



THE EFFECT OF POSYANDU PRIMA HEALTH VOLUNTEER TRAINING ON KNOWLEDGE AND ATTITUDE ABOUT BALANCED NUTRITION AND ANTHROPOMETRIC MEASUREMENT PRACTICES OF PRESCHOOL AGE

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ABSTRACT

Preschool age is a golden age because at this time the growth and development of children is very rapid. Posyandu Prima as a community empowerment center that provides basic health services according to the life cycle with one of the main targets being preschool-age children. This study uses a quasi experiment design with a One-Group Pre-test Pos-test design involving 15 cadres as a sample. The interventions provided were in the form of balanced nutrition education and anthropometric measurement practices through 3 meetings which included question-and-answer lectures, measurement practices, and material repetition. The data collected included knowledge, attitudes, and practices of anthropometric measurements conducted by cadres and analyzed using the Wilcoxon marked rating test to assess changes before and after the intervention. The results showed that the knowledge of cadres about balanced nutrition increased by 80% from 7.6 to 13.7, and the attitude of cadres about balanced nutrition increased by 30% from 6.6 to 8.6. The ability of cadres to practice anthropometric measurements also improved, with the weight measurement score increasing by 80% from 7.6 to 13.7.

Keywords: balanced nutrition; cadre training; preschool age

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INTRODUCTION

The development of the health sector in Indonesia is one of the main focuses of the government to improve the quality of life of the community. One of the important efforts in realizing this is the transformation of primary health services which aims to bring health services closer to the community. Posyandu Prima is one of the strategic implementations that plays an important role in empowering the community to access health services in an integrated manner. Posyandu Prima is designed to serve the community based on the life cycle, from pregnant women to the elderly, with special attention to preschool children (3–6 years old) as the main target group. Preschool-age children are in the golden age period, which is a period of very rapid growth and development. In this phase, children's nutritional needs become very important to support physical growth, intellectual development, and build a foundation for long-term health. Unfortunately, various surveys show that Indonesian children still face various nutritional problems such as stunting, wasting, underweight, and overweight. Data from the 2022 Indonesian Nutrition Status Survey (SSGI) recorded a stunting prevalence of 21.6%, which still exceeds the WHO tolerance limit (20%). This condition shows the need for a more effective approach in handling child nutrition problems.

Posyandu Prima is expected to be a solution in improving children's nutritional status through balanced nutrition education and regular growth monitoring. In this case, posyandu cadres are the spearhead of the implementation of the program. They are in charge of providing health education, monitoring children's growth, and carrying out the necessary interventions based

on the monitoring results. However, the low knowledge and skills of cadres are often the main obstacle. Many posyandu cadres have not received adequate training to carry out their duties, especially related to anthropometric measurement and balanced nutrition education. A study conducted by Megawati & Siska (2019) shows that most cadres only rely on experience or learn from fellow cadres without formal training. This has the potential to reduce the accuracy of anthropometric measurements and the effectiveness of education provided to the community. In addition, the lack of understanding of balanced nutrition can hinder efforts to improve children's nutritional status.

Based on the results of the initial survey in Wonosari Village, Tanjung Morawa District, posyandu cadres in this area have not received training related to anthropometric measurements or balanced nutrition education. In addition, the ability of cadres to measure weight, height, upper arm circumference (LILA), and head circumference (LIKA) is still lacking. This strengthens the urgency of training to improve the competence of cadres so that Posyandu Prima can provide optimal health services. Posyandu cadre training has a strategic goal to improve the knowledge, attitude, and skills of cadres in carrying out their duties. Adequate knowledge allows cadres to provide proper education to the community, while a positive attitude and good technical skills ensure cadres are able to carry out their duties effectively. Previous studies have shown that cadre training can improve their ability to provide health services, including in anthropometric measurement and balanced nutrition education.

This study aims to evaluate the influence of Posyandu Prima cadre training on the knowledge, attitude, and practice of anthropometric measurement of preschool children. The training was designed to include three sessions, including the delivery of balanced nutrition materials, anthropometric measurement practices, and material repetition to ensure that cadres understand and are able to practice the knowledge that has been given. This research is expected to make a real contribution to improving the quality of Posyandu Prima services, especially in Wonosari Village. By improving the competence of cadres, Posyandu Prima can function optimally as a community empowerment center that provides basic health services. Furthermore, this increase is expected to contribute to reducing the prevalence of stunting and other nutritional problems in Indonesia. Therefore, the implementation of this research is very important to ensure that the training provided can have a positive impact on improving the competence of cadres.

