

Empowering Posyandu Cadres To Reduce Stunting Rates In Seruyan Regency In 2023

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Article Info	ABSTRACT
<p>Keywords: Empowerment, Posyandu cadres, Reducing Stunting Rates</p>	<p>The prevalence of stunted toddlers in Seruyan Regency based on the 2022 nutritional status survey is 34.7%, this shows an increase of 5.4% when compared to the prevalence of stunted toddlers in 2021 of 29.3%. Empowering posyandu cadres in reducing stunting rates is an activity carried out with the aim of enabling posyandu cadres to be empowered and able to reduce stunting rates in Seruyan Regency, thereby reducing the percentage of stunting in Seruyan Regency. This research aims to determine and analyze the empowerment of posyandu cadres in reducing stunting rates in Seruyan Regency. This research is qualitative research by collecting observation, interview and documentation data. The informants who were interview subjects were 8 people, including: 2 heads of the Community Health Center, 1 nutrition officer at the Community Health Center, 1 health promotion officer at the Community Health Center, 2 Posyandu cadres, 2 mothers with toddlers. These informants were taken using a purposive sampling method, namely selecting informants who understand and are involved in reducing stunting. Data analysis in this research uses stages of data reduction, data presentation, and drawing conclusions. The results of the research show that the empowerment of Posyandu cadres in reducing the stunting rate in Seruyan Regency is because assistance to cadres in Posyandu activities is not always accompanied by Puskesmas nutrition officers and there is still a lack of understanding of cadres regarding the activities in Posyandu because cadres are only focused on one activity when serving mothers of toddlers. who came to Posnyandu. Suggestions to the Health Service to be able to add nutrition officers at the Community Health Center, so that every Posyandu activity can always be accompanied by a nutrition officer who is able to provide an understanding of nutrition to mothers who have toddlers, especially toddlers who are stunted. Apart from that, Posyandu cadres can rotate the tasks at each Posyandu, so they can understand the tasks at Posnyandu in order to reduce stunting rates.</p>
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INTRODUCTION

One of the sustainable development goals (SDGS) in the world is stunting. Currently, Indonesia continues to strive to end hunger, achieve food security and better nutrition and support agriculture aimed at sustainable development. This second goal is targeted at

reducing the problem of stunting by 2025, and is closely related to the third goal, namely ensuring children's lives.(1)WHO (2019) explains that South Asia has the highest number of stunting cases in the world, with a percentage of 31.9% and Indonesia is in sixth place, namely 36.4%.(2)Riskasda (2008) shows a stunting rate of 30.8%, this figure is higher than the RPJM, which is 19% in 2024.(2)

The nutritional condition of toddlers that causes the toddler's height to be less than his age is called stunting. Child growth standards set by WHO are used for measurement. If there is a two standard deviation decrease in the median, it is considered that stunting is caused by socio-economic conditions, nutrition of pregnant women, baby pain, and lack of nutritional intake are the causes of stunting in toddlers.(3)

Stunting has an impact on children's lives until they reach adulthood, especially increasing the risk of physical and cognitive development disorders. Stunting, in the short term, can cause a decrease in learning abilities, cognitive development, and in the long term, stunting causes children's quality of life to decrease and will be felt when they grow up, such as a lack of opportunities to continue their education, more opportunities to work, and better job opportunities. As a result, stunting requires greater attention.(3)

Stunting can have negative effects in the short term, such as delays in brain development, intelligence, impaired physical growth, and metabolic disorders in the body. In the long term, stunting can cause decreased cognitive abilities and learning performance, decreased immunity, which makes it easier to get sick, and increased risk of diabetes, obesity, heart disease and bullying.(4) Stunting not only hinders children's development and makes them more susceptible to disease, but also disrupts brain development, which reduces children's intelligence levels. This risks causing a decrease in productivity as an adult.

Everyone is responsible for preventing stunting. As members of the community, posyandu cadres have a big role in taking effective action to reduce stunting rates among toddlers. However, supporting information is needed to make this happen. Reducing stunting also depends heavily on intervention strategies used at the right time.(5)The active role of cadres is very important because it influences how well the posyandu program runs, especially in terms of tracking children's development. This posyandu service cannot be separated from the role of cadres as implementers.(6) To prevent stunting, cadresIntegrated Healthcare Centermust be empowered with training or counseling about nutritional problems, especially for toddlers. Knowledge about stunting is certainly important because it can influence performance in preventing stunting.(6)

