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Empowerment of Posyandu Cadres in Detecting and Preventing Stunting

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Abstract

Medan City is one of the North Sumatra areas with stunting problems. Pulo Brayan Kota, West Medan District, is included in the ten villages with the highest stunting cases. Strengthening integrated service posts by improving cadres' skills is essential to monitoring toddlers' growth every month. This research was carried out at the same time as community service, which was carried out from June to August 2021. The activity began with a preliminary survey, training for 12 cadres of integrated service posts, and conducting food security training for 40 Family Cards. Cadre training is carried out by presenting and practicing measuring the height of toddlers with a pacemaker and recording the measurement results on the Towards Health Card. Food security activities are carried out by submitting and practicing catfish farming in buckets and growing vegetables vertically using bottles. The results obtained include improving the skills of Integrated Service Post cadres in measuring the height of toddlers and the community to be skilled in catfish farming and growing vegetables vertically, the results of which can be used to strengthen food security in households to reduce the growth rate of stunting.

Kata Kunci: Ketahanan pangan, Pos Pelayanan Terpadu, Stunting

Abstrak

Kota Medan merupakan salah satu daerah di Sumatera Utara yang memiliki masalah stunting. Pulo Brayan Kota, Kecamatan Medan Barat, masuk dalam sepuluh desa dengan kasus stunting tertinggi. Penguatan pos pelayanan terpadu dengan meningkatkan keterampilan kader dinilai penting untuk memantau pertumbuhan balita setiap bulannya. Penelitian ini dilakukan sekaligus dengan pengabdian masyarakat yang dilaksanakan mulai bulan Juni hingga Agustus 2021. Kegiatan diawali dengan survei pendahuluan, pelatihan bagi 12 kader pos pelayanan terpadu, dan melakukan pelatihan ketahanan pangan bagi 40 Kartu Keluarga. Pelatihan kader dilakukan dengan mempresentasikan dan berlatih mengukur tinggi badan balita dengan alat pacu jantung dan mencatat hasil pengukuran pada Kartu Menuju Sehat. Kegiatan ketahanan pangan dijalankan dengan cara pengajuan dan praktik budidaya ikan lele dalam ember dan menanam sayuran

secara vertikal menggunakan botol. Hasil yang diperoleh diantaranya meningkatkan keterampilan kader Pos Pelayanan Terpadu dalam mengukur tinggi badan balita dan masyarakat menjadi terampil dalam budidaya ikan lele dan menanam sayuran secara vertikal yang hasilnya dapat digunakan untuk memperkuat ketahanan pangan dalam rumah tangga sehingga dapat menekan laju pertumbuhan stunting.

1. INTRODUCTION

Stunting is a national problem experienced by children under five, including in Medan City. *Stunting* is a condition where children experience a height lower than usual according to the child's age (Setiawan, et al., 2018). *Stunting can be experienced from the beginning of life; when the child is born, the length is less than 48 cm* (Nurmalasari, et al., 2017). V arious interrelated factors can cause the problem of stunting. The issue of stunting does not stand alone and is not only related to health problems. Poor nutrition factors are the main factors that cause stunting, but far from it, how parental parenting represents and educates children needs to be considered because how a child will be very dependent on his parents. Various nutritious feeding programs through Puskemas have been carried out, but activities emphasizing charity can only solve problems for a short time(Hilmi, et al., n.d.).

Riset Kesehatan Data (Riskesdas) in 2018 stated that *stunting* cases in Indonesia are still high (30.8%), there has been a decrease from 2013 (37.2%), as well as *stunting* in North Sumatra Province is still higher than in Indonesia (32.4% in 2018; 42.5% in 2013). The *stunting* limit set by WHO (2005) is not to exceed 20% (Badan Penelitian dan Pengembangan Kesehatan, 2019) . The city of Medan, an area in North Sumatra, is also experiencing *stunting* problems; even in 2020, it is a locus area for *stunting* prevention. One of the areas in Medan that is experiencing *stunting* is Pulo Brayan (IniMedan.com, 2020).