METHOD

This study uses a quasi-experiment design with a one-group pre-test post-test design. The research sample involved 15 cadres of Posyandu Kartini 5, 6, and 7 in Wonosari Village. The training was carried out in three sessions which included balanced nutrition material, weight measurement, height, LILA, and LIKA. Data were collected using questionnaires and observation sheets, then analyzed using the Wilcoxon test.

RESULT

Knowledge Enhancement:

The average cadre knowledge score increased significantly for cadres who previously had a poor understanding of balanced nutrition concepts, such as "Fill My Plate," showed a better understanding after the training.

Change of attitude:

Cadres' attitude towards the importance of balanced nutrition has increased from 6.6 to 8.6. After the training, the majority of cadres realized the importance of vegetables and fruits, as well as the need to limit the consumption of sugar, salt, and fat.

Practice Skills:

- Weight: The average practice score increased from 6.1 to 8.0.
- Height: Score increased from 6.1 to 10.0.
- LILA: Increased from 5.6 to 8.0.
- LIKA: The score increased from 3.4 to 4.0.

These results show that practice-based training is able to improve the competence of cadres in accurately measuring child health indicator

DISCUSSION

The results of this study confirm that the training of Posyandu Prima cadres is an effective strategy for increasing cadre capacity in providing community-based health services. The success of this training can be analyzed through several aspects as follows:

1. The Importance of Increasing Knowledge about Balanced Nutrition

Increasing cadre knowledge is a crucial aspect in efforts to improve the nutritional status of preschool-aged children. Based on the study results, the training successfully enhanced the cadres' understanding of the concept of balanced nutrition by 80%. Good knowledge enables cadres to provide proper education to the community, especially to parents of preschool-aged children. For example, before the training, many cadres did not fully understand the importance of dietary variation, but after the training, they were able to explain the "Fill My Plate" concept more effectively to the community. Additionally, this improvement in knowledge also led to increased awareness among cadres about the dangers of nutritional deficiencies such as stunting, wasting, and underweight. With better understanding, cadres are expected to be more proactive in educating the community to prevent nutritional problems in children.

2. Attitude Change as a Supporting Factor for Behavioral Change

The attitude of cadres towards the importance of balanced nutrition improved by 30% after the training. A positive attitude is crucial because cadres with high awareness of balanced nutrition will be more proactive in educating the community. Before the training, some cadres still had habits of consuming foods high in sugar, salt, and fat without considering their health impact. However, after the training, they became more aware of the importance of a healthy diet and began implementing small changes in daily life, such as encouraging the consumption of vegetables and fruits among the community. This positive attitude is essential for the sustainability of the Posyandu Prima program. With increased awareness and concern, cadres will be more motivated to provide accurate information to the community and perform their duties more effectively.

3. Improvement of Skills in Anthropometric Measurement

One of the main challenges in implementing Posyandu Prima is the low skill level of cadres in accurately performing anthropometric measurements. Errors in measurement can lead to misdiagnosis of a child's nutritional status, ultimately affecting the effectiveness of nutritional interventions. This training proved effective in improving the cadres' skills in performing various types of measurements, including:

- a. Weight measurement: Score increased from 6.1 to 8.0.

- b. Height measurement: Score increased from 6.1 to 10.0.
- c. Upper Arm Circumference (LILA): Score increased from 5.6 to 8.0.
- d. Head Circumference (LIKA): Score increased from 3.4 to 4.0.

Before the training, many cadres still made errors in measurement techniques, such as incorrect scale reading or improper positioning of children during measurement. With the practical sessions included in the training, cadres gained hands-on experience in conducting measurements according to standard guidelines. This is evident from the improvement in their skill scores, with the highest increase observed in height measurement (from 6.1 to 10.0), indicating that the training had a significant impact on enhancing cadres' technical competencies.

4. Implications for the Posyandu Prima Program

The findings of this study have broad implications for the Posyandu Prima program. With the increased competence of cadres, Posyandu Prima can function more optimally as a community-based health service center. Additionally, similar training programs should be conducted regularly to ensure that cadres maintain their skills in providing nutritional education and performing anthropometric measurements accurately. With continuous monitoring and evaluation, cadres can continuously improve their abilities and contribute to reducing the prevalence of nutritional problems in preschool-aged children. Furthermore, cadre training also supports government efforts to reduce the prevalence of stunting, which currently stands at 21.6%, according to SSGI 2022 data. With more competent cadres, Posyandu Prima is expected to be an effective solution in improving children's nutritional status in Indonesia.

CONCLUSION

The training of Posyandu Prima cadres significantly improves the knowledge, attitudes, and skills of cadres in balanced nutrition and anthropometric measurement. Similar programs are recommended to be implemented periodically, accompanied by continuous monitoring, to ensure the sustainability of the program and improve the quality of health services.

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