INCREASING THE CAPACITY OF POSYANDU CADRES IN DETECTION EARLY DANGEROUS SIGNS OF PREGNANCY THROUGH EXPOSURE

***WARNENG BOOKLET***

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**Abstract, Intoduction** : One of indicator of a country's health status is the Maternal Mortality Rate (MMR). Maternal mortality during pregnancy and childbirth and postpartum can theoretically be prevented, if pregnant women and the community understand how to detect and treat early warning signs when there are dangers.

**Methode:** organizing training using deductive models, using the Warneng Booklet for posyandu cadres

**Aim:** To increase the knowledge and skills of posyandu cadres in early detection of pregnancy danger signs and early management.

**Result :** There is an increase in knowledge of early detection of pregnancy danger signs by 5.76 points from the average pre-test value of 2.47 to 8.23 points. Increased knowledge of the early management of pregnancy danger signs from the average pre- test score of 1.78 to 7.9 and there was an increase in the skills of the posyandu cadres in providing education to pregnant women, as much as 6% can be seen from the difference in the average number of Yes, no questions on the checklist which was from 4, 90% to 10.90% from 12 observation points.

**Conclusion:** Deductive model tutoring using the Warneng Booklet can increase knowledge about early detection of danger signs and early management of pregnancy complications as well as skills in providing education by cadres to pregnant women.

**Keywords:** Warneng Booklet; Training; Posyandu cadres

**INTRODUCTION**

To achieve the greatest possible increase in the level of public health, health development is focused on increasing the level of knowledge, motivation and competence related to healthy lifestyle choices. (!) The Maternal Mortality Rate (MMR), expressed as the number of deaths per 100,000 births, is a measure of a country's overall health. With 7,389 cases in 2021, Indonesia has the highest MMR in ASEAN. West Java ranks first as the largest contributor to MMR in Indonesia(2,3) and Karawang Regency is ranked first as the largest contributor to MMR in West Java.(2)

Theoretically, maternal deaths during pregnancy, childbirth, and the postpartum period could be reduced if pregnant women and their communities knew the warning signs to look out for, allowing for quicker and more effective treatment in fit hospitals. One of the strategies used to prevent maternal deaths in an effort to reduce MMR includes increasing the empowerment of women, families and communities(3,4). Effortsto increase the active role of the community and families include increasing community and family knowledge about early detection of danger signs and early management of pregnancy complications through(5,6)

Sukaluyu Village is the gateway to Karawang Regency, located in the Teluk Jambe Timur Karawang Regency, the population in 2021 will be 19,106 with promotional media and training in community groups 4,388 couples of

Ten pos Yandu cadres were asked for data in preliminary research at Ds. Sukaluyu district. Teluk Jambe Timur and all said they had "no idea" how to spot danger indicators or address the problem as quickly as possible.

Sukaluyu Village is the gateway to Karawang Regency, located in the working area of Teluk Jambe Community Health Center, Teluk Jambe Timur District, Karawang Regency, the population in 2021 will be 19,106 with 4,388 couples of childbearing age and The number of pregnant women was 277 people with 67 high risk pregnant women (23.19%). The large number of couples of childbearing age, pregnant women and groups of pregnant women at risk have the potential to contribute to MMR in KarawangRegency. Despite abundant health care facilities, Sukaluyu Village has seen a disproportionate number of pregnant women involved in risky and emergency situations. This is due to the government's policy of limiting visits to health facilities as aresult of the Covid pandemic without being accompanied by family knowledge and attitudes in detecting and managing early danger signs during pregnancy, thus making it possible for a pregnant mother to have danger signs of pregnancy or be accompanied by complications. pregnancy cannot identify that she is at risk. This situation allows a condition to occur where pregnant women with signs of pregnancy danger and complications come to a health service facility with an emergency condition, and in some cases the condition is accompanied by other complications.

# Maternal deaths during pregnancy, childbirth and postpartum can theoretically be prevented, if pregnant women and the community understand how to detect and treat early when danger signs occur independently. Based on this data, it is necessary to hold training on early detection of danger signs and early management of complications in pregnancy as an effort to increasethe capacity of Yandu post cadres in the area in reducing MMR Literature review

A booklet, or pamphlet, is a type of printed promotional material that can be used to spread any message its creator sees fit. Informational booklets are preferred for the following reasons: Counselors may use booklets for three reasons: 1) to help students learn more about hedonistic lifestyles; 2) help students learn on their own withthe help of illustrative images; and 3) help counselors provide an understanding of hedonistic lifestyles to female students. citing Permatasari (2004) in Waliana&Eneng (2019) explains that booklets are a form of printed media used to disseminate information such as advertisements, guidelines and warnings to a wide audience in the hope that

inanimate objects (humans) can understand the message conveyed to them. these are them.(5,6)

