



## **Empowerment of cadres on child development through the use of the first 1000 days of life calendar in the Pasirkliki Community Health Center work area North Cimahi**

Ayu Rosita<sup>1</sup> Tati Ruhmawati<sup>1</sup>

Department of Health Promotion, Poltekkes Kemenkes Bandung email

[n.ayurosita@gmail.com](mailto:n.ayurosita@gmail.com)

### **Abstract**

**Introduction** Nutritional problems occur in every life cycle, starting from the womb (foetus), infants, children, adults and old age. The period of the first two years of life is a critical period, because during this time there is rapid growth and development. One of the nutritional problems suffered by toddlers is stunting, which is a short or very short body condition that occurs due to malnutrition and repeated diseases for a long time in the fetal period to the first 2 years of a child's life (Ministry of Health of the Republic of Indonesia, 2016).

**Methods** activities are carried out in the Posyandu Pasirkaliki cadre group, Cimahi Utara District, Cimahi City. The activity plan is in the form of education about child growth and development, checking growth and development in toddlers and assisting stunting toddlers. **Objectives** Provide education and mentoring, with the target of increasing knowledge and skills on growth and development monitoring detection and early detection of stunting in cadres.

**The results** showed a significant increase in the mean score of participants' knowledge from 83.39 to 87.14. The increase in knowledge is supported by the ability of cadres to improve Early Detection of Stunting skills.

Keywords: Growth, Development, Knowledge, Cadres

### **INTRODUCTION**

Severe wasting can increase morbidity and mortality rates and increase the risk of stunting. Basic Health Research data in 2018 showed the prevalence of wasting in toddlers was 10.2% and 3.5% or around 805,000 toddlers of whom were severe wasting (malnutrition). Malnutrition is one of the priorities in health development, according to the policy direction of the 2020-2024 RPJMN, the target for 2024 is to reduce the prevalence of wasting to 7% and stunting to 14%. Handling of malnourished toddlers must be carried out quickly and appropriately to prevent death and further complications and improve child growth and development in the future (Director General of Public Health & Director of Community Nutrition, 2020) .

Stunting or obstruction body growth is one form of deficiency nutrition Which marked with height for age below standard deviation ( $<-2$  SD).(WHO, 2010). Child with stunting has an IQ 5-10 points lower than with child Which normal (Baker-Henningham & López Bóo, 2021) . Indonesia including in between 36 country

in world Which give 90 percent problem contribution nutrition world. From results Research health base (Basic Health Research), status

percentage nutrition toddler short (short And very short) in Indonesia Year 2013 is 37.2%, when compared year 2010 (35.6%) And year 2007 (36.8%) No shows decline/improvement Which significant.

Based on Basic Health Research 2018, status nutrition on child age 0-59 months in Java West with prevalence of *underweight* 13.2%, *stunting* 31.1%, *wasting* 8.4%, and fat 8.7%. Prevalence *stunting* most tall between problem status nutrition other. When compared with national figures, it is indeed lower, however when seen from the percentage number These include problem Because >20% (Hilmi et al., 2018) .

Prevalence *stunting* toddler age 0-59 month in City Cimahi based on data Nutritional Status Monitoring (PSG) in 2016 was 21.9% and in 2017 2017 increased to 25.6%. Although the city of Cimahi is not the highest number *stunting* However Can it is said Still become problem Because number *stunting* >20%. Besides *stunting*, problem status nutrition in City Cimahi between them prevalence of *underweight* 14.6%, *wasting* 5.6%, And fat 3.7% (PPID of Cimahi City, 2024) .

Based on data from It is known that Pasirkaliki Health Center has 14 RW with 15 integrated health posts. Toddler weighing month report (BPB) in August 2019, Number of toddlers *stunting* most in RW 03 namely as many as 38 toddler from 207 toddler (18.4%).

