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## **COMMUNITY SERVICE ACTIVITIES COUNSELING IN MAKING WHO MP-ASI BASED ON LOCAL FOOD FOR POSYANDU CADRES AND BADUTA' MOTHERS**

<sup>1</sup> **Reni Asmara Ariga , Siti Saidah Nasution, Dwi Karina Ariadni**

<sup>1</sup>Department of Maternity and Children, Faculty of Nursing, University Sumatera Utara

*Email:* [dwi.k.ariadni@gmail.com](mailto:dwi.k.ariadni@gmail.com) ; [saidah.nasution@yahoo.com](mailto:saidah.nasution@yahoo.com) ; [reni.asmara.ariga@usu.ac.id](mailto:reni.asmara.ariga@usu.ac.id)

### **Abstract**

One effort to improve children's health and nutrition is to provide the best food for ages under two years (Baduta). If babies and children aged 6-24 months do not get enough nutrition from MP-ASI, it will cause disruption of growth and malnutrition. Medan Sunggal Health Center is one of the health centers in the fostered village of F.Kep USU. Based on the results of the toddler nutrition study conducted previously, there were still some nutritional problems, especially in the age group of Baduta. The main cause is the limited knowledge of mothers about Baduta nutrition and the skills of mothers in preparing food to meet nutritional needs with locally available food. Posyandu cadres who have been actively involved are still weak in providing breastfeeding and MP-ASI education. Even though Posyandu cadres are very potential their role as agents of change. Community service activities counseling for local food-based WHO MP-ASI for Posyandu cadres and baduta' mothers was held on August 24, 2018, with the number of counseling participants thirty-five people. The end result is an increase in participants' knowledge and skills to shape good nutritional behavior in the family.

**Keywords : WHO MP-ASI, Baduta's Mothers, Posyandu Cadres.**

### **INTRODUCTION**

Good and appropriate feeding practices are very important for the survival, growth, development, health and nutrition of infants and children. The occurrence of disruption of growth, especially in the Baduta group shows that the feeding is not optimal (ASI and MP-ASI). The main reason is the limited knowledge of mothers about Baduta nutrition and the skills of mothers in preparing Baduta food to fulfill their nutritional needs with available resources.

Posyandu cadres are health workers who are closest to the community who have played an active role in weighing toddlers and recording / filling KMS, but are still felt weak in providing

breastfeeding and MP-ASI education. Public health cadres are responsible for local communities and leaders appointed by health service centers. It is hoped that they will be able to carry out the instructions given by the counselors in the work network of a health team (Datesfordate, A.H., Rina K., Julia V.R., 2017)

Based on research conducted by Dewi (2017), that one of the roles of posyandu cadres in terms of information dissemination / innovation is in the form of posyandu cadre actions to the community through face-to-face communication, interpersonal communication, group communication, even communication with media assistance. Therefore, in supporting

the development of skills of cadres and mothers, there is a need for counseling on self-development in other fields.

## **PURPOSE**

The general objective of this community service activity is to increase the knowledge and skills of Baduta's mothers and cadres in processing children's food. The specific objectives of this activity are:

- a. The availability of guidance on food processing counseling for children under five years old
- b. Availability of baduta children's recipes that are sourced from local food
- c. The increase in knowledge and skills of extension participants

## **METHOD OF ACTIVITY**

### **a. Time, Location and Activity Participants**

Extension activities were held on August 24, 2018 at Posyandu Jl. Tahi Bonar Simatupang, Sunggal, near to Medan Sunggal Police Station. The main target of counseling activities was Posyandu cadres, and mothers of baduta. The number of participants attending this activity was around 35 participants.

### **b. Materials and Methods**

The method used in this activity includes lectures, question and answer sessions conducted during the theory extension process. This activity involves lecturers and students who share assignments as facilitators, practice advisers and demonstrations and

committees. The materials and tools used to support this extension are SAP counseling, laptops, LCDs, active speakers. The SAP used in this counseling uses the WHO MP-ASI method adopted from the WHO-Based MP-ASI Management Extension Module held by PERINASIA in 2016.