Pulo Brayan Village is included in the West Medan District and consists of 25 environments, including six domains; there are cases of *stunting*, namely I, I, II, IV, VI, IX, and XXIV. This village is located 5 km from the center of Medan, in the Jalan KL.Yos Sudarso and its surroundings, bordering other areas such as Jl. Bilal and Helvetia, West Medan. The village size is 0.68 km2 with a population of more than 7000 people, so this village is classified as a reasonably densely populated area. This area is also a pioneer of the business center in the city of Medan. Therefore, all the streets are filled with shops. This resulted in the region being frequently hit by traffic jams. The majority of people's livelihoods are self-employed and traders. Many residents do business making boiled fish that is supplied throughout the city of Medan. The average daily production is about 3 tons per day (Yefni, 2019). The existing health facilities are 1 Puskesmas, 1 Poly Clinic, 1 Maternity Clinic, three dental clinics, 9 Integrated Service Posts, 5 Pharmacies, and 2 Drug Stores. During the current Covid-19 pandemic, not all Integrated Service Posts actively participate in activities. Integrated Service Post activities are divided into 2 Integrated Service Posts spread across wards one and 23. Before the pandemic, the Integrated Service Posts in this village were 9 Integrated Service Posts located in the I, II, IV, VI, IX, XIII, XV, XVII, and XXIV wards, with a total of 45 cadres. However, during the pandemic in 2020, it opened only 2 Integrated Service Posts.

Integrated Service Post is a health service activity organized by and for the community (Mahyarni, 2016). hrough integrated service, post activities can increase community participation to develop health activities so that healthy communities are prosperous (Hafifah & Abidin, 2020). Implementing the Integrated Service Post also helps toddlers' growth to be well monitored regularly. Suppose the community fully participates in bringing children to the Integrated Service Post to be periodically monitored for weight and height. In that case, nutritional problems such as *stunting* can be prevented.

The problem of *stunting* can occur due to the child's insufficient intake and the presence

of infectious diseases suffered by children under five, which are direct factors (Tria & Endah, 2021). Meanwhile, an indirect factor is food availability in the family, parenting, and health services (Handayani, 2017). In Pulo Brayan Kota Village, dense population density and environmental hygiene problems cause diseases to develop rapidly, mainly affecting growing children. The illness toddlers in this village often suffer from diarrhea, the ten most common diseases. Children affected by diarrhea can have their child's growth rate disturbed. Moreover, repeated cases occur.

The existence of a market in Pulo Brayan Village illustrates the availability of food or easy access to food for the surrounding community living in the village. Still, the problem is the level of purchasing power of the community related to the fulfillment of food at home, especially in households with toddlers. Food affordability at the household level, especially during the Covid-19 pandemic in the past year, has had an impact due to the disrupted economy. Economic disruption due to restrictions on movement in the community makes family income uncertain, especially in families with odd jobs.

The giant picture of people's work in this village is traders with irregular incomes, so food fulfillment at home can not be guaranteed daily. This causes the risk of children suffering from *stunting*, so strengthening household food security is very important by providing food that does not have to buy. In addition, strengthening the Integrated Service Post by improving cadres' skills is also very important in inviting the community to regularly participate in integrated service post activities so that children under five's growth can be monitored every month.

In responding to the problem, it's necessary to conduct training on integrated service post cadres so that cadres have skills in monitoring and measuring the height of toddlers with new media, namely measuring boards and Cards Towards Health (KMS). In addition, food security training at the household level is also needed, namely by cultivating catfish in buckets and growing vegetables vertically by utilizing used bottles.

Pulo Brayan Kota Village is classified as a densely populated area, and the lack of purchasing power of the community is related to the fulfillment of food, especially in households with toddlers. This causes the child's risk of suffering from *stunting* to be more significant. Strengthening food security in homes is very important; that is, families can provide food at the household level without having to buy or at least save expenses in meeting food needs. The innovation is that people can use a small amount of land to grow crops, raise fish in barrels/ buckets for daily essentials, and use used bottles to grow vegetables vertically.

The novelty carried out in this service activity is that in the KMS, there is a round (Buble) which makes it easier for cadres to provide marking of the results of measuring children's height and the existence of information about the provision of Complementary Breast Milk (MP-ASI) on the KMS return sheet. In addition, on the spur measuring board where the child's height is measured, the results obtained not only know the child's measurement but can determine the child's height it should achieve according to his age to achieve a standard size. Besides holding community training, other innovations need to be equipped with long-term knowledge, namely catfish farming in buckets and growing vegetables vertically by utilizing used bottles. By being equipped with knowledge and skills in food security, it is hoped to reduce the stunting rate.

The expected output is that the Cadres of the Integrated Service Post will be skilled in measuring the height of toddlers with measuring spur boards and KMS Buble to monitor and reduce the stunting rate. In addition, in terms of food security to fulfill daily nutrition, the community becomes skilled in vegetable farming and catfish farming as a fulfillment of fish and vegetable consumption at the household level, especially for families with pregnant women and toddlers.