The average score for knowledge of early detection of complications increased from 2.8 in the pre-test to 16.01 in the post-test, according to research by Ombi, Solihah, Mulyo (2019) regardingthe use of the Warneng booklet to increase the knowledge and attitudes of pregnant women.(5)

in early detection of pregnancy complications in Karawang Regency. The pretest score was 37.89 and the posttest score was 46.40, indicating a substantial increase in both knowledge and attitudes for early diagnosis of pregnancy problems after reading the Warneng booklet (p=0.000, p0.005).

Pregnant women's beliefs about the diagnosis and treatment of pregnancy problems weresubstantially changed by the Warneng booklet (p = 0.000).

*Warneng Booklet* is one of the promotional media in the form of print media, consists of 16 pages with B5 paper size. Contains danger signs in pregnant women and initial management that must be carried out by pregnant women and their families as well as postal cadres if they encounter these danger signs. Delivery of messages in the form of images and narratives that are very communicative and easy to understand by pregnant women, families and cadres.*Warneng Booklet*has obtained an IPR certificate with registration number 000172031 dated 06 December 2019.

Pos Yandu cadres are a group of people who work voluntarily, as facilitators between the community and health workers in improving the implementation of health programs in the community. Community Posts were selected to become Yandu cadres, and they received medical training from the local health center.

Volunteers from the community have been selected to serve as postal cadres and improve community health. Primary health care in Yandu is managed by postal cadres. Public health can be improved with self-help measures, where cadres must be able to encourage people to report. When communities value the services offered, as happens when key and strategic cadres are present, it bodes well for local interest and engagement. This is intended so that cadres can play a role in preventive and promotive efforts and develop into leaders who can inspire others and educate their community.

Training, as explained by Robert L. Mathis and John H. Jackson (2006), in Davlin et, all (2019) is the process by which individuals learn skills that contribute to the achievement of organizational goals.(7) Training, in its narrowest sense, is the practice of imparting information and skills that have been determined to be relevant to a particular job. The objectives of implementing training include maintaining and imparting skills that are already possessed, providing new skills, improving the quality of human resources, providing new discourse that can constructively and planably provide a positive impact for the future(8) Megawati and Wiramihardja (2019) in their research stated that training is useful for increasing the insight and capacity of posyandu cadres.(9)

Increasing education among health cadres greatly influences cadres' knowledge about high-risk pregnancies. Postal cadres need information media that can be used to increase knowledge, especially those related to maternal and child health(10)

According to the paper by Maurice et al. (2019) training helps cadres determine which variables contribute to stunting. There are several training models proposed by professionals. The training delivery model that is appropriate to the activities carried out is

a needs-based training model (*Training Needs Assessment*). The deductive trainingmodel is one type of needs-based training approach; it is based on the idea that training needs are best identified using broad, overarching goals, groups of

students who share those goals, and a large number of training materials tailored to those goals.(11,14)

Targets often require this kind of learning, as demonstrated by the types of demands identified by deductive training models. One possible interpretation of this training model is that there is a skills gap between what students have now andwhat they will need in the future. The knowledge, skills, attitudes, and behaviors appropriate to one's job or the responsibilities assigned to one all fall into this category. The deductive training model can be depicted in diagram 1 below:

Diagram 1

Deductive training model scheme



**Objective**

This Training is part of an effort to better prepare Posyandu Cadres to use the warneng Booklet in their socialization efforts for dentify and address pregnancy- related problems as soon as they arise.

**Benefit,**

It is hoped that there will be an increase in the capacity of Pos Yandu cadres in providing education and assistance to pregnant women so that they are able to detect danger signs and carry out appropriate initial management when complications occur in pregnancy at the community level, so as to minimize the occurrence of MMR

**Method**

The method used in implementing this community service is organizing training using a deductive model regarding the use of the Warneng Booklet. Yandu pos cadres in Sukaluyu Village, East Teluk Jambe District, Karawang Regency are the intended targets of this activity. The implementation strategy is divided into three stages

The first stage of preparation, which is

carried out at this stage, is to coordinate with the Village Head and Village Midwife as policy makers by conveying data and facts regarding target conditions related to the results of research that has been carried out and phenomena that have occurred as well as conveying the program of activities that will be implemented. Submitting proposals that have been made, especially discussing activity implementation schedules related to core activities and schedules and working hours. Identify facilities and infrastructure availableon the land that can be utilized for program activities. Prepare media, human resources, tools and materials in accordance with program objectives. Agree on program activities to be implemented. Divide targets into groups – small groups during offline meetings at the start of activities and identifying the division of tasks for each personnel involved.

