators of clean and healthy living behavior and how to implement them in their respective households; and c) training health cadres on how to carry out posbindu, including administrative skills and simple inspections. Following this service activity, it is hoped that Kota Wetan Village health cadres will be able to carry out posbindu activities in each RW to the best of their abilities.

## METHODS

Before beginning service activities, the Team met with the Heads of the Guntur Community Health Center and the Kota Wetan Subdistrict. In the first stage, students conduct an introspective survey (SMD) to identify current health issues. According to one of the survey results, there are still many people suffering from hypertension, there is a lack of public information about preventing noncommunicable illnesses, there are less trips to posbindu, and PHBS is not being implemented effectively.

The survey results were addressed during the village community meeting. Participants in the discourse included community leaders, health cadres, Guntur Community Health Center and those in charge of the region, Kota Wetan sub-district, PPM implementing lecturers, and PPN 46 students. Administrative preparations began with the compilation and submission of a letter detailing community service activity. The permit letter is linked to practical student activities at the Guntur Community Health Center. The next step is to carry out activities in accordance with the consensus reached at the community deliberation. In the last stage, an evaluation is conducted to determine the success of the activity. The survey results were addressed during the village community meeting. The conversation included community leaders, health cadres, and Guntur Community Health.

**FIGURE 1.** Activity Method Flow

## RESULT

The strategy used to get maximum results is that the team carries out active collaboration with the community, health cadres, community leaders, sub-district heads and community health centers. This collaboration is intended to build commitment to implementing activities to optimize the role of health cadres in managing posbindu (health cadre training). The activity was attended by 26 health cadres in 13 RWs of Kota Wetan sub-district. The activities have an impact on increasing the knowledge and ability of health cadres in managing posbindu, preventing non-communicable diseases and implementing PHBS. The impact of increasing the knowledge and abilities of health cadres is a good potential for society in maintaining its health. The activities carried out include health education regarding posbindu management, prevention of non-communicable diseases and implementation of PHBS. Before the health education is carried out, a pretest is carried out first and after the health education is carried out, a posttest is carried out. The average pretest score was 61 points and the average posttest score was 89 points. There was an increase in knowledge after health education was carried out by 28 points. The activity of optimizing the role of health cadres in posbindu (health cadre training) in the Kota Wetan subdistrict of the Guntur Health Center working area, Garut Regency, was carried out from 21 to 22 February 2024.

## DISCUSSION

The results of the activity showed that the average knowledge value before the activity was 61 points and the average value after the activity was 89 points. There was an increase in knowledge after health education was carried out by 28 points. Increasing knowledge in this activity is possible because the training participants are very enthusiastic in participating in all activities. According to (Dewi & Ningrum, 2022) This enthusiastic attitude will motivate participants to participate in activities to the fullest. Participants with a very enthusiastic attitude in participating in every activity carried out can support the successful achievement of goals (Ndraha & Harefa, 2023). The success of this activity is in accordance with previous activities carried out (Purnama et al., 2024) that training that is taken seriously will have a good impact on increasing the knowledge of the training participants.

The enthusiastic attitude of the participants can be seen from the beginning to the end of the activity. Participants always pay attention to activities, especially in providing material and during training on the use of digital blood pressure and blood sugar checking tools. Another activity carried out together in the training is increasing people's physical activity, such as cardiovascular exercise and hypertension. Apart from that, counseling activities were also carried out regarding Clean and Healthy Living Behavior (PHBS). This activity is a reminder for the community to improve PHBS by implementing ten PHBS indicators. Activities carried out and taken seriously by training participants will show the success of the activity (Hapsari et al., 2023).

The success of this activity, apart from being determined by the enthusiastic attitude of the participants, is also determined by the material provided. The material discussed is really needed by activity participants so that it can increase understanding among health cadres. Suitability of the counseling material provided to the needs of participants will accelerate the achievement of goals (Wibowo et al., 2018). Participants' curiosity about the material presented will be an incentive to take part in the activity seriously. Study (Husna & Prasko, 2019) mentioning health education material that suits participants' needs will be easy for health education participants to understand.

Another factor that enables the success of activities is the support of community health centers and sub-districts. Community-based community health center programs continue to be promoted by community health centers in collaboration with the community. The Community Health Center is

responsible for the area in the health sector, so that developing health cadres is a program priority in the community. Health cadres are partners of health workers (Rohmah & Arifah, 2021). Health cadres are community figures who will be examples and role models for their citizens. Collaboration between health workers and health cadres is a very strategic capital in implementing health development in the community (Rina et al., 2020).

Other support in implementing this training was provided by the Kota Wetan sub-district. In the sub-district budget there has been budgeted for several buildings and health equipment procurement for posbindu. The amount of support motivates health cadres to take advantage of training activities to increase their knowledge and abilities. Kota Wetan sub-district routinely holds meetings with health cadres. The meeting discussed the problems experienced by health cadres in carrying out their duties. The support provided by policy holders in implementing health programs is a supporting factor for the success of activities (Melita, 2018).