The benefit of this community service is that the community becomes skilled in detecting the characteristics of stunting in toddlers by measuring the height of toddlers with measuring boards and KMS Buble and being proficient in catfish farming and growing vegetable plants to fulfill daily consumption.

2. METHOD

This research uses a qualitative approach with a descriptive method. The descriptive qualitative (QD) research method moves on a simple qualitative approach with an inductive flow (Paembonan, 2022). This inductive flow means that qualitative descriptive research (QD) begins with an explanatory process or event it can finally be drawn, a generalization that is a conclusion of the process or event (Yuliani, 2018)

Descriptively describes institutional strengthening activities as one of the efforts to prevent stunting problems. The location of this service was carried out in Pulo Brayan, West Medan District. The main data source is primary data. Primary data are taken by researchers in the field (Cintya et al., 2013). Primary data is generally used to generate information that reflects the truth according to factual conditions (Pramiyati, et al., 2017). The data was collected through field notes, documentation, observations, and interviews. The Service Time has been held from June to August 2022.

The sampling technique used is *purposive sampling*. The population in this study was cadres of integrated service posts and conducted food security training for 40 Family cards in Pulo Brayan. Cadre training is carried out only to cadres of Integrated Service Posts who are active in activities. In contrast, catfish and vegetable cultivation training are carried out in environments with stunting cases represented by domains II, VI, VI, and IX.

This stage of community service activities begins with the management of permits and the delivery of training plans to the Pulo Brayan Village Head of West Medan District and socialization to other partners, namely the Head of the environment, the Head of the West Medan District Health Center and the Integrated Service Post cader to support this activity. Community Health Service support is needed to help the community understand the importance of nutrition in the First 1000 Days of Life in monitoring toddlers' growth.

Furthermore, training was carried out on measuring the height of toddlers using measuring spur boards and KMS Buble to the Kader integrated service posts, catfish farming training using buckets, and planting vegetables vertically by utilizing used bottles and plastic cups in the community in 4 Lingungan Pulo Brayan Village, West Medan District.

The results of the activities of this service program are in the form of a descriptive narrative that interprets the implementation of the training program.

3. RESULTS AND DISCUSSION

This community service activity begins with the management of permits. The delivery of training plans to the Pulo Brayan Village Head of West Medan District and socialization to other partners, namely the Head of the environment, the Head of the West Medan District Health Center, and the cadres of the

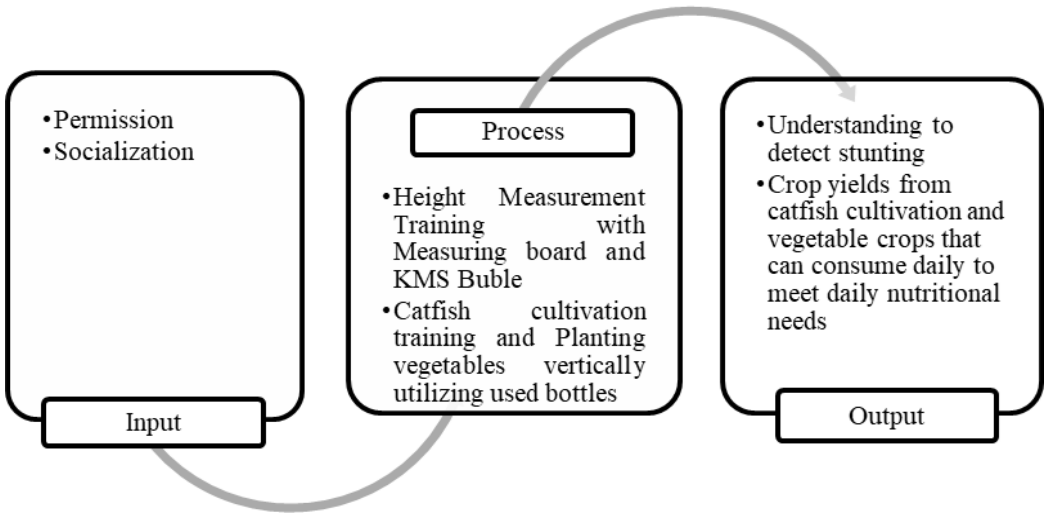

Figure 1. Stages of Activity

Integrated Service Post, to support this activity and can continue in *stunting* prevention efforts through strengthening family food security. And strengthening of Integrated Service Posts. Puskesmas support is needed to help the community understand the importance of nutrition in the First 1000 Days of Life (HPK) in monitoring toddlers› growth.