The second stage is implementation, the third stage is monitoring and evaluation during activities. with indicators of target presence in each activity and comparison of pre-test and post-test results. As well as the completeness of the checklist as a skills evaluation.

For more details, see the chart below.

Diagram 1

Implementation Method



The instruments used in this training activity are pre-test and post-test questions as well as a checklist.

Data processing and presentation is carried out in several stages. Knowledge data is processed by presenting the results as a percentage, followed by comparing the scores between the pre and post tests, presented in diagram form. Skill data is evaluated using a checklist when the target repeats the Warneng Booklet technique for pregnant women

The Warneng booklet functions as a promotional medium for early detection of complications and early management, as well as a checklist for measuring target skills in carrying out counseling on Early Detection of Danger Signs and Pregnancy Complications. Pre- and post-test questions are also used to assess knowledge

**RESULTS AND DISCUSSION**

Increasing community involvement includes training posyandu cadres to act as facilitators between pregnant women and their families in early detection of danger signs and early management of pregnancy complications in an effort to reduce maternal mortality using the Warneng Book. The results of the research inform this service to the community. The targets for this activity were 21 Yandu Post cadres and 7 pregnant women.

The first step in this community service project is to communicate the goals and objectives of the seven- session training program with the local government, in this case the Sukaluyu village head's office. The first day of the meeting began with conducting a pretest to assess the target's level of knowledge and continued, the results obtained were the average value of the target's knowledge with a theoretical presentation about the situation of MMR in Indonesia and Karawang Regency as well as the impact of MMR on families and society. The second to fourth meetings presented the Warneng Booklet ( benefits, aims/uses and how to use (danger signs and complications of Trimester I, II, III and their management)

with the classical learning model. The fourth meeting ended with a Post Test as an evaluation of the success of the training program in increasing the target's knowledge about Early Detection of Danger Signs and Pregnancy Complications. The 5th and 6th meetings conveyed techniques for facilitating education for pregnant women using group demonstration and re-demonstration learning models. The 7th meeting was an educational practice carried out by cadres for pregnant women. To evaluate the success of the program, direct observation of activities was carried out education carried out by cadres for pregnant women

Figure 1.

Fill out the pre-activity questionnaire

Figure 2

 Educational simulation



In Sukaluyu Village, Teluk Jambe Timur District, Karawang Regency, after carrying out Capacity Building training activities for Yandu Post Cadres in Early Detection of Danger Signs and Pregnancy Complications as follows

Graph 1

Average Value of Cadre Knowledge Before and After Training

Manageme nt

In graph 1 above, you can see an increase in cadres' knowledge about early detection of danger signs before and after training using the Warneng Booklet by

5.7 points, while for early management of pregnancy complications there is an increase in knowledge by 6.12 points

Descriptively, there appears to be a difference in the level of knowledge of po yandu cadres before and after participating in the training. After carrying out statistical tests, using the t-test, a p value of 0.000 was obtained, meaning that descriptively there was a correlation between training and the level ofknowledge and skills of Pos Yandu cadres regarding early detection of danger signs and early management of pregnancy complications

The use of a deductive training model is in line with the conditions in Sukaluyu Village, data on pregnant women who are classified as at risk in this village is quite high. Referring to the statement by the Ministry of Health (2009)(16) that in theory maternal deaths can be prevented,so the training implementation model refers to needs (training needs assessment). The current need for society is knowledge about how to detect early danger signs and early management of complications during pregnancy to prevent an increase in MMR. So this alternative choice of deductive training model is very appropriate, which begins with identifying the learning needs of the target. This is based on initial data, it was found that Of the ten Pos Yandu cadres who were interviewed regarding early detection of danger signs of pregnancy, gave the same answer, namely "no" as a basis for determining appropriate training materials. Training to increase the capacity of posyandu cadres in early detection of danger signs of pregnancy and early treatment of complications is an alternative that can be used as a solution to the problems being faced in increasing community empowerment and pregnant women in reducing maternal mortality