The results of the 2022 nutritional status survey show that the national stunting rate in 2022 is 21.6%. Even though the prevalence of stunting can be reduced from 27.4% in 2021 to 26.9% in 2022, the prevalence of stunting remains below WHO standards, namely less than 20%, according to data from the Seruyan District Health Service. According to the 2022 nutritional status survey, the prevalence of stunted toddlers in Seruyan Regency is less than 20%.(7)

Table 1 Stunting data in Seruyan Regency Based on Community Health Center in 2022

No	Name of the Community Health Center	Prevalence of Stunting 2021	Prevalence of Stunting 2022	Ups and down)
1.	Kuala Pembuang I	12.36	42.86	30.5
2.	Kuala Pembuang II	16.58	18.15	1.57
3.	Homecoming Lake	17.9	25.32	7.42
4.	Sembuluh Lake	1.24	4.38	3.14
5.	Terawan	3.7	15.94	12.24
6.	New Acid	4.35	9.73	5.38
7.	Upstream Waster	28.18	44.44	16.26
8.	Sandul	24.27	22.22	(2.05)
9.	Rantau Pulut I	10.8	0	(10.8)
10.	Rantau Pulut II	13.93	50	36.07
11.	Fallen Manjul	33.78	33.09	(0.69)
12.	Tumbang Langkai	30.2	30	(0.2)

Source: 2022 Health Service Stunting Data Report

Seruyan Regency has 12 Community Health Centers with a total of 149 Posyandu, consisting of 23 Pratama strata Posyandu, 112 Integrated Healthcare Center intermediate strata, and 14 independent strata Posyandu. (7) Posyandu cadre empowerment activities to reduce stunting rates aim to help cadres Integrated Healthcare Center reduce stunting rates and reduce the percentage of stunting in Seruyan Regency.

Seruyan Regency, one of the areas vulnerable to stunting and is taking action to handle and reduce stunting. Stunting in Seruyan Regency is caused by parents' lack of knowledge, such as nutritious food, the environment, water and sanitation. Therefore, the role of cadres in conveying health information and education to pregnant women and parents of toddlers is really needed in order to prevent stunting in Seruyan Regency. To overcome the problem of stunting in Seruyan Regency, posyandu cadres must be empowered to increase their knowledge and skills in preventing stunting. The focus of this research is to find out how empowering posyandu cadres can help reduce stunting rates in Seruyan Regency. This research aims to analyze the empowerment of posyandu cadres to reduce stunting rates in Seruyan Regency.

METHOD

In qualitative research, the research instrument is humans. In this research, the level of empowerment of posyandu cadres towards reducing stunting rates in Seruyan Regency is measured by: 1) Coordination and socialization of activities, 2) Training of Posyandu Cadres as Stunting Cadres, and 3) Mentoring of Cadres. (8) data collection, through d primary data obtained directly by conducting interviews. (8) informant of this research: Head of community health center, nutrition officer, health promotion officer, Posyandu cadre, and pregnant women. (8) P there are secondary ones obtained from village profiles, village health post profiles, and photos of posyandu cadre empowerment activities.

Data collection methods include observation, interviews, and documentation. Observations were made about how posyandu cadres could help reduce stunting rates in Seruyan Regency. Researchers used interviews using interview guidelines. A total of 27 informants were interviewed in this study including: 1 nutrition officer from the Health Service and at each Puskesmas Kuala Pembuang I and Puskesmas Rantau Pulut 2 consisting of: 1 Head of the Puskesmas, 1 nutrition officer at the Puskesmas, 1 Health Promkess Officer at the Puskesmas, 5 cadres, and 5 mothers with toddlers taken using a purposive sampling method, namely selecting informants who understand and are involved in reducing stunting.

Data analysis is the process of searching and compiling systematic data and grouping data by synthesizing, arranging patterns, choosing what is important and making conclusions.(9) Qualitative data analysis was carried out interactively. Data obtained in the field is recorded thoroughly for reduction, presenting the data and drawing conclusions.(9) Triangulation is used to validate research data. Source triangulation means collecting data through interviews with various informants. Technical triangulation means collecting data through observation, interviews, and collecting documentation.(10)

RESULTS AND DISCUSSION

To reduce the stunting rate in Seruyan Regency, posyandu cadres are not always accompanied by Puskesmas nutrition officers. Cadres only focus on one activity, serving mothers of toddlers who come to Posyandu, so they do not understand all the activities carried out at Posyandu. As a result, the Health Service must add nutrition officers at Community Health Centers so that every Posyandu activity is always accompanied by nutrition officers who understand the nutrition of pregnant women, especially stunting of toddlers. Apart from that, Posyandu cadres need to know the tasks at each Posyandu so that each Posyandu, to reduce stunting rates, knows what cadres must do.