It is hoped that increasing knowledge in this activity can improve the ability of health cadres optimally in managing posbindu, implementing prevention of non-communicable diseases and implementing PHBS. It is hoped that the ability of health cadres in this activity will have a positive impact on the health status of the community in their RW area. Increased knowledge of health cadres gained from activities regarding Posbindu management, infectious diseases and implementing PHBS. Meanwhile, the ability of health cadres is focused on the ability to carry out administrative activities and the ability to carry out health checks for early detection of non-communicable diseases at posbindu (Rosidin et al., 2024).

Based on the results of initial observations made by students in managing posbindu, the health cadres' abilities were only to weigh their body weight, measure their height and measure their abdominal circumference. In fact, the duties of health cadres are not only about anthropometry, but also include screening for non-communicable diseases (PTM). This training also trains health cadres to be able to carry out PTM screening in their respective RW areas independently. The knowledge and abilities that health cadres currently have will be useful in overcoming the problem of low community visits to posbindu.

In accordance with the initial discussion which stated the results of the study carried out by the relevant students, there are still many people who do not know about the existence of posbindu every month in their neighborhood. Apart from that, there are some residents who don't know that posbindu is for all ages. So the knowledge and abilities of health cadres can now be relied on to be able to overcome these problems. The role of community health centers and sub-districts is only to monitor and guide this activity so that it continues with budget and policy support.

Through the activities that have been carried out, apart from providing material reinforcement, health cadres have also been able to carry out PTM screening in each RW. Cadre training is also directed at strengthening posbindu in each RW. Apart from that, the success of the activity can be used as an evaluation of the work program of the Guntur Community Health Center and Kota Wetan Subdistrict in implementing community-based health programs. The agreed follow-up to this activity was to collaborate with the Guntur Community Health Center and Kota Wetan Subdistrict for the sustainability of the health cadre development program.

## **CONCLUSION AND RECOMMENDATION**

Based on the evaluation results of this service activity, it was found that there was an increase in the knowledge of health cadre training participants by 28 points. This increase in knowledge was possible because the participants were very enthusiastic about taking part in the event, the material provided was really needed by the participants, and the support from sub-districts and health centers was very large. As

a follow-up to this service activity, the service team collaborates with the Guntur Community Health Center and the Head of Kota Wetan Subdistrict to continuously monitor health cadres regarding optimizing their role in implementing posbindu every month.

It is hoped that the Guntur Community Health Center can carry out training activities for cadres on a regular basis regarding cadre skill achievement targets. Apart from that, the community health center can carry out regular evaluations regarding PHBS in the community. It is also recommended that the Guntur Community Health Center increase its role in implementing promotive and preventive activities in the community, such as providing regular health education to the community regarding the importance of health services at posbindu. As policy makers, it is hoped that Wetan City Village and Garut City District will be able to consider programs that can improve the community's health status. In addition, Wetan City Village and Garut City District are expected to support the budget for implementing programs related to public health.

