

The Efforts of Posyandu Cadres in Increasing Mother's Awareness Behavior in Maintaining Baby's Development: Literature Review

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ABSTRACT

Background: The performance of health workers is a very important issue to be studied in order to maintain and improve the quality of health services. In improving health service efforts, especially promotion and prevention services, it is necessary to have health workers who have good and competent performance. **Method:** researchers used a literature review design. This literature study uses three databases (Pubmed, Proquest & Google Scholar) with the majority of the research design using quasi-experimental, randomized control, case-control, cross-sectional, qualitative studies, literature/systematic reviews. Picos is used to select studies which include, journals for the last five years and in English and Indonesian, titles, and abstracts. The keywords used are the role of cadres for the behavior of mothers in maintaining the growth and development of babies and 6 journals will be reviewed. **Results:** Efforts that can be made by health cadres of Posyandu under five are as motivators, health educators, health service providers, having high knowledge, good skills, approaching and persuasive, conducting visitations and conducting evaluations. Mother's awareness behavior in maintaining baby's growth and development is low. However, the presence of health cadres can help direct mothers to know and understand how to maintain good and correct baby growth and development. **Conclusion:** Health cadres have many efforts that can be done to increase mother's awareness of maintaining baby's growth and development by being motivators, health educators, health service providers, having high knowledge, good skills, approaching and persuasive, conducting visitations and conducting evaluations.

I. Introduction

The performance of health workers is a very important issue to be studied in order to maintain and improve the quality of health services. Studies on performance provide clarity about the factors that influence the performance of personnel (Mansyur, 2006).

In improving health service efforts, especially promotion and prevention services, it is necessary to have health workers who have good and competent performance. Health efforts carried out in the community are promotive and preventive health efforts (Agnes Widya Palupi, 2012).

One of the health efforts provided is the Posyandu service. Posyandu is a basic health activity organized from, by and for the community itself assisted by health workers in a Puskesmas working area, where this program can be carried out at the hamlet hall, village hall, or other places that are easily accessible by the community.

Posyandu is an important activity by involving parents in maintaining and following the baby's growth and development, especially focused on infants aged 0-2 years, the ability of the baby's brain function has started to work, at this stage the use of sensory nerves begins to be active such as seeing, hearing, smelling. Taste, touch, and motor nerve functions also begin to function a lot doing simple movements such as grasping, standing, running, playing. Posyandu is an appropriate strategy to intervene in fostering child survival and fostering child development. At the age of 1 month to 5 years, babies must follow the activities or steps implemented by the Posyandu. Based on the Joint Decree: Minister of Home Affairs/Menkes/National Family Planning Coordinating Board (BKKBN). Respectively No.23 of 1985,21/Menkes/Inst.B./IV/1985,112/HK-011/A/1985 concerning the Implementation of Posyandu.

The target of health services at the posyandu is the entire community, especially infants, children under five, pregnant women, breastfeeding mothers, mothers giving birth, postpartum mothers. Posyandu itself is to reduce maternal mortality (pregnancy, childbirth, postpartum) and children as well as increase the role and ability of the community to develop health activities such as family planning (KB) and other activities that support the improvement of the ability to live a healthy, prosperous and functioning as a vehicle for the reproduction movement of prosperous families, family resilience movements, and prosperous family economic movements (Swengli, et al., 2016).

Based on the explanation of the background above, it is very important to do research and the authors are also interested in studying in depth the "Efforts of Posyandu Officers in Increasing Mother's Awareness Behavior to Maintain Baby Growth".

II. METHODS

In this study, the researcher used a literature review design. Literature review is to provide a framework related to new findings and previous findings in order to identify indications of whether or not there is progress from the results of a study through comprehensive research and interpretation of the results of the literature related to a particular topic which identifies research questions by searching and analyzing relevant literature. using a systematic approach (Randolph, 2009). The method used in the literature review is through a systematic approach to analyze data in a simplified approach. The articles used are focused on original empirical research articles or research articles that contain the results of actual observations or experiments where there are abstracts, introductions, methods, results, and discussions.

Based on the results of a literature search through Google Scoler publications, PubMed & ProQuest using the keyword role of cadres for the behavior of mothers in maintaining infant growth and development, researchers found 5,219 journals that matched these keywords. The research journals were then screened, as many as 176 journals were excluded because they were published in 2010 and below and used languages other than English and Indonesian. The feasibility assessment of 54 journals, duplicated journals and journals that did not meet the inclusion criteria were excluded, so that 6 journals were reviewed.

III. RESULTS

This literature review was synthesized using a narrative method by grouping similar extracted data according to the results measured to answer the objectives. Research journals that match the inclusion criteria are then collected and a journal summary is made including the name of the researcher, year of publication, title, research methods and results as well as the database.

According to research conducted by Fino et al (2017), posyandu cadres act as health motivators, health educators and health service providers through posyandu. Community empowerment is created from motivational factors to improve family and community health, the ability to identify health service needs and barriers, and understand available resources. It is necessary to plan with community empowerment strategies in overcoming low community participation by involving community leaders, customs, government and community organizations.

According to Nastiti (2010), the importance of the role of cadres in empowering the community to reduce infant and under-five mortality rates in Indonesia is unquestionable. Increased motivation and commitment of cadres need to be given not only in the form of material incentives but also in the form of appreciation and moral support. Cadres must have the basic requirements of both knowledge and skills so that they can be effective in carrying out their roles.

According to Agus Susanto (2017) the role of posyandu cadres in Margadana Sub-district as agents of change in reducing maternal and infant mortality (MMR & IMR) is quite significant. This is evidenced by the small IMR and MMR in 2015. This can also be seen from the activities carried out by the cadres in encouraging pregnant women to have their pregnancy checked. The role of posyandu cadres in suppressing MMR and IMR includes carrying out data collection (archives), acting as health communicators, approaching and persuading, conducting visitations, being a liaison and conducting monitoring and evaluation.

According to Purnikasari's research (2010), it shows that in terms of the perception of Posyandu, the community, medical personnel, and Posyandu cadres on the existence of Posyandu are positive. They consider the Posyandu program important, not only carrying out formal and routine programs, but also having great substance for improving the quality of human life, especially regarding health issues. The impact of the Posyandu program is quite large, which affects the quality of public health. The success achieved with the posyandu in Karangwatu hamlet is that public health is getting better, family planning is successful.

According to research conducted by Fitri (2018) the OKK PPM program aimed at the people of Cintamulya Village regarding Health Literacy as an effort to increase public awareness of the importance of maintaining health, is expected to help improve conditions and a healthier lifestyle, for the mothers and children around them. Sources of information apart from the exposure of experts/experts, there are also other sources of information, namely books. The PPM OKK program aimed at the people of Cintamulya Village regarding Health Literacy as an effort to increase public awareness of the importance of maintaining health, is expected to help improve conditions and a healthier lifestyle, for the mothers and children around them. Sources of information apart from the exposure of experts/experts, there are also other sources of information, namely: Books. Books are a source of information. For this reason, related to Health literacy, in this OKK PPM the Team also intends to donate books related to health so that mothers can always update knowledge related to health from these books, as well as story books for children. This is done as an effort to foster interest in reading in Cintamulya village children from a young age. Because the interest in reading must be started from a young age.

According to Gilang's research (2014), most of the posyandu management capabilities before cadre training were carried out in the good category, namely 13 cadres (68.4%) on knowledge while on attitude, namely 13 cadres (68.4%) and as many as 10 cadres (52.6%) on action. Posyandu management capabilities after cadre training were mostly in the good category, namely 18 cadres (94.7%) on knowledge while on attitude, namely 18 cadres (94.7%) and as many as 15 cadres (78.9%) on actions. The difference in posyandu management abilities before and after cadre training was mostly 5 cadres on knowledge, 5 cadres on attitude and 5 cadres on action.

IV. DISCUSSION

Health cadres are volunteers who are elected by the community and are tasked with developing the community. In this case, cadres are also referred to as health movers or promoters (Kemenkes RI, 2012). The role of cadres is to take responsibility, develop capabilities, become actors, and pioneers as well as leaders who move the community based on the principles of independence and togetherness.

Cadres must understand the main tasks of posyandu cadres. The task that must be carried out by posyandu cadres is to carry out early detection of growth from the weight of toddlers who are weighed, follow up if they find growth disorders. Besides that, cadres also monitor the development of toddlers and if developmental disorders are found, are given ways to stimulate children's development, and report

any developmental disorders to health workers to be forwarded to the Puskesmas doctor (Kemenkes RI, 2013).

According to research conducted by Yuliana (2016), health cadres have a major role in efforts to improve the ability of the community to help themselves to achieve optimal health status. In addition, cadres participate in fostering the community in the health sector through activities carried out at the posyandu.

Posyandu cadre activity is a real behavior or action that can be seen from the regularity and involvement of a cadre in various posyandu activities both inside and outside posyandu activities. The activity of cadres is related to behavior which is the action of the individual against reactions related to his environment (Notoatmodjo, 2013).

According to Agus Susanto (2017) Posyandu cadres are not only active in encouraging pregnant women to come to the posyandu but they also act as problem solvers and encourage the formation of healthy behavior. The cadres actively share information about conditions, problems and solutions related to pregnancy problems. The cadres acted on the archived records of each pregnant woman. They used this archive to map the condition of pregnant women in each region to formulate activities based on priorities.

Posyandu is held one of them to develop community participation in improving the function of posyandu and increasing community participation in village community development programs. Posyandu is also recognized as a place for health services that serves as a bridge for maternal and under-five health information, and makes a major contribution to reducing under-five mortality and malnutrition. However, what has been the goal of establishing a posyandu has not been fully achieved. This is evidenced by the high infant mortality rate and poor nutritional status of children under five, not only in Indonesia but also in other countries (Mufti, 2013).

According to Sulistyawati (2014) stated that early detection of child growth and development is an activity / examination to find early developmental deviations in toddlers. According to Ksrwati (2011) Efforts to detect growth and development disorders in early childhood are very important so that they can be corrected as early as possible and or prevent more severe disorders. The form of implementation of child growth and development in the field is carried out by referring to the stimulation, detection and intervention guidelines for child development.

In this context, it has been explained that empowering the community is an effort to increase the dignity of the layers of society whose current conditions are unable to escape the trap of poverty and underdevelopment (Pnarka & Moeljarto, 1996, in Fitriani, 2011). Meanwhile, according to Sumodiningrat (1999 cit Sinulingga, 2012), community empowerment is an effort to make the community independent through the realization of the potential abilities they have. Community empowerment always involves two interrelated groups, namely the community as the empowered party and the concerned party as the empowering party. According to Firiani (2011) there are several basic principles to create an empowered or independent society, namely: awareness, training, organizing, developing strengths and building dynamics.

In the research of Pranata, et al (2011), the form of cadre empowerment carried out includes several activities related to Posyandu. These activities include making various efforts to increase knowledge, the ability to make decisions quickly and facilitate access to health services. In the activity of increasing maternal knowledge, the study looked at how posyandu cadres increased knowledge about maternal and child health, increased knowledge about the concepts of "4 too" and "3 too late", increased knowledge about danger signs of pregnancy, increased knowledge about signs of labor and increased knowledge about the dangers of traditional practices that do not support the health of mothers and babies. From the data collection activities, it is known that the activities carried out to increase the mother's knowledge about the above are carried out through counseling media.

According to Agus Susanto (2017) Posyandu cadres as agents of change not only help solve problems, and encourage pregnant women to continue to be active for regular pregnancy checks and activities that are adapted to health conditions. Posyandu cadres are also a bridge for families to

participate in supporting the posyandu program to improve the quality of health during pregnancy. The cadres also act as liaisons with related parties such as midwives, PKK and community health centers for the success of the program to suppress the IMR and AKI.

According to researchers, health cadres, especially those in the Posyandu for toddlers, play an important role in the success of running health programs for toddlers, starting from monitoring the growth and development of toddlers. Posyandu cadres for toddlers must have the right and structured steps in an effort to ensure the growth and development of toddlers can be monitored properly. Efforts that can be made by Posyandu cadres for toddlers include health promotion through verbal and non-verbal such as print media, electronic media. Efforts can also be made using the BBM method or a concept of a teaching and learning process approach that starts from a problem. The active efforts of cadres to promote mothers of children under five are also very important. In addition, it can also be done using the Mind Mapping (MM) method or creative note-taking method, which is effective in mapping thoughts which can ultimately help record, strengthen, and recall the information that has been learned.

Based on the results of a literature study, it was found that a mother who has a child at the age of a baby or toddler tends to have a very high feeling of wanting to protect her child. Where it will be more visible in primiparous mothers. However, young mothers tend to have less experience, so what is given to their baby is still considered inappropriate. However, this can be covered with guidance and direction from the family as well as health workers in charge of monitoring the growth and development of the baby. However, lack of awareness of the importance of maintaining infant growth and development is still common, where the baby's mother does not properly provide nutrition and monitor the baby's growth and development. This unconsciousness is caused by the lack of utilization of the toddler's posyandu by the baby's mother. So that the posyandu cadres cannot provide effective direction to the baby's mother. Posyandu cadres for toddlers must be able to properly monitor the growth and development of babies in their working area. Where this can be done by providing comprehensive health education to all communities about the importance of the activity of the toddler Posyandu, besides that cadres must also actively promote mothers of children under five so that they can routinely visit the Toddler Posyandu and complete basic immunizations so that they can monitor the baby's growth and development effectively. That way the baby will grow up healthy, and his development can be monitored carefully.

V. CONCLUSION

Based on the results of a literature study conducted by researchers, it was concluded that the health cadres of the Posyandu under five must make an effort so that monitoring of infant growth and development can be carried out properly. Efforts that can be made by health cadres are health promotion through verbal and non-verbal such as print media, electronic media. Perform the BBM and Mind Mapping (MM) method. And also the health cadres of the toddler posyandu can provide comprehensive health education to all communities about the importance of the activity of the toddler posyandu, besides that the cadres must also actively promote mothers of toddlers so that they can routinely visit the toddler posyandu and complete basic immunizations in order to monitor the baby's growth and development effectively.

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