Coordination and Socialization of Activities

The research findings show that the coordination and socialization of activities in reducing stunting rates in Seruyan Regency, that the empowerment carried out by cadres in each posyandu has gone well because coordination and socialization activities in the form of workshops have been carried out by nutrition officers at the Health Service and Community Health Centers for Posyandu cadres. in Seruyan Regency.

In the second stage, posyandu cadres in Seruyan Regency will be trained in increasing their knowledge and skills. They are about reducing stunting. They will learn about what stunting is, how to measure height, LILA, BB, nutritious food, water conditions and sanitation in a good environment. Empowerment agents must prioritize community needs for training. Priority indicators can be based on various factors, such as the needs of the majority of society, the suitability of their potential to improve their quality of life. If people find a need for training then training will be very effective.(10)

Notifications can raise awareness and motivation of clients/targets to explore the potential of themselves and their environment to improve the quality of their lives so that they can live independently and prosperously. (10) Human-centered empowerment aims to increase capacity, or ability, which comes from knowledge and skills. Many abilities resulting

from the learning process, both theoretical and practical, are very important for development subjects because they require community participation in implementing community empowerment programs. Participation is an important component of empowerment and awareness raising.(10)

Training of Posyandu Cadres as Stunting Cadres

The research results show that training can help cadres implement the role of posyandu cadres according to their respective duties, so that they serve the community as well as possible. Especially for stunting prevention in Seruyan Regency, training has taught cadres how to measure height, weight, arm circumference and fill porridge.

One of the causes of stunting is low knowledge about the importance of examinations during pregnancy. This ignorance has a negative impact on babies. Counseling, as a non-formal education process, must change knowledge, attitudes and skills. Counseling must also be tailored to the client's potential and needs. In addition, the counseling process must take place democratically—without coercion, free from elements of coercion, dialogue, sharing opinions, and learning from client problems..(10)

Cultivating awareness means letting others know that they have the opportunity and potential to improve their own quality of life and well-being.(10) Effective counseling or empowerment is an activity that can empower the community as a whole to meet the needs, problems and potential of that goal or community.(10)

Cadre Assistance

The research results showed that cadre assistance was less effective because the Puskesmas nutrition officers were not always explain assistance to midwives, nurses and cadres. As a result, understanding of the nutritional status of stunted toddlers is lacking. The first step can be taken to encourage community members to participate to improve community health in their participation in posyandu activities. The aim of community participation in this empowerment activity is to increase community awareness of their rights and obligations, foster a sense of sharing and responsibility.(11)

The cadres use the abilities and skills they have learned to apply in daily posyandu activities. Posyandu cadres have the ability to increase the knowledge of parents in efforts to prevent stunting. For example, they remind the public about the posyandu schedule, ask pregnant women and parents of toddlers to come to the posyandu to monitor their nutritional and health status, report stunting of toddlers to the Village Midwife, and provide PMT (Additional Feeding). Participation will increase the desire to achieve empowerment goals. In the end, participation will bring great meaning and benefits to society and individuals. The fundamental problem is how empowerment can promote public awareness and at the same time encourage them to take the initiative in improving the quality of life.(12)

CONCLUSIONS

Research results and discussions show that posyandu cadres can help reduce stunting rates in Regency Exciting. This is because cadres are not always accompanied by Puskesmas nutrition officers when carrying out their activities. Apart from that, cadres only focus on one activity, serving mothers of toddlers who come to Posyandu. In detail, the research results are

described below: Nutrition officers from the Health Service and Community Health Centers have held workshops for coordination and socialization of posyandu cadre empowerment activities to reduce stunting rates in Seruyan Regency. The training given to cadres can help them carry out their roles and functions, so that they can provide the best service to the community, especially in overcoming stunting in Seruyan Regency. This training has taught them how to fill out the posyandu book, measure LILA, BB and head circumference. Cadre mentoring has not gone well because mentoring is not always explained by Puskesmas nutrition officers, but by midwives and nurses, so understanding of the nutritional status of stunted toddlers is lacking. Our suggestion is that the Health Service add nutrition officers to the Community Health Centers so that every Posyandu activity can be accompanied by a nutrition officer who is able to provide an understanding of the nutritional status of stunted toddlers. Apart from that, for cadres to know the tasks at each Posyandu in each Posyandu to reduce the stunting rate.

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