According to WHO, the prevalence of toddlers short becomes a health problem public If prevalence 20% or more. Therefore percentage toddler Shortness in Indonesia is still high and is a health problem that must be addressed. addressed. (Data and Information Center, Ministry of Health of the Republic of Indonesia, 2016) Factors hormone, genetics And low parental knowledge in parenting, poverty, low sanitation environment, low accessibility food on level family especially on family poor, low access family to basic health services, and there are still disparities between provinces that need to be addressed. receive specific problem handling in vulnerable areas (Andry H, Palupi, W, Gibney, 2002).

## METHOD STUDY

The design of this study is a *quasi-experimental study with one group pretest posttest design* . In this study, the research subjects were given an initial test ( *pretest* ) first to determine the extent of the respondents' initial abilities. After being given the initial test, the respondents were then given education, namely about the growth and development of children with the 1000 HPK calendar. After completion, the next step was to all participant educate given test end ( *posttest* ) For know the difference in results between the pre-test and post-test.

**Study population and sampling procedure** The population in this study were Posyandu cadres in Pasirkaliki Village, North Cimahi, for the sample using a total population of 28 cadres

## Data Collection and Variable measurement

### Data Processing

#### a. Editing

At this stage, the researcher rechecks the data that has been collected to determine and assess the suitability of the data. For Can processed more carry on. Matter Which What is considered in this editing is the completeness of the questionnaire answers, readability of the writing, appropriateness of the answers and relevance of the answers.

#### b. Coding

After going through the editing stage, the next step is coding or classifying the questionnaire answers. In this stage, the researcher gives a score or symbol to the user's answer to facilitate the data processing process.

#### c. Tabulation

After checking and coding. In this stage the data is arranged into a table to facilitate the process of analyzing the data.

### Data analysis

For Bivariate Analysis, it is used to see the influence of knowledge before and after being given education with the 1000 HPK calendar. On analysis Bivariate data normality test is carried out using the *Shapiro Wilk test*, based on the basis for decision making: If the data is normally distributed, continue using test *paired sample T test*

## RESULT AND DISCUSSION

The implementation of the activity has been carried out in cadres with a total of 30 respondents, there were 2 respondents who did not fill in completely so that there were 28 respondents with the following results.

**Table 4.1 Characteristics of Respondents in Empowering Cadres  
with 1000 HPK Calendar**

| No | Characteristics | Total (N=28) | Percentage (%) |
|----|-----------------|--------------|----------------|
| 1  | Age Group       |              |                |
|    | 21-30 Years     | 15           | 53.6%          |
|    | 31-40 Years     | 12           | 42.9%          |
|    | >40 Years       | 1            | 3.6%           |
| 2  | Education       |              |                |
|    | SD              | 6            | 21.4%          |

|   |                               |    |       |
|---|-------------------------------|----|-------|
|   | JUNIOR HIGH SCHOOL            | 10 | 35.7% |
|   | High School/Vocational School | 9  | 32.1% |
|   | Bachelor                      | 3  | 10.7% |
| 3 | Work                          |    |       |
|   | Housewife                     | 26 | 92.9% |
|   | Working Mother                | 2  | 7.1%  |

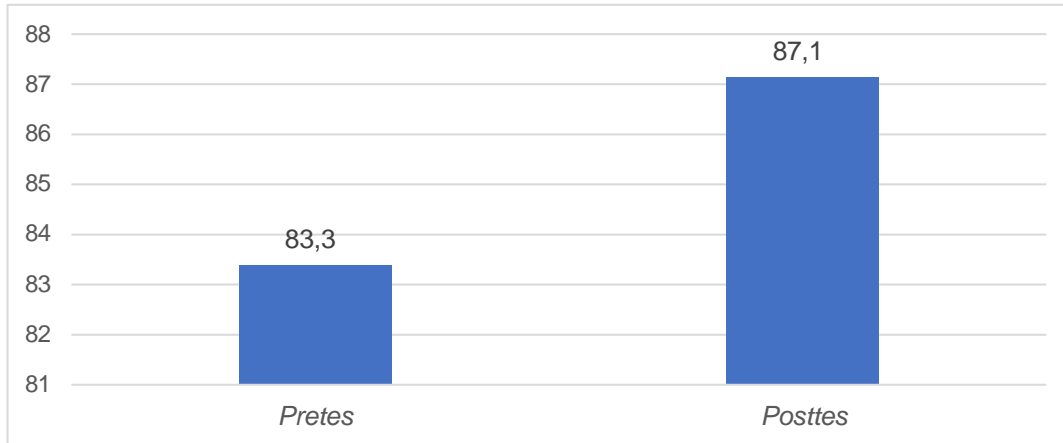
Table 1 shows that the cadre empowerment activities on 1000 HPK were attended by 28 respondents with the age group of 21-30 years as many as 15 people, 31-40 years as many as 12 people, and over 40 years as many as 1 person. Based on the last education, it was found that there were 6 elementary school graduates, 10 junior high school graduates, 9 high school/vocational high school graduates, and 3 bachelors. In addition, for work, it was found that 26 people were housewives and the remaining 2 people were working mothers.

