



Giving Health Education for Cadres of Under Five Years Children in Posyandu Menur

Romdzati¹, Rahmah²

^{1,2}School of Nursing, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta, Indonesia
(¹romdzati@gmail.com, ²rahmah. umy@gmail.com)

Abstract-Toddlers are the biggest component in the 2018 population pyramid in Indonesia. Children who grow up healthy are expected to become the future generations of the nation. In Indonesia, improving children's health status involves Posyandu cadres for toddlers. Cadres work voluntarily and are appointed based on the trust and approval of the local community. Increasing knowledge of cadres is expected to have an impact on the knowledge of mothers so that they are able to practice health behaviors that support improving the health status of toddlers. Based on discussions with the cadre leader, the problem identified in Gejawan Kulon hamlet was that some mothers did not provide immunizations and exclusive breastfeeding to their children. The Universitas Muhammadiyah Yogyakarta (UMY) community service team held health education for Posyandu Menur cadres in Gejawan Kulon hamlet to bridge this gap. During the Covid-19 pandemic, health education was carried out online through the whatsapp group. A total of 18 cadres participated in the activity. Through this program, the cadres' knowledge level has increased.

Keywords- Cadre, Health Education, Under Five Year Children

I. INTRODUCTION

Based on the Indonesian Health data and information center, infants and toddlers are one of the largest components of the 2018 Indonesian population pyramid. Children who grow up healthy are expected to become the nation's future generations [1]. As children grow and develop, there are big challenges for the government and health workers, given that infants and toddlers have limitations in immunity (resistance to disease).

Good care of children from birth even in the womb can minimize the appearance of unwanted health problems. Health problems in children include infectious and non-infectious disease as well as growth and development disorders. Examples of infectious diseases that are often experienced by children include acute infectious tract, pneumonia, diarrhea, Tuberculosis. While non-infectious disease include phimosis (abnormalities in the penis) and other surgical cases and autoimmune diseases. Growth and development disorders can

be in the form of mental retardation, nutritional problems (stunting, obesity, etc).

Children who often experience health problem during infancy or under five will have an impact on their health status in the future. Inadequate nutritional needs will also leave a bad impact when the child grows up later.

Optimal care for children is carried out continuously from the time the child is born in the clinic or hospital and then continues after returning home. In Indonesia, the role of health cadres is expected to improve the health status of children under five. An adequate level of knowledge is very important in carrying out its role. Cadres can provide counseling when Posyandu activities are being carried out. Based on coordinantion with the Posyandu Menur cadre in Gejawan Kulon hamlet, it was identified that some mothers had not given immunizations and exclusive breastfeeding for their children, even though these two things became the provision of immunity for children.

II. METHOD

Health education activities are organized in several stages including problem identification, planning, implementation, and evaluation. Problem identification is done through discussions involving cadre leader to find the problems faced by the community. The next stage is planning regarding the time and media used. The cadres agreed that the activities would be carried out on Sunday through the WhatsApp group. Cadres receive material explanations in the form of text, pictures, as well as sound recordings. The health education activity ended with an evaluation of the participants' understanding and an evaluation of the satisfaction of the activity.

III. RESULTS AND DISCUSSION

A. Planning

In the early stages of the activity, the author coordinates with the cadre leader to discuss the selection of the most appropriate time and method. During the Covid-19 pandemic, the government appealed to the public keep their distance and stay away from the crowd [2]. This is a consideration for

media selection through WhatsApp group that eliminate crowds or face-to-face contact with participants. The activity uses the previously formed WhatsApp group as a means of communication for cadres. In Indonesia, WhatsApp is a social media that ranks second most often used by residents [3].

B. Implementaion

Health education involves cadres of Posyandu Menur in Gejawan Kulon hamlet. Participants totaled 18 people with the following description.

TABLE I. CHARACTERISTIC DESCRIPTION OF CADRES (N= 18)

Characteristics	Frequency	Percentage (%)
Age		
26 to 35	13	72%
35 to 45	2	11%
46 to 55	2	11%
56 to 65	1	6%
Sex		
Male	0	0
Female	18	100%
Education		
Junior school	1	5%
High school	14	78%
Diplome	2	11%
Undergrade	1	6%

The data above illustrates that most of the cadres are between 26 and 35 years old and all cadres are female. Among them, there was one person who was very old. In accordance with the theory of the task of adult development, that individuals play a role and are responsible and accept a position in society and are involved in social community relations [4]. Based on the level of education, the majority of the cadres have the highest education from high school. This finding similar with other study [5].

All cadres attend health education from beginning to end. The activity begins with an explanation of the provisions of health education. The material presented is about immunization and exclusive breastfeeding.

Immunization is one way to prevent infectious diseases, especially diseases that can be prevented by immunization given not only to children from infancy to adolescence but also to adults. Immunization is given by inserting certain bacterial or viral antigens that have been weakened or killed in order to stimulate the body's immune system to form antibodies. This antibody is useful for actively increasing immunity so that it can prevent or reduce the effects of disease transmission that can be prevented by immunization [6].

Although immunization is very important, there are still people who do not give immunizations for their babies. This occurs due to the pros and cons of understanding immunization in relation to religion. The issue of the halal/haram content of vaccine has made the public restless. Some people take action

not to provide vaccines for their children. Residents in a number of areas both on the island of Java and outside Java rejected the Measles Rubella (MR) vaccine program implemented by the Indonesian government in the period August-September 2017 and August-September 2018 [7].

Apart from immunization, the cadres also received material about exclusive breastfeeding. Material about exclusive breastfeeding needs to be given because some mothers in Gejawan Kulon hamlet have not provided exclusive breastfeeding for their babies. According to WHO, babies who get exclusive breastfeeding are only 44%, even though exclusive breastfeeding is very important for babies because it is proven to protect the lives of 820,000 under five children each year [8]. There are several factors that can make exclusive breastfeeding successful, including husband support, mother, or mother in-law, family support, and information seeking [9,10].

During the health education, all participants listened and read the material. Participants attended the event enthusiastically, it was evident that they wanted to know more about the material presented. At the end of the session, participants took advantage of the discussion session by asking questions about the material. Participants ask in writing, then the speaker answers the questions one by one. At the end of the session, the presenter shared a google form link containing questions to measure participants' understanding of the material that had been delivered.

The results of the pre-test and post-test of the cadres are depicted in the following figure.

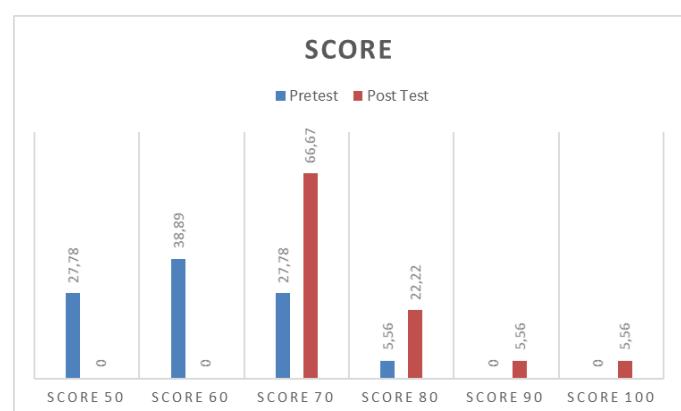


Figure 1. Results of the pre-test and post-test score for cadres

All cadres better understand the material after attending the program, as evidenced by the acquisition of a post test score of more than or equal to 70. In line with a finding that health education on exclusive breastfeeding has an effect on increasing maternal knowledge [10].

C. Evaluation

Health education through the WhatsApp group went smoothly, even though some participants were late due to

work. The cadres stated that they were satisfied with this activity. They feel more understanding about immunization and exclusive breastfeeding. The cadres want virtual health education through WhatsApp group to be carried out again carrying other materials so that they could open up discourse for cadres.

IV. CONCLUSION

During the Covid-19 pandemic, health education through social media (WhatsApp group) was one of the media choices. Providing material to cadres can run smoothly so that cadres understand better about improving under five year children health through immunization and breastfeeding.

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