

# Community Partnership Program for Taman Posyandu Cadres with “Growth Easy Box” in Sidorahayu Village, Wagir, Malang

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## ABSTRACT

Posyandu activities should consist of optimizing growth and development activities. The development optimization activities carried out are only in the form of playing activities without any efforts to detect early growth and development. This is due to the lack of ability of cadres to stimulate, detect, and intervene early in child development. This community service is carried out to carry out a community partnership program for Taman Posyandu cadres in Sidorahayu Village, Wagir, Malang Regency. Activities are carried out with the target of Taman Posyandu cadres using groups as learning media and mentoring, planning and monitoring and evaluating all activities. The target in the implementation of this activity is 30 cadres of posyandu in Sidorahayu Village, Wagir, Malang Regency. The activity was carried out from July to September 2020. The empowerment activity for Taman Posyandu cadres was carried out using the "Growth Easy Box" which is an educational game tool (APE) which is used as a medium for simple growth and development checks. The results of the activity show that the participation rate of cadre participants is very good, increasing knowledge and skills of cadres in carrying out SDIDTK.

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## 1. Introduction

Health development is part of efforts to build a whole person, among others, carried out through child health efforts carried out from the time they are in the womb until the first five years of life, which aims to maintain survival and improve the quality of children in order to achieve optimal growth and development, both physically, mentally and physically. mental, emotional and social.<sup>1</sup> Considering that the number of children under five in Indonesia is very large, which is around 10% of the entire population, as a candidate



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for the nation's next generation, the quality of growth and development of children under five in Indonesia needs serious attention. Children must receive good nutrition, adequate stimulation and affordable quality health services, including early detection and intervention of growth and development deviations so that they can grow and develop optimally according to their genetic potential and be able to compete in the global era.<sup>2</sup>

Early detection of deviations in child growth and development is a very important effort to be carried out starting from the family, community and basic service levels, this aims to identify as early as possible the occurrence of impaired child growth and development.<sup>2</sup> Health monitoring of children under five and pre-school children is carried out through early detection of growth and development at least twice a year by health workers. Growth and development deviations found in Malang Regency include poor nutritional status, abnormal head circumference, abnormal development, abnormal behavior, and abnormal vision / eye health and abnormal hearing. The coverage of health efforts for children under five in service quality accompanied by new growth and development examinations in 2010 in Malang Regency was 76.34% (188,412 of 246,806 targets), in 2011 increased by 88.51% (146,204 from 165,188 targets), in 2012 decreased by 84.16% (142,152 from 168,897 targets) and in 2013 decreased by 84.97% (141,048 from 166,0001 targets).<sup>3</sup> This shows that the coverage of growth and development checks for toddlers is still low, while the target coverage for Early Detection of Growth and Development (DDTK) for toddlers and preschoolers has been set at 90%.

The Wagir Health Center has 15 posyandu spread across 8 villages, one of which is in Sidorahayu Village. Posyandu activities should consist of optimizing growth and development activities. The development optimization activities carried out are only in the form of playing activities without any efforts to detect early growth and development. This is caused by the lack of ability of cadres to stimulate, detect, and intervene early in child growth and development, resulting in child development problems. The results of the health achievements of toddlers in Sidorahayu Village show that there are still toddlers in the category below the red line and the achievement of developmental examinations has not been studied because there has never been an early detection of growth and development (DDTK).

The comprehensive and quality development of children's development is carried out through stimulation, detection and early intervention of child developmental deviations in the first 5 (five) years of a child's life as a "golden period" or window of opportunity, or critical period (critical period)". The period of the first 5 (five) years of a child's life (toddler) is a period of the most rapid growth and development in the human brain and is a very sensitive period for the child's brain to receive various inputs from the surrounding environment.<sup>4</sup>

Problems that arise related to early detection of growth and development are the lack of coordination of SDIDTK program activities with the community, the lack of cadres' ability to provide education related to efforts to stimulate growth and development to mothers of toddlers, so mothers of toddlers do not understand how to stimulate growth and development. This is in line with the role of cadres in the implementation of posyandu at table 4 which so far has not been running optimally. The provision of counseling by

cadres only focused on the growth component (BB and TB problems), but did not pay attention to the development component which also has an important role for the child's future. Cadres are the right agents to transfer knowledge about children's growth and development to parents.<sup>1</sup> Therefore, it is necessary to increase the knowledge and understanding of cadres about efforts to detect early growth and development in children using the Growth Easy Box product.