## **RESULT**

Counseling was carried out by providing material on poor nutrition issues, the importance of nutritional intake in baduta, problems in poor nutrition and WHO-based MPASI methods. Participants seemed enthusiastic about listening to the material and had considerable curiosity about the material presented. This can be seen from the number of interruptions in the form of direct questions delivered by the participants when the speakers delivered material to sharpen the participants' understanding.

The provision of material is also interspersed by giving tips and practical examples that are relevant to parental problems in feeding children, for example how to overcome the problem of children who carry out the Mouth Movement (GTM), feeding the sick toddler and anticipating children who have difficulty eating

a. Activity Results:

| Activity                            | Person in charge | Day / Date                       | Location  | Activity Results   |
|-------------------------------------|------------------|----------------------------------|---|--|
| Initial observation                 | Dwi Karina       | Wednesday/<br>August 1,<br>2018  | Puskesmas<br>Medan<br>sunggal &<br>Posyandu Jl.<br>T. B<br>Simatupang | Observations have been made.<br>The activity was attended by<br>representatives of cadres,<br><br>Technical discussion on the<br>socialization and preparation of<br>the community service program<br><br>The activity was attended by<br>representatives of cadres and<br>nurses at the puskesmas |
| Program socialization preparation   | Dwi Karina       | Wednesday/<br>August 8,<br>2018  | Puskesmas<br>Medan<br>sunggal &<br>Posyandu Jl.<br>T. B<br>Simatupang | Technical discussion on the<br>socialization and preparation of<br>the community service program<br><br>The activity was attended by<br>representatives of cadres and<br>nurses at the puskesmas   |
| Dissemination of extension programs | Dwi Karina       | Wednesday/<br>August 15,<br>2018 | Puskesmas<br>Medan<br>sunggal &<br>Posyandu Jl.<br>T. B<br>Simatupang | The socialization of the<br>extension program has been<br>conducted<br><br>The activity was attended by<br>representatives of cadres and<br>nurses at the puskesmas  |

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|---|---------------------------|-------------------------|--|--|
| Extension activities for the manufacture of WHO-based MP-ASI for local food for posyandu cadres and mothers of baduta | Reni Asmara & Siti Saidah | Friday/ August 24, 2018 | Puskesmas Medan tunggal & Posyandu Jl. T. B Simatupang | Health cadres and Baduta mothers were given information about the importance of MP-ASI according to the age stage, calculating nutritional value and compiling the menu according to the guidelines. |
|---|---------------------------|-------------------------|--|--|

**b. Output achieved**

| No | Output Criteria   | Progress report  |
|----|---|--|
| 1  | Counseling of health cadres and Baduta mothers in making MP-ASI according to the stages | <ol style="list-style-type: none"> <li>1. There is an increase in the understanding of cadres and baduta mothers on the knowledge regarding the giving of babies and children</li> <li>2. There is an increase in the knowledge of cadres and mothers of baduta in MP-Asi pembuatan which is appropriate according to WHO recommendations</li> <li>3. There is an increase in knowledge of cadres and baduta mothers in compiling a variety of food menus for babies and toddlers</li> <li>4. There are examples of aged MP-ASI products in the MP-ASI leaflet distributed to aged participants</li> </ol> |

**CONCLUSION**

Based on the evaluation results, it is known that in general the activities that have been carried out have achieved the stated general objectives, namely the increased knowledge and skills of Baduta cadres and mothers in processing children's food. Especially in the manufacture of WHO food-based MP-ASI.

It takes a long time to shape good nutritional behavior in the family so that continuous continuity activities need to be carried out continuously, therefore it is

expected that cadres who have been given counseling can carry out their roles continuously especially in fostering goals in the application of balanced nutrition

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