

**NUTRITION EDUCATION THROUGH THE KADERKU SAHABATKU AND NGOCEH  
PROGAM AT KEMLOKOLEGI VILLAGE, BARON DISTRICT, NGANJUK REGENCY YEAR  
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**ABSTRACT**

Toddler period is a critical period to get quality human resources and is a growth spurt period where optimal brain growth and development occurs. If the problem of nutritional disorders in toddlers is left unchecked, it will be fatal, Indonesia will lose the next generation of quality (loss generation). The problem of malnutrition in toddlers has been around for a long time and has not been resolved. The purpose of this activity is expected to be able to reduce morbidity and mortality rates for infants and toddlers in general as well as increase the knowledge of mothers under five regarding the importance of early detection of nutritional problems under five and balanced nutrition in infants in particular in Kemlokolegi Village, Baron District, Nganjuk Regency.

The Kaderku Sahabatku and NGOCEH program is a cadre formation program that functions to assist mothers of toddlers in monitoring the growth and development of toddlers and nutritional problems, while the ngoceh program, which is an acronym for Smart and Healthy Chat, is carried out in the toddler class and the formation of nutritional cadres through the cadre program my best friend in Kemlokolegi Village, Baron District, Nganjuk Regency which contains health education activities related to nutritional problems in toddlers which includes education about the benefits of early detection of toddler growth and development and balanced nutrition in toddlers to prevent stunting.

The method used in this activity is to provide education about the benefits of early detection of growth and development and balanced nutrition in toddlers

There is an increase in the skills of cadres in conducting health education in mothers with toddlers. There is an increase in mother's motivation to give exclusive breastfeeding, monitoring growth and development of toddlers, balanced nutrition for toddlers. The activities of this mother group are expected to run regularly and sustainably. The implementation of activities is expected to be carried out independently by the community.

**Keywords:** Nutrition Problems, Kaderku Sahabatku and Ngoceh Program

## A. Background

Maternal and child health is one of the priority aspects to be considered. The future of children is largely determined by their health since in the womb and in their infancy. The health of pregnant women needs to be considered considering that there are still many complications in pregnancy and childbirth that will have an impact on the health of the baby they are born with. Likewise, the ability to care for newborns, fulfillment of exclusive breastfeeding and balanced nutrition for toddlers is very important to pay attention to to ensure their health and development. The 2015 inter-census population survey explained that the infant mortality rate in Indonesia reached 22.23 per 1000 live births. This figure is not in accordance with the target of SDG's 2030, which is 12 per 1,000 live births. There are several factors that influence the suboptimal nutrition for children under five, namely the lack of mother's knowledge, wrong perceptions about nutrition for toddlers, lack of family support and social support.

The benefits of providing toddler nutrition include increasing immunity, complete the growth and development of children, bounding, cheap economically,

improve children's intelligence, and help manage the next pregnancy interval (Hazir et al., 2012; Krause, Lovelady, Peterson, Chowdhury, & stbye, 2019), however Some communities have not been able to carry out the provision of balanced nutrition properly due to various conditions. These conditions include lack of socialization, lack of knowledge, lack of family and community support. Minimal knowledge about toddler nutrition, wrong perceptions about toddler nutrition, inappropriate management, very poor family support, lacking community support, detrimental culture about toddler nutrition (Hazir et al., 2012)

Efforts made by the government to increase the provision of nutrition for toddlers to date are by forming nutrition cadres, nutrition villages, nutrition campaigns, but these efforts have not been able to overcome the problem of providing nutrition. Another problem related to the health of mothers and toddlers is in terms of toddler nutrition. Nutritional problems in the under-five population are still the focus of global public attention. The incidence of undernutrition and malnutrition is still always present even though various

management efforts have been carried out. Based on WHO data (2013), the number of people with malnutrition in the world reaches 104 million children. Malnutrition is the cause of one-third of all causes of child mortality worldwide. WHO estimates that 54% of child deaths in the world are caused by poor nutrition.

## **B. Implementation of activities**

### a. Activities 1) Preparation

Preparation consists of the preparation of a reference unit for counseling (SAP). Coordinate with village officials and previous cadres to gather residents. The group prepares a place for counseling, distributes invitations, prepares materials from various existing libraries, also prepares attendance lists and snacks to increase the enthusiasm of participants in participating in the counseling

### b. Implementation stages

#### **Kaderku sahabatku program**

a) Preparation consists of preparing the reference unit for extension (SAP). Coordinate with village officials and previous cadres to gather residents. The group prepares a place for counseling, distributes invitations, prepares materials from various existing libraries, also prepares attendance lists and snacks to

increase the enthusiasm of participants in participating in the counseling

b) Registration of Education participants;

c) Appreciate the arrival of extension participants, introduce extension performers

d) Assessing the participants' prior knowledge and experience regarding nutritional problems and monitoring growth and development through brainstorming;

e) The implementation of counseling with a target of 15 cadre mothers was carried out at the Kemlokolegi Village Hall, Baron District, Nganjuk Regency. The activity began with the provision of materials for implementing the 5-table posyandu and health counseling techniques. The next activity was carried out by conducting demonstrations and roleplaying the implementation of the 5-table posyandu and demonstrations of health education.