**Table 1 Normality Test Results**

| Knowled<br>ge   | Kolmogorov-Smirnov |    |       | Shapiro Wilk   |    |       |
|-----------------|--------------------|----|-------|----------------|----|-------|
|                 | Statis<br>tics     | df | Sig.  | Statistic<br>s | df | Sig.  |
| <i>Pretest</i>  | 0.312              | 28 | 0,000 | 0.843          | 28 | 0.001 |
| <i>Posttest</i> | 0.201              | 28 | 0.005 | 0.877          | 28 | 0.003 |

Table 2 shows that in the normality test using the Shapiro Wilk test, the data results were not normally distributed. Therefore, *the Wilcoxon signed rank test was used for statistical tests*.

**Chart 4.1 Average *Pretest* and *Posttest* Knowledge Values  
of Respondents of Empowerment of Cadres Regarding the 1000 HPK Calendar**



In Chart 4.1, the average value of the Pretest Knowledge about Stunting was 83.39 and after being given education, the post-test results showed an increase with a result of 87.14, an increase of 3.75 .

**Table 2The Influence of the Stunting Calendar on Respondents' Knowledge  
Empowerment of Cadres Regarding 1000 HPK**

| N | Knowledge       | Min | Max | Mean  | Std. Deviation | z    | Asymp. Sig. (2-tailed) |
|---|-----------------|-----|-----|-------|----------------|------|------------------------|
|   | <i>Pretest</i>  | 28  | 70  | 83.39 | 4.725          |      |                        |
|   | <i>Posttest</i> | 28  | 60  | 87.14 | 8.653          | 2.41 | 0.016                  |

Based on table 3, the average value of *pretest knowledge* was 83.39 and *posttest* was

87.14. The average knowledge value increased by 3.75 with a percentage of 4.50%, a z value of -2.418, and *Asymp. Sig. (2-tailed)* 0.016 < 0.05 which shows that there is an influence of stunting banner media on

the knowledge of cadre empowerment respondents about 1000 HPK. Providing education about growth and development to cadres can reduce the incidence of stunting, this is in accordance with Murdiningsih's research, namely that there is a relationship between maternal knowledge and growth and development in relation to parenting patterns in stimulating growth and development, according to Josuhua et al., the effectiveness of parenting interventions in improving cognitive, language, motor, and emotional development of children (Jeong et al., 2021) .

Parenting knowledge and practices involving providing appropriate responses to children's needs contribute significantly to children's early growth and development, especially in low- and middle-income countries (Murdiningsih & Komariah, 2019) .

## **CONCLUSION**

### **1. Conclusion**

The Community Partnership Program (PKM) can increase the knowledge and behaviour of partners (the community) about preventing stunting in children by using the 1000 HPK Calendar, the KPSP Form for monitoring children's growth and development periodically, and handling stunted children with assistance and home visits, so it is hoped that community knowledge about stunting will increase and can reduce the incidence of stunting in West Java.

### **2. Advice**

There is a need for cross-sectoral cooperation in dealing with stunting problems in West Java, It is necessary to conduct training for parents in order to increase parental awareness about parenting in an effort to prevent stunting in West Java.

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