

EFFORTS TO DEVELOP TEACHERS BECOME A HEALTH CADRES WHO HAS KNOWLEDGE OF THE BENEFITS OF VITAMIN D FOR THE BODY IMMUNITY SYSTEM

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Abstract

One of the efforts in improving public health is by promoting health promotion in the school environment and forming health cadres that can be utilized within the school environment (UKS) and the community. Vitamin D is one of the vitamins needed by the body. Vitamin D has only been known to ordinary people to have benefits in bone health. But not many people know that vitamin D is also beneficial for endurance, namely vitamin D can fight bacteria / germs that enter the body so as to prevent a person from experiencing disease. Therefore, the purpose of this service is to provide and provide information to Muhammadiyah elementary school teachers so that they have knowledge about the benefits of vitamin D for endurance. The method of approach taken is through a participatory approach (participatory approach). The Proposing Team and partners together develop a plan of activities, methods, goals, objectives and targets that must be achieved. This activity began with the development of Muhammadiyah youth as school health cadres. The training activities were carried out in the form of health seminars for elementary school Muhammadiyah teachers.

Keywords: Vitamin D, Primary teacher, Muhammadiyah

A. Introduction

Muhammadiyah Primary School (SD) is our partner in this service. The background of elementary school level selection in this service is that elementary school age is an age that is susceptible to infection with various germs because the level of knowledge and attitudes of elementary school age children for self hygiene must be very low

Elementary teachers as educators are expected to be able to provide knowledge to students for the importance

of consuming vitamins, especially vitamin D in maintaining a healthy body and enhancing the body's defense system.

The location of the first activity was carried out at SD Muhammadiyah 3, Jl. Abdul Hakim No.2 Pasar 1, Tanjung Sari. The location of the second activity was carried out at SD Muhammadiyah 1, Jl. Utama, No.170, Kota Matsum II, Medan Area.

The maximum development and empowerment of Muhammadiyah Teachers is an effort to increase

independence as a cadre of Muhammadiyah who is able to protect their health and the environment. Muhammadiyah teachers are expected to invite all school residents such as students, school officials, parents of students to participate in maintaining and improving health.

The low level of teacher knowledge of the benefits and sources of vitamin D is expected to be increased through the provision of knowledge so that eventually Muhammadiyah health cadres will be formed who can provide education back to the school, family and community environment.

Based on this objective, the proposer and partner organizations agreed to arrange community service activities in the form of counseling by Muhammadiyah elementary school teachers regarding the benefits of vitamin D in improving the immune system.

B. Method

This program is planned for a maximum of 1 year, has a target to increase the understanding and knowledge of Muhammadiyah teachers about the source of vitamin D and the benefits of vitamin D for body health, develop UKS activities such as the

realization of active participation of school residents in maintaining personal hygiene and cleanliness of the school environment, creating health cadres which has the character of Muhammadiyah and is reflected in its appearance, speech, has the nature of leadership, a spirit of helping and being responsible, so that it can become a role model in the school environment. And in the long run, it is hoped that the active participation of Muhammadiyah teachers as health cadres is able to maintain and improve health in the environment.

The approach method used in this activity is a participatory approach (participatory approach). The Proposing Team and partners together develop a plan of activities, methods, goals, objectives and targets that must be achieved. This activity began with the development of Muhammadiyah Teachers as school health cadres.

The training activities were carried out in the form of a health seminar for Muhammadiyah Primary School Teachers (service partners).

Evaluation of activities is done by analyzing the achievement of targets and activity outcomes. This is in the context of self-evaluation of the proposing team towards the implementation of activities,

such as shortcomings and constraints of activities and as input for the proposing team and partners in the development of the Muhammadiyah Health Cadre.

PKPM activities are carried out through several stages, namely (1) Recruitment of Muhammadiyah Elementary School Teachers. Recruitment activities are the initial activities carried out as a basis for the process of the program to be implemented. Recruitment activities are carried out through hearings and program socialization with school stakeholders. (2) Counseling of Muhammadiyah Teachers, consisting of: Introduction to the theory of sources and benefits of vitamin D for the body's immune system. Recognition of signs and symptoms of disease, prevention and referral. Resource persons come from the health sector.

C. Result and Discussion

The activities of the Muhammadiyah Development Partnership Program (PKPM) are expected to produce the following outcomes in the form of the provision of Vitamin D Benefits for Muhammadiyah Teachers. This debriefing module serves as a guide / reference for fostering Muhammadiyah Teachers, so that it can be used for the development of

Muhammadiyah Elementary Schools and published articles in the National Journal and Muhammadiyah Voice Magazine.

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D. Conclusion

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