

**THE EFFECT OF SOCIALIZATION REGARDING THE IMPORTANCE OF GIVING
VITAMIN A TO THE PREVENTION OF CHILDREN WITH SPECIAL NEEDS FOR
BLINDNESS**

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ABSTRACT

This study was conducted to determine the effect of socialization given to research subjects on the prevention of impaired vision in children. The study was conducted on the subject of class VI children at Tugu Elementary School Cihideung, Parongpong with a total of 18 children. This study uses a case study type of research that begins by giving a pre-test to the subject and then continues with socialization about the importance of giving vitamin A to prevent damage to children's organs of vision. After socialization, a post-test was given to the subject. The results showed that there were differences in terms of awareness and knowledge of the research subjects. From this study, it is known that the socialization of the importance of giving vitamin A to children has an effect on children's knowledge.

Keyword : Blindness, Socialization, Vitamin A.

INTRODUCTION

Socialization is an activity in which an individual or group provides information about habits regarding the way of life, values, and norms in society to other parties [1]. Generally, socialization is carried out for the purpose of inviting the community into goodness and useful things. Socialization is also called a social process in which individuals will have their attitudes formed in behaving in accordance with the rules that apply in the society they currently occupy [2].

Vitamin A is a compound that has biological activity in repairing damaged body systems. Vitamin A contains provitamin carotene and the yellow pigment beta carotene. In the body's metabolism, vitamin A is found in the retina of the eye which helps the eye to adapt from a dark place to a bright place and vice versa in a fast time. In addition, beta carotene in vitamin A is an antioxidant that can ward off free radicals. Lack of vitamin A in the body can weaken cellular mechanisms and reduce vision at night (night blindness). Conditions that are getting worse cause blindness [3]–[5].

Children with special needs who are blind are a condition in which the child's sense of sight does not function properly, either partially or completely [6]. The cause can be congenital or external factors such as lack of nutrition or eyes that are too often exposed to light beyond their capacity. This visual disturbance requires proper treatment so as not to interfere with the child's

physical and psychological growth. Awareness of preventing damage to the organ of vision needs to be anticipated early on for both parents and children themselves [7], [8].

Many studies have been conducted to determine the role of vitamin A in preventing damage to the organs of vision. Research on the socialization of posyandu cadres conducted by Rosa and Duana showed the effectiveness of socialization using the lecture method on increasing knowledge about IMD [9]. Research conducted by Tandarto, Doringin, and Efendi, states that vitamin A deficiency in children shows symptoms of eyes that are unable to see in dim conditions [8]. Follow-up that can be done to overcome and prevent more severe damage is to give vitamin A at the right dose. In addition, this study also shows that the role of parents and medical personnel is very influential in maintaining children's organs of vision. Another study conducted by Putri and Katriani discussed mother's awareness of preventing damage to the organ of vision in Pematang Pulai Village. The results show that the majority of mothers know the importance of maintaining the health of their child's visual organs by giving the correct dose of vitamin A [10].

Socialization to children and parents about the importance of giving vitamin A from an early age to prevent damage to the organ of vision is very necessary. This study aims to determine the extent to which the socialization carried out by researchers has an effect on preventing damage to children's organs of vision. The novelty of this research is the socialization of vitamin A on the prevention of damage to the organ of vision that causes blindness in children [11], [12].

METHOD

The population of the research was grade VI elementary school students at Tugu Elementary School Cihideung, Parongpong. The number of samples was 18 children with nine male students and nine female students respectively.

This research is a case study research with qualitative descriptive analysis method. The study began by conducting socialization of the research subject. Prior to the socialization, a pretest was given to the subject as a measuring tool to determine the level of knowledge of the need for vitamin A in children. The socialization was then carried out by providing material to the research subjects through PowerPoint slides and lectures. After the socialization was carried out, the research subjects were given a post test to measure what was obtained after the socialization. The results of the pre-test and post-test were then reduced and adjusted to the purpose of the research. The results are presented with a descriptive analysis to explain the importance of giving vitamin A to children in an effort to prevent damage to the organ of vision that has an impact on blindness.

RESULTS AND DISCUSSION

4.1 Results

Prior to the socialization, the majority of the subjects did not fully understand the function of vitamin A on health, so there was no intention to give vitamin A continuously to children. After the socialization, through the post-test it was found that the subjects began to understand the importance of vitamin A to maintain eye health and prevent damage to the organ of vision. Giving vitamin A is not only for toddlers, but children at the age of growth need to be given vitamin A to maintain the condition of their vision organs.

4.2 Discussion

Socialization about the importance of giving vitamin A to children serves to inform the main uses of vitamin A to parents and children themselves. Another goal is to influence the public so that they are not negligent in paying attention to the nutrients needed by children during their growth and development so that the children's organs of vision do not decrease. From the results of the study, it can be concluded that the socialization method has an effect on increasing awareness of both parents and children about the importance of giving vitamin A according to the dose and given regularly to prevent damage to children's organs of vision. Previously, most research subjects thought that the administration of vitamin A did not need to be done intensely because the vitamin needs must have been complete in the diet. Even so, there are still many who do not pay attention to what foods contain vitamin A. In addition, the subject also considers that the need for vitamins only needs to be met when the child is at the age of a toddler. In fact, every stage of child growth requires adequate nutrition and vitamins. Many people think that vitamin A can only be obtained from vegetables, but vitamin A can also be obtained from supplements. However, it is better to give vitamin A sourced from natural foods because it is easier for the body to digest.

Based on the results of the study, most of the subjects did not know that the need for vitamin A in children affected growth before being given socialization. Meanwhile, from various scientific journals that support this research, vitamin A has an effect not only on children's vision organs but also on cell metabolism to help cell differentiation. According to respondents, it is enough to provide nutritious food, even though they do not know what nutritional content is in the food, it can meet the needs of vitamin A in children. This thinking is clearly wrong because not all foodstuffs contain vitamin A. The socialization of the importance of vitamin A was carried out, one of which was to justify the many misinformation that was known by the respondents.

Meanwhile, the post-test results showed an increase in the knowledge of the research subjects regarding the importance of giving vitamin A to children to prevent damage to the organs of vision. This increase in knowledge proves that the research subjects succeeded in capturing the socialization material well through sensing the objects given with presentation slides and lectures from the presenters. This study shows that there are differences before and after socialization.

Based on the main purpose of socialization, which is to encourage individuals or communities to understand the role, function, status, and benefits of an activity or thing, in this study is the function of vitamin A on children's organs of vision, this research can be said to be successful. Broadly speaking, it can be concluded that socialization succeeded in transferring knowledge from communicators as carriers of socializing the importance of vitamin A to research subjects as individuals in a community. Socialization is carried out to share the implementation of useful knowledge in life in accordance with the norms that apply in society. Judging from this study, the implementation of knowledge about the benefits of vitamin A to prevent damage to the organs of vision in children is given to subjects who do not understand the function of vitamin A and in what foods vitamin A can be obtained.

There are many factors that encourage socialization in the community. Based on the purpose of this study, the factors that encourage socialization are the number of cases of children experiencing disorders of the organ of vision caused by too long watching a cellphone screen with bright light capacity or due to a lack of vitamin A. Socialization is done to increase the subject's knowledge of the importance of vitamins A for children so that disturbances in the organs of vision can be prevented.

From the results of the post-test given to the research subjects after socialization, the socialization activity on the importance of giving vitamin A to children to prevent impaired vision

seems to have been successful. Many who previously did not understand the importance of vitamin A in the growing period now know more. In the future, this socialization is expected to reduce the number of children with visual impairment due to lack of vitamin A.

CONCLUSION

Socialization is given to the community to increase awareness and knowledge with the aim of creating a better life. The results showed that there was an increase in the knowledge of research subjects who previously did not really understand the importance of giving vitamin A to children to prevent impaired vision organs that can result in blindness to understand the benefits of vitamin A for children. The socialization carried out by the researcher was successful because it influenced the concept of thinking of the research subject.

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