## REFERENCES

- Amin, L. M. (2019). Sistem Pelayanan Asuhan Keperawatan Kesehatan Komunitas: Studi Kasus di Dusun Mensaleng. *Jurnal Kesehatan Qamarul Huda*, 7(2), 59–70.
- Aziza, T. N., & Arsyad, R. (2024). EFEKTIVITAS PENGGUNAAN ANJUNGAN DUKCAPIL MANDIRI DALAM PENERBITAN KARTU IDENTITAS ANAK DI DINAS KEPENDUDUKAN DAN PENCATATAN SIPIL KABUPATEN BANDUNG PROVINSI JAWA BARAT. IPDN.
- Dewi, N. K., & Ningrum, E. P. (2022). Edukasi: Dalam Mengelola Barang Daur Ulang Untuk Meningkatkan Pendapatan Rumah Tangga. *Surya Abdimas*, 6(3), 604–611.
- Hapsari, S. A., Pratiwi, M. R., Albab, C. U., Rosalia, N., Suhito, H. P., & Lestari, D. (2023). Pelatihan Produksi Konten Komunikasi Kesehatan Untuk Media Sosial Bagi Pegawai Puskesmas Se Kota Semarang. *Aptekmas Jurnal Pengabdian Pada Masyarakat*, 6(2), 184–190.
- Hernanda, R., Ardinata, A., & Enggani, S. D. (2024). Hubungan Pengetahuan Dengan Kepatuhan Minum Obat Hipertensi Di Wilayah Kerja Puskesmas Wonogiri. *DIAGNOSA: Jurnal Ilmu Kesehatan Dan Keperawatan*, 2(1), 77–87.
- Husna, N., & Prasko, P. (2019). Efektivitas penyuluhan kesehatan gigi dengan menggunakan media busy book terhadap tingkat pengetahuan kesehatan gigi dan mulut. *Jurnal Kesehatan Gigi*, 6(1), 51–55.
- Melita, M. N. (2018). Faktor-faktor yang berhubungan dengan kunjungan lansia ke posbindu lansia di wilayah kerja puskesmas kelurahan Bintara kota Bekasi tahun 2017. *Jurnal Kebijakan Kesehatan Indonesia: JKKI*, 7(04).
- Ndraha, H., & Harefa, A. R. (2023). Pentingnya Media Pembelajaran dalam Meningkatkan Minat dan Motivasi Belajar Siswa di SMP Negeri 2 Gunungsitoli Utara. *Journal on Education*, 6(1), 5328–5339.
- Nopiani, N. (2019). Implementasi Program Pembangunan Dibidang Kesehatan Dalam Meningkatkan Kualitas Kesehatan Masyarakat. *Jurnal Ilmu Sosial Dan Ilmu Politik (JISIP)*, 8(3), 130–134.
- Nuryanti, E., Ners, M. K., Laoh, J. M., Pesak, E., Keintjem, F. K., SiT, S., ... Kep, M. (2023). *Bunga Rampai Keperawatan Komunitas*. Media Pustaka Indo.
- Padilah, P., Safitri, A., & Linmus, L. (2024). Musyawarah Masyarakat Desa (MMD I dan MMD II) Serta Implementasi Praktik Profesi Keperawatan Komunitas di RW 10 RT 01-06 Kecamatan Periuk Kota Tangerang. *Paradigma: Jurnal Filsafat, Sains, Teknologi, Dan Sosial Budaya*, 30(2), 437–441.
- Panglipurningsih, N. A. P., Yuliza, E., Atika, S., Latuperissa, G. R., Haitamy, A. G., Samsuni, S., ... Enisah, E. (2024). *Keperawatan Komunitas*. PT. Green Pustaka Indonesia.
- Prasetyo, Y. B. (2014). Pelaksanaan Program Usaha Kesehatan Sekolah Dalam Upaya Meningkatkan Derajat Kesehatan Pada Anak Usia Sekolah Dasar di Lombok Timur. *Jurnal Kedokteran Yarsi*, 22(2), 102–113.

- Purnama, D., Shalahudin, I., Rosidin, U., & Sumarni, N. (2024). Students of State Elementary School 2 Cintaratu Received Health Education on Dengue Fever Prevention (DHF) as an Indicator of a Clean Lifestyle (PHBS). *ABDIMAS: Jurnal Pengabdian Masyarakat*, 7(2), 479–488.
- Rina, B., Abdulhak, I., & Shantini, Y. (2020). Jalinan Kemitraan Program Posyandu dalam Upaya Pemberdayaan Masyarakat di Bidang Kesehatan. *Dikus: Jurnal Pendidikan Luar Sekolah*, 4(2), 112–123.
- Rohmah, F. N., & Arifah, S. (2021). Optimalisasi peran kader kesehatan dalam deteksi dini stunting. *BEMAS: Jurnal Bermasyarakat*, 1(2), 95–102.
- Rosalina, E., Janah, E. N., & Hedyanto, W. (2023). Asuhan Keperawatan Pada Ny. T Dengan Gangguan Sistem Endokrin: Diabetes Melitus Di Ruang Dahlia RSUD dr. Soeselo Kabupaten Tegal. *DIAGNOSA: Jurnal Ilmu Kesehatan Dan Keperawatan*, 1(4), 106–119.
- Rosidin, U., Sumarni, N., Purnama, D., Shalahuddin, I., & Witdiawati, W. (2024). Socialization of the Healthy Elderly Program at Posbindu RW 14 Ciwalen Village Garut City District. *ABDIMAS: Jurnal Pengabdian Masyarakat*, 7(2), 513–520.
- Ummah, S. (2024). Analisis Deskriptif Indeks Pembangunan Manusia Indonesia Periode Tahun 2020-2023. *AKADEMIK: Jurnal Mahasiswa Humanis*, 4(1), 41–53.
- Wibowo, H. S., Sutjipta, N., & Windia, I. W. (2018). Peranan Penyuluh Pertanian Lapangan (PPL) sebagai Fasilitator dalam Penggunaan Metode Belajar Pendidikan Orang Dewasa (Andragogi)(Kasus di Gapoktan Madani, Desa Sampalan Klod, Kecamatan Dawan, Kabupaten Klungkung, Provinsi Bali). *Jurnal Agribisnis Dan Agrowisata (Journal Of Agribusiness And Agritourism)*, 21–30.
- Winoto, S. (2018). Analisis Faktor Daya Ungkit Kapasitas Pembangunan Manusia di Kota Malang. *Jurnal Ilmiah Administrasi Publik*, 4(2), 170–177.
- Yuningsih, R. (2019). Strategi promosi kesehatan dalam meningkatkan kualitas sanitasi lingkungan. *Jurnal Masalah-Masalah Sosial*, 10(2), 107–118.

## APPENDIX



FIGURE 2. Preparation stage



FIGURE 3. Implementation of health education



FIGURE 4. Activity poster