

IMPLEMENTATION OF A TRAINING PROGRAM TO DETERMINE NUTRITIONAL STATUS FOR POSYANDU CADRES BASED ON TECHNOLOGY AND INFORMATICS DEVELOPMENT

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Abstract

This study aims to explore the potential implementation of a training program in determining the nutritional status of Posyandu cadres by leveraging technological and informatics developments. The developed training program involves aspects of technological and informatics development, including the use of mobile applications, specialized software, and online resources. The research results indicate that the implementation of this training program positively contributes to enhancing the knowledge of Posyandu cadres in determining the nutritional status of children and mothers. Furthermore, the integration of technology and informatics facilitates the collection, analysis, and reporting of nutritional data, improving the efficiency and accuracy of information. The implementation of this training program is expected to serve as a model applicable to various Posyandu, utilizing technological advancements to enhance the quality of community health services. Practical implications of this research include the enhancement of skills and knowledge among Posyandu cadres, as well as the increased effectiveness of nutritional monitoring programs. Thus, this study provides a foundation for further development in utilizing technology and informatics to improve the nutritional status of communities at the local level.

Keywords: Posyandu Cadres, Technological and Informatics Development, Training

1. INTRODUCTION

Health is a fundamental right of every human being, as stated in Article 28 H of the 1945 Constitution of the Republic of Indonesia, which declares that every society has the right to live prosperously, both physically and mentally, to reside, and to have a good and healthy environment. Health is also an investment that requires efforts, struggles, and continuous improvement by every community as a component of a nation, enabling them to enjoy a healthy life and achieve maximum community health (Notoatmodjo, 2017).

Therefore, government efforts are needed to assure the community in obtaining health.

One form of effort to provide health assurance is the establishment of Posyandu (Integrated Health Service Post), managed from, by, for, and together with the community to empower them and facilitate access to basic health services. Posyandu serves as a community health center for implementing Family Planning, nutrition, immunization, diarrhea prevention, and Maternal and Child Health (MCH) services. The goal of establishing Posyandu is to reduce infant and toddler mortality rates and birth rates, ultimately realizing happy and prosperous families. (Astuti, 2018)

Posyandu is one of the health initiatives that play a role in the growth and education of the community concerning the improvement of health status. To achieve this goal, significant contributions are required from Posyandu cadres. Posyandu cadres are obligated to be knowledgeable about their roles and responsibilities, as well as the objectives and functions of Posyandu establishment and implementation. Cadres not only need knowledge but also skills that support their role, including the ability to weigh and measure the height of toddlers. Posyandu cadres play a crucial role in monitoring and determining the nutritional status of toddlers. Therefore, continuous education and skill development are essential to meet the current needs and trends. (Djuhaeni, 2020)

Community health development is a community-based voluntary activity aimed at improving the quality of community health by enhancing health and nutritional status. The success of community health development, aiming to improve the quality of community health, is closely linked to the role of Posyandu, which directly deals with various social issues, including the health problems experienced by the community. (Iswarawanti, 2021)

Posyandu cadres are the main drivers of every activity carried out in Posyandu. The existence of cadres plays a crucial role in service delivery that generates sympathy from the community and brings positive implications for community care and participation. Cadres actively engage in promotive and preventive activities and serve as motivators, guiding the community. However, a challenge is the insufficient level of academic and technical knowledge among cadres. Therefore, there is a need for training

programs to determine the nutritional status as a way to strengthen the functions of Posyandu cadres, leveraging current technological and informational advancements.

2. RESEARCH METHOD

The method employed in this article is qualitative research with a case study approach. Data collection is conducted through participatory observation, in-depth interviews, and document analysis related to training programs and the utilization of information technology. The research aims to provide an in-depth understanding of the effectiveness of implementing a training program in assessing the nutritional status of Posyandu cadres by leveraging technological and informatics advancements as the main support.

3. RESULTS AND DISCUSSION

The Role of Posyandu Cadres in the Health Status of Toddlers in Indonesia

The management of Posyandu is led by an individual as the cadre leader who has been selected from among the members. The Posyandu cadre is someone appointed based on their competence to become a leader in developing Posyandu in a region or village. Posyandu cadres have the obligation, backed by adequate health education, to serve as the primary health service providers for the community in a particular area (Nurainun, 2015)

According to R. Fallen, general requirements that can be considered for the selection of cadres include: (Dwi, 2020)

1. Being able to read and write in the Indonesian language.
2. Having strong physical fitness to perform their duties.
3. Having their income.
4. Residing permanently in the area and not frequently traveling for an extended period.
5. Actively participating in social activities or village development.
6. Possessing charisma.

7. Having the ability to guide at least 10 families.

The functions of cadres in Posyandu activities in the community include:
(Kemenkes, 2021)

1. Recording, monitoring, and evaluating Posyandu activities.
2. Developing and managing health efforts involving community resources such as Clean and Healthy Behavior (PHBS), environmental health (Kesling), KIBB-toddlers, nutrition-aware families (kadarzi), Health Fund, family medicinal plants (TOGA), and others.
3. Identifying and reporting community incidents that have an impact on public health.
4. Collaboratively solving problems with the community.

The tasks of cadres in Posyandu include: (Mubarak, 2019)

1. Implementing monthly activities for Posyandu.

The tasks of Posyandu cadres during the preparation of Posyandu opening day include:

- a. Preparing tools and materials, including baby weighing tools, Growth Monitoring Cards (KMS), display tools, measuring tools, and necessary vitamins or medicines.
 - b. Inviting and mobilizing the community by notifying mothers to come to Posyandu.
 - c. Contacting the local health center to convey the activity plan to the village office and requesting sector officers to attend for evaluation and supervision.
 - d. Distributing tasks by assigning responsibilities to Posyandu cadres from preparation to implementation.
2. Conducting monthly regional activities using Posyandu
 - a. During the Posyandu implementation, the cadre is responsible for the 5-table service tasks, including:
 1. Table I: The cadre registers babies or toddlers in the KMS and registers pregnant women in the maternal form.

2. Table II: The cadre weighs babies or toddlers and records the weighing results on paper, which is then documented in the KMS.
 3. Table III: The cadre fills out the KMS.
 4. Table IV: The cadre explains KMS data and the child's situation based on weight gain data to parents and discusses observed issues related to the target.
 5. Table V: Health workers provide services such as immunization, family planning, iron pill distribution, and vitamin A supplementation.
- b. After the Posyandu implementation, the cadre is responsible for:
- 1) Transferring records to the cadre's book.
 - 2) Assessing activity results and planning Posyandu Day activities for the following month.
 - 3) Conducting home visits.

Factors Influencing the Role of Cadres in Posyandu Activities

The factors influencing the cadre in performing their functions are (. Adriani, 2014):

1. Community factors
Community factors are based on the benefits of the activities carried out. If the activities are seen as beneficial to the community, the community's support for the cadre's function will be greater. If there is an opportunity to participate, the community will show a willingness to participate.
2. Community leaders' factors
If the activities conducted by the community are visible to community leaders, these leaders can be attracted to support the existing cadre and participate in the activities.
3. Health worker factors
Health workers with good attitudes can attract the community's attention and have the ability to approach community leaders to encourage their participation.

Strengthening the Role of Posyandu Cadres through the Application of Technological and Information Developments

Strengthening the role of Posyandu cadres through the application of technological and information developments is a critical step in enhancing the effectiveness and efficiency of community health programs. Posyandu cadres play a central role in providing basic health services at the community level, and technology integration can optimize their performance.

The use of information technology can simplify the management of community health data at the Posyandu level. An integrated information system can assist cadres in recording and monitoring the health development of mothers and children. With specific applications or platforms, cadres can be more efficient in recording data on the growth of toddlers, immunizations, and other health conditions. This not only speeds up administrative processes but also enables more precise decision-making based on accurate data analysis.

Moreover, Posyandu cadre training can also be enhanced through technology. The implementation of e-learning or online-based training can help cadres improve their knowledge and skills. Thus, cadres can become more competent in providing quality health services. Technology-based training also allows the delivery of the latest health information tailored to the local community's needs.

Communication aspects can also be improved through technology utilization. Posyandu cadres can use social media or instant messaging platforms to communicate with pregnant women, breastfeeding mothers, and the surrounding community. In this way, health information can be disseminated quickly and easily, raising community awareness about the importance of preventive health care.

Overall, the application of technology and information in Posyandu can optimize the role of cadres, improve the quality of community health services, and accelerate the achievement of health program goals. It is essential to ensure that the technology used is accessible and beneficial to all involved parties, so the strengthening of Posyandu cadre functions can be felt evenly across various community levels.

4. CONCLUSION

By adopting a training program to determine the nutritional status of Posyandu cadres based on technological and information developments, it can be concluded that technology integration can enhance the efficiency, accuracy, and accessibility of community health information. Technology-based training provides an opportunity for Posyandu cadres to gain deeper knowledge and facilitate more effective management of nutrition data. Thus, the application of technology and information in this training program not only strengthens the quality of Posyandu cadre services but also improves their understanding of community nutritional status, bringing positive impacts to preventive and management efforts of nutritional issues at the community level.

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