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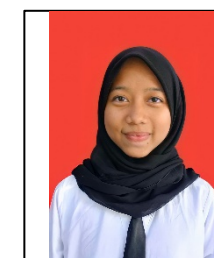
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GROWTH MONITORING TRAINING AND CHILD DEVELOPMENT FOR PRESCHOOL TEACHERS IN THE FRAMEWORK OF STUNTING OVERCOMING

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Abstract. The prevalence of stunting in Indonesia fell from 24.4% in 2021 to 21.6% in 2022. The stunting figure is still relatively high compared to the government's target of 14% in 2024. Stunting is one of the government's priority programs, considering the impact of stunting on the quality of human resources is very large. PAUD/Kindergarten teachers academically have the potential intellectual abilities to provide input on the importance of children's growth, in addition to children's abilities or intelligence. The service activities aim to increase the capacity of PAUD/TK teachers to monitor children's growth and development according to standards. The activity method is training in monitoring the growth and development of early childhood. Activities in collaboration with partners, namely HIMPAUDI, Sunyaragi District, and Sunyaragi Community Health Center, Cirebon City. Collaboration by sharing resources between study programs and partners. The measuring parameters use participants' pre-post knowledge and ability values in carrying out practical assignments to monitor growth and development in child cases. This activity is expected to increase PAUD teachers' capacity to track their students' growth and development