In this session to increase cadres' knowledge about early detection of danger signs and early management of pregnancy complications, the lecture, question and answer and brainstorming method was used, thereby enabling the target to interact with the facilitator if there were things they did not understand regarding the material presented. This method allows the target to directly communicate cases that occur in daily life related to danger signs of pregnancy and their management to obtain solutions from the facilitator in accordance with their capacity as posyandu cadres. The media used in this training is booklet. There is strong evidence that using booklets to teach subjects can significantly improve students' mastery of the material. Following the thesis put forward by Permatasari (2004) in Ombi, Solihah, Gurid (2019), booklets are a means of promotional communication, offering suggestions and prohibitions to the general public. Pamphlets are created so that the general public can physically handle and read the information contained within them(5)

The evidence-based Warneng booklet was used as a learning tool in this activity because it was proven to be effective in increasing awareness of cadres and pregnant women regarding early signs of pregnancy risk. According to research by Ombi, Solihah, Gurid (2019) "Use of the Warneng Booklet", the Warneng Booklet has been proven to increase the knowledge of Pos Yandu cadres and pregnant women regarding early detection of danger signs of pregnancy, according to the findings. studies. The Memorial Booklet has a very approachable writing style. Includes warning signs for pregnant women, as well as initial management that must be carried out by mothers, families and posyandu cadres, according to their abilities. Pregnant women, as well as their families and cadres, can easily understand the messages sent in the form of graphics and stories. This allows cadres to easily convey information about danger signs and early management of complications using the Warneng Booklet guide and pregnant women and their families will easily remember the contents ofthe message.

The method used to improve the skills of posyandu cadres in providing education to pregnant women in this training is by simulation or role play where the facilitator acts as a cadre who must explain the danger signs.

Pregnancy and early management of complications for pregnant women with the Warneng Booklet as a guide. After carrying out the simulation by playing roles, the participants were divided into seven groups, and each group took turns playing therole of educator. To evaluate the skills of posyandu cadres in providing education, a checklist was used as an observation instrument. The results are as follows:

Graph 2

Average Value of Technical Education Skills by Cadres for Pregnant Women Before and After Training

Above, Graph 2 shows the increase in cadres' ability to educate expectant mothers using the Warning Book on how to recognize and respond appropriately to problems during pregnancy. Scores increased by 6 percentage points

This means that there is a significant difference in the knowledge and skills of Pos Yandu cadres regarding early detection of danger signs of pregnancy and early management of pregnancy complications using the Warneng Booklet promotional media before and after attending the training.

According to a study by Noya, F., Ramadhan, K., Tadale, DL, & Widyani, NK (2021), training increases the level of cadre expertise. After attending this training, it is hoped that posyandu cadres as drivers of health program activities in the community will be able to provideeducation, especially to pregnant women and their families, as well as the community in general, to understand more about the danger signs of pregnancy and to be able to carry out initial management which can be done independently according to their ability to minimize complications. or worse conditions that will worsen the condition of the pregnant woman.(13) By increasing the knowledge and skills of pregnant women and their families, it is hoped that the maternal mortality rate can be minimized.

This is because if the posyandu cadres understands early detection of danger signs and early management of pregnancy complications, it is hoped that he can provide education to pregnant womenand their families so that pregnant women and their families become empowered when they experience things that fall into the category of danger signs of pregnancy and can carry out appropriate early management Health workers at appropriate health institutions can better manage the situation of pregnant women facing danger signs and problems if these indicators are detected and treated early. The idea put forward by Robert L. Mathis and John H. Jackson states that training activities can develop knowledge and abilities, which is proven by the results of the training activities. Inthiscase,itis Pos Yandu cadre whose roles and functions are as a driving force or manager of primary health efforts as well as an extension of the health workforce in managing community health programs. Apart from being educators regarding early detection of danger signs and early management of pregnancy complications, health cadres can also act as companions for pregnant women to be more alert to danger signs of pregnancy and as companions in the management of pregnancy complications.(15)In their research, Ginna Megawati and Siska Wiramihardja (2019) found that training helped posyandu cadres improve their knowledge and abilities. Noviana A (2021) stated that there were differences in the skills of Pos Yandu cadres after training.(17) Widarti, et al (2018) stated that there were differences in cadres' knowledge after training in understanding the use of the Iposyandu application.(14).

This is in accordance with the findings of Ombi, Eneng and Gurid (20219) who conducted research that the Warneng Booklet can increase the knowledge and attitudes of pregnant women towards early detection of pregnancy complications in Karawang Regency.(5)

**Conclusion**

Deductive model training using the Warneng Booklet can improve knowledge about early detection of danger signs and early management of pregnancy complications as well as skills in providing education by Pos Yandu cadres to pregnant women.

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