Furthermore, training Integrated Service Post cadres and catfish farming using buckets and planting vegetables vertically by utilizing used bottles and plastic cups in the community in 4 Lingungan Pulo Brayan Village, West Medan District. The results are expected to be used as an additional family food source.

Before and after the training, pre-tests and Post-Test were carried out on Posyandu Cadres. The questions consist of 15 questions related to monitoring the growth of toddlers. The correct answer result is given a score of 1 and the wrong answer is given a score of 0. The results of the pre-test and post-test can be seen in table 1.

Empowerment of Integrated Service Posts through Improving the Skills of Integrated Service Post Cadres in Pulo Brayan Village

Strengthening integrated service posts is improving cadres' skills in correctly taking height measurements in monitoring the growth of children under five for *stunting* prevention. The cadres trained are cadres involved in the activities of the Integrated Service Post, which during the Covid-19 pandemic was opened. The selected cadres totaled 12 people.

Table 1. Pre-Test and Post-Test Scores of Posyandu Cadres

No	Pre-test score	Post-test score
1	10	10
2	8	12
3	10	11
4	9	14
5	10	12
6	7	9
7	9	10
8	8	11
9	8	9
10	9	11
11	10	13
12	10	14

Cadres are given an understanding of *stunting*, monitoring toddlers' growth, and training in measuring body length and height using a spur measuring board. This tool can detect the body size that should be by the child's age. In addition, cadres are also taught to plot the measurement results into a record called KMS *buble*. On the back sheet of the KMS *bubble* is information about the stages of feeding babies and children aged 0-24 months. KMS *Buble* is a recording tool that is an accessible innovation in understanding the growth of toddlers who have previously been tested through dissertation research by alums of S3 Public Health Sciences.

Integrated Service Post cadres trained in bookkeeping toddlers' height and length using a spur measuring board can find out how much toddlers should achieve length or height. This information can be conveyed to mothers of toddlers so that mothers pay more attention to their child's nutritional intake. In addition to measurements using measuring spur boards, Cadres are also trained to use KMS *buble* in terms of correctly *plotting* and filling in measurement results. After the training, the service team distributed 600 KMS Buble A3 sizes to people with toddlers. In the KMS Buble return sheet, there's information about the stages of feeding the child so that the KMS that has been shared can be read by the mother of the toddler to be applied correctly. Cadre training activities have been carried out on July 7, 2021.

Figure 2. Training on Measuring Baby Body Length with a Spur Measuring Board

Figure 3. Training to Record Measurement Results into a Card Towards Health

The role of the Integrated Service Post is more of a preventive or preventive measure against *stuntig* (Khosiah & Muhardini, 2019). his preventive action is carried out by taking anthropometric measurements, including measuring the height and weight of toddlers to determine their nutritional status. In addition, there are also various counseling provided by the Integrated Service Post regarding nutritional health to increase awareness of mothers of toddlers regarding nutritional adequacy in toddlers, as well as the understanding of cadres in filling KMS is also essential so that there are no mistakes in plotting the results of the calculation.

Optimizing the role of integrated service posts by training cadres is expected to reduce *stunting* rates in Pulo Brayan Kota Village so that they do not continue to increase. One of the roles of the Integrated Service Post is to measure height and weight and provide counseling and health counseling related to nutrition. Increasing the knowledge and skills of Integrated Service Post cadres can be done by holding coaching and training regularly and consistently with the hope that Integrated Service Post cadres can have the ability to conduct good nutritional health counseling and counseling so that there is a change in behavior that is more both from mothers of toddlers related to childcare to prevent *stunting*. A behavior change will encourage realizing a nutrition awareness movement in the community so that *stunting* treatment can be more effective and efficient (Novianti, R., et al, 2021).

Community Empowerment through Improving Catfish Cultivation skills and Vegetable Planting in Pulo Brayan Village

The food security of the family influences the nutritional intake of the family. A food-secure family is a family that can provide sufficient quantity and quality food, has good access to food, and can use nutrition in daily family consumption. Family income is a determining factor in food security in the household. Short children come from low-income families, so the nominal costs that can be spent to obtain food are only a tiny amount (Sihadi & Djaiman, 2011).