Given the importance of growth and development problems in children, it is necessary to empower posyandu cadres in the stimulation, detection, and early intervention of child development using the "Growth Easy Box". Based on the description above, this community service is carried out to carry out a community partnership program for Taman Posyandu cadres in Sidorahayu Village, Wagir, Malang Regency.

## 2. Methods

Activities are carried out with the target of Taman Posyandu cadres using groups as learning media and mentoring, planning and monitoring and evaluating all activities. The target in the implementation of this activity is 30 cadres of posyandu in Sidorahayu Village, Wagir, Malang Regency. The activity was carried out from July to September 2020.

The empowerment activities for the posyandu cadres are carried out using the "Growth Easy Box" which is an educational game tool (APE) which is used as a medium for simple growth and development checks. The product specifications are as follows:

1. This product is available in KPSP forms for ages 3, 6, 9, 12, 15, 18, 21, 24, 30, 36, 42, 48, 54, 60, 66 and 72 months which contains 9-10 questions about developmental abilities what the child has achieved.
2. This product is available in hearing test forms for ages less than 3, 3-6, 9-12, 12-18, 18-24, 24-30, 30-36, over 36 months containing questions to determine 3 abilities children, namely expressive, receptive and visual abilities.
3. The instrument for the power test is an E card and the letter E
4. This product is available inspection tools:
  - a. Stationery: pencils, paper, colorful crayons
  - b. A ball as big as a tennis ball
  - c. 10 cubes with sides measuring 2.5 cm
  - d. Small objects, such as colorful shirt buttons, colorful beads, and pieces of wood (in the form of 0.5-1cm biscuit pieces)
  - e. Draw different kinds of animals, such as chickens, cats, horses, dogs
  - f. Draw lines, such as straight lines, plus (+) lines, circles and squares
  - g. Human body image
  - h. Colorful box image Gambar
  - i. Eating utensils, such as spoons, cups and plates
  - j. Snakes and ladders game



Gambar Produk “*Growth Easy Box*”)

The evaluation design used is a descriptive design. Descriptive design aims to provide an overview or description of a situation objectively<sup>5</sup>. By using this design, we get an overview of the various input components (manpower, funds, facilities and infrastructure, methods, and activity targets), process components (implementation time, place of implementation, and implementation of activities), and outputs (level of knowledge of cadres about growth and development and stimulation, detection, and early intervention on child growth and development using the "Growth Easy Box") in this community service activity. Evaluation of activities was carried out by filling out questionnaires and evaluating the skills of cadres by observing and interviewing.

The implementation of empowerment activities for Posyandu cadres in the stimulation, detection, and early intervention of child growth and development using the "Growth Easy Box" in Sidorahayu Village, Wagir, Malang Regency includes several activities, namely:

a. Preparation phase

The preparation stage begins with preparing the team through meetings, preparing tools and materials needed for empowerment activities and taking care of implementation permits. At this stage an assessment and approach to village midwives is also carried out to identify cadres who are actively involved in the Posyandu activities. In addition, discussions were also held regarding the implementation of health protocols because the activities were carried out in the midst of the COVID-19 pandemic.

b. Implementation stage

The activities carried out in the implementation stage are:

- Provide training to Taman Posyandu cadres on the basic concepts of growth and development and stimulation, detection, and early intervention on child development using the “Growth Easy Box”. This activity was carried out in 2 TMs because it took into account the number of participants and the area of

the activity venue (1 TM = 15 cadres), so that health protocols could be applied (keeping the participants' seats 1 meter apart).



Providing SDIDTK Materials with "Growth Easy Box"



Participants in the Socialization of Community Service Activities (I)



Providing SDIDTK Materials with "Growth Easy Box"

- Stimulate, detect, and intervene early in child development using the “Growth Easy Box”. In this activity the cadres were also trained to practice SDIDTK using the "Growth Easy Box".



SDIDTK Practice with “Growth Easy Box”



SDIDTK Practice with “Growth Easy Box”

Implementation of the activities planned for mentoring during the implementation of activities, but because collecting toddlers was too risky so the implementing team divided the tasks to provide assistance in the use of the educational game tool "Growth Easy Box" assisted by village midwives and health center coordinator midwives as facilitators.

### 3. Results and Discussion

The period from the fetus in the womb until the child is 5 years old is a very important period in the growth and development of the human brain. Early detection of deviations in child development is a very important effort to be carried out starting from the family, community and basic service levels. It aims to identify as early as possible the occurrence of impaired growth and development of children.

**Table 3.1 Knowledge of Cadres Before and After Training**

<b>Knowledge</b>	<b>Before f (%)</b>	<b>After f (%)</b>
Good	7 (38,89)	25 (83,33)
Enough	18 (60)	5 (16,67)
Less	5 (16,67)	0
Total	30 (100)	30 (100)

Based on table 3.1, it can be seen that the knowledge of cadres about SDIDTK before training was mostly sufficient (60%) and after training was good (66.67%). The average value of knowledge obtained by cadres before training was 70.83 and increased to 86.83 after training.

Posyandu garden cadres' skills in using the "Growth Easy Box" Educational Game Equipment (APE) product as a Simple Growth and Development Check Media

**Table 3.2 Cadre Skills in Using the "Growth Easy Box" Educational Game Equipment (APE) Product**

<b>Group</b>	<b>Average Skills in SDIDTK</b>	<b>Information</b>
I	85,2	a. Cadres are still not precise in measuring height and head circumference b. Cadres have not paid attention to the right distance to carry out progress checks
II	88,8	a. Cadres are correct in measuring height and head circumference b. Cadres are still helping (providing clues to answers to toddlers during examination)
III	84,3	a. Cadres are still not precise in measuring height and head circumference b. Cadres have not paid attention to the right distance to carry out progress checks
IV	84,4	a. Cadres are still not precise in measuring height and head circumference b. Cadres are still helping (providing clues to answers to toddlers during examination)
V	87	Cadres are still not precise in measuring height and head circumference
VI	89,2	Cadres can do SDIDTK correctly, there are still some who don't understand the meaning of the KPSP instrument
<b>Average</b>	<b>87</b>	<b>Category: Very Good</b>

Cadres are the right agents for the transfer of knowledge about children's growth and development to parents. Therefore, it is necessary to increase the knowledge and

understanding of cadres about efforts to detect early growth and development in children, including providing stimulation for child development. The role of cadres in efforts to detect early growth and development of toddlers and to increase stimulation of child development, namely:

a. Cadres have a role to identify

Cadres can play a role in identifying what are the problems, barriers, and needs for health in the community. In this case, cadres have a role in identifying toddlers who have growth and development problems, such as poor nutrition, stunting, or developmental delays.

b. Cadres have a role as promoters

Cadres can move the public to be aware of the importance of early detection of toddler growth and development and increase efforts to stimulate child development with educational game tools. Cadres can play an active role in delivering information to the community through posyandu activities or meetings within the RT/RW

c. Cadre has a role as a motivator

Cadres can encourage the community to be more concerned about children's growth and development by encouraging mothers of toddlers/community to provide balanced nutritional intake and provide continuous development stimulation to children so that children's growth and development are optimal.

Through this activity, cadres can practice examining child development using the "Growth Easy Box" Educational Game Tool (APE) during posyandu activities. Cadres can also use educational game tools as a means to catch early developmental delays in children in the surrounding area and provide education to mothers of toddlers or children's families, so that children receive immediate treatment..

#### 4. Conclusion

The community service carried out in Sidorahayu Village, Wagir, Malang Regency aims to increase the knowledge of cadres on stimulation, detection and early intervention in child development using the "Growth Easy Box", so that the skills of Taman Posyandu cadres in carrying out early detection of child growth and development occur. Activities carried out by training using the "Growth Easy Box". The results of the activity show that the participation rate of cadre participants is very good, increasing knowledge and skills of cadres in carrying out SDIDTK.

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