#### **Ngoceh Program**

### Activities

#### a. Preparation

Preparation consists of the preparation of a reference unit for counseling (SAP). Coordinate with village officials and previous cadres to gather residents. The group prepares a place for counseling, distributes invitations,

prepares materials from various existing libraries, also prepares attendance lists and snacks to increase the enthusiasm of participants in participating in the counseling

b. Implementation

- a) Registration of counseling participants;
- b) Appreciating the arrival of extension participants, introducing the extension performers
- c) Assessing participants' prior knowledge and experiences about nutrition problems in toddlers through brainstorming;
- d) Implementation of counseling targeting mothers of children under five. a total of 100 people. Conduct discussions and ask questions about toddler nutrition.
- e) Giving prizes to participants who answer questions and ask questions.
- f) Assessing participants' knowledge after counseling on toddler nutrition through repeated questions.
- g) Documenting the activities that have been carried out

### C. RESULTS AND DISCUSSION

The formation of a maternal support group is a form of community service activity that aims to increase community participation in an effort to

improve the health status of mothers and children. This in the long term aims to reduce maternal and under-five morbidity and mortality, which is still quite high in Indonesia. This activity is also in line with government activities in terms of increasing community empowerment in an effort to reduce health problems and improve public health status, especially in the maternal and under-five population. This activity also aims to make the community independent in managing maternal and under-five health problems before being taken to health services so that early management can be carried out. children under five are a population at risk for health problems (Stanhope & Lanchaster, 2014).

Some of the risk factors include age and biological factors, environmental factors and lifestyle factors. Stanhope and Lancaster (2012) explain that biological risk is a genetic or physical factor that plays a role in the emergence of certain risks that threaten health. The biological factor inherent in toddlers is the age factor. The young age of toddlers causes an underdeveloped immune system. Environmental risk factors in question are social and economic risk factors.

Social factors are the environment for pregnant women and toddlers who are at risk of causing health problems such as an unhealthy living environment, pollution of the water sources used, improper disposal of garbage and waste and low access to health facilities (Stanhope & Lancaster, 2012).

The next environmental risk factor is economic risk. Poverty is an economic risk factor that causes limited food supplies and limited access to food. Economic conditions affect access to food and health services (UNICEF, 2013). The intervention strategy carried out in the first stage of community service this time was health education. Health education is an activity that directly aims to improve the health and actualization of the community through changes in knowledge, attitudes and skills. Health education is an integral part of the nurse's role in the community in order to promote activities, prevent disease and maintain optimal health (Nies & Mc Ewen, 2015).

The health education carried out includes health education related to pregnancy and childbirth, toddler nutrition, exclusive breastfeeding, and stimulation of breastfeeding and

stimulation of growth and development of toddlers. The results of the activity showed that there was an increase in maternal knowledge by 50% compared to before health education was carried out. In line with the results obtained on the knowledge of cadres, there is an increase in knowledge of cadres of toddler nutrition, stimulation of breastfeeding and stimulation of growth and development by 50%. Health education has a positive impact on increasing the knowledge of IU and cadres. This can be used as motivation, encouragement and as a provision for mothers and health cadres in managing health during pregnancy and the health of their infants. Health education is a combination of experiential learning to encourage and motivate individual, group and community health behaviors. (Nies & Mc Ewen, 2015)

#### **D. Conclusion**

There is an increase in the knowledge of cadres in the implementation of 5 table Posyandu, signs of risky pregnancy and childbirth, breastfeeding, signs and symptoms of malnutrition and how to stimulate growth and development by 50%. Posyandu cadres were also able to re-practice the 5-table posyandu

implementation procedure by taking turns at each table. Cadres are also able to demonstrate health counseling techniques to mothers of toddlers with nutritional problems, diarrhea and fever. The follow-up of this training is to see the ability of cadres during the implementation of Posyandu under five, then evaluate the ability of cadres in conducting health education in families with toddlers.

The following is the documentation of community service activities in the cadre program my friend and Ngoceh (Healthy and Smart Chat) about nutritional problems in toddlers in the Kemlokolegi village, Baron sub-district, Nganjuk Regency.



**Figure 1. Activities for the formation of Nutrition Cadres in kaderku sahabatku program**



**Figure 2 Education for Cadres about Nutritional Problems in toddlers in kaderku sahabatku program**



**Picture 3 Education for mothers of toddlers, cadres and community leaders about early detection of toddler growth**



**Picture 4 Education to mothers of toddlers about monitoring the growth and development of toddlers**



**Picture 4 Education about balanced nutrition for mothers of toddlers**



**Picture 5 Group photo after the Ngoceh program evaluation activity program**

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