Forming groups for catfish farming (1 group consisting of 10 Family Cards) in 4 environments with stunting cases will create four catfish farming groups. Each group will be given 200 catfish fries and two plastic buckets with a capacity of 100 liters. Catfish farming is relatively easy to carry out, preferred by most people, and contains high nutrients. The selection of a location that will be used for manufacturing catfish ponds in the form of residents' yards. Purchase of tools and materials used to create catfish ponds. Conducting catfish farming coaching using plastic buckets with four predetermined groups. The stages of making catfish ponds are(Febri et al., 2019):

1. Preparations make a pond by hollowing out the top. After that, the plastic bucket is washed thoroughly; the next step is to fill the pool with clean water as high as 1/2 of the drum height or a maximum of 3/4 of the size of the bucket, precipitate water for approximately one week, and pour the EM 4 solution to fix water quality in fish ponds.
2. After the bucket is filled with water, the catfish seedlings are ready to be put in. One such bucket can be filled with 100 catfish seedlings; further water is supplemented according to the growth of the catfish.

The formation of catfish cultivation groups and planting of vegetables vertically through training that was carried out on August 11, 2021

Figure 4. Training to Spread Catfish Seedlings into Buckets

Figure 5. Catfish Harvest with the People of Pulo Brayan Village

Catfish are harvested within 2.5 months to 3 months. Harvesting catfish is not carried out simultaneously for the entire bucket since catfish growth is not uniform. The fish first harvested was about four buckets, each weighing approximately 20-30 heads and 1-1.5 kg. You can gather again next month until the 4th month of maintenance. The catfish harvested are then distributed to people with toddlers to be consumed as an additional protein intake for children and families (Masyitoh, Sudaryanti, Munawar, & Rahmawati, 2020).

This cultivation method is expected to be a solution for fulfilling family nutrition on a household scale and a solution to preventing *stunting.* Fulfillment of food can be done in pregnant and lactating women and the first 1000 days of life.

The vegetable growing activity began with an initial survey in Pulo Brayan Kota Village to see the yard of the house that will be used to grow vegetables vertically. Furthermore, it provides 12 packs of vegetable seeds, six packs of spinach seeds, and six packs of kale vegetable seeds. The reason for choosing spinach and kale vegetables to grow is that both vegetables are vegetables commonly consumed by the public and have a high nutritional content in the form of vitamins and minerals that are good for the body, such as iron, vitamin C, calcium, magnesium, fiber, and miscellaneous.

Vegetable seeds were distributed to 4 groups living in 4 neighborhoods with *stunting* cases. The selected family is the KK, who also participated in catfish farming activities. Fostering vegetable planting using plastic bottles and cups with four selected groups by doing the following stages:

1. Punching a hole in the side of an old bottle
2. Tying bottles with ropes up to three tiers
3. Nailing used bottles on the walls
4. Preparing the planting medium in the form of soil that has been mixed with fertilize
5. Filling the soil into used bottles
6. Sprinkling vegetable seeds into used bottles and plastic cups
7. Vegetables can be harvested in approximately one month

On average, the initial amount of vegetable harvest is one bunch in two buckets and one in 18 plastic bottles. The amount of vegetable harvest will be further reduced when it enters the third and fourth months of maintenance. When the amount of vegetable harvest has begun to decrease, it can be replanted through alternation with new seedlings. The success of growing vegetables in buckets and plastic bottles' lids depends largely on sunlight exposure. Vegetables that are sufficiently exposed to sunlight will be more fertile than those not exposed to sunlight.

Figure 6. Training on Growing Vegetables in Used Bottles and Plastic Cups

Figure 7. Result of Growing Vegetables Vertically with Plastic Bottles and Cups

Fish farming in buckets and planting vegetables vertically is one way to meet food needs in densely populated areas with little yards, such as urban areas. Vegetable & fish farming does not require a large area or place beside it; it is easy to do, requires a small medium, is flexible, and does not require electricity. In addition to functioning for fish farming, it can also be planted with vegetables such as mustard greens, kale, spinach, and lettuce using a planting medium in the form of charcoal. It can also use chaff, placed in a plastic cup and tied above the water's surface in a bucket (Zen, Camellia, Noor, & Asih, 2020).

4. CONCLUSION

The training carried out on cadres of integrated service posts can improve the skills of cadres in measuring body length and height by using a spur measuring board, where the tool can detect the size of the body that should be achieved according to the age of the child and then recorded into the KMS *buble.* In addition, mothers of toddlers are trained to fill out the Towards Health Card (KMS) and explain the information contained in the return sheet of the Card Towards Health (KMS), which is information about the stages of feeding babies and children aged 0-24 months. Training on catfish cultivation and planting vegetables vertical provides enormous benefits for the community because they can take advantage of the yard for catfish cultivation and farming. The needs for protein, vitamins, minerals, and fiber can be met independently without buying. The availability of adequate food can reduce the rate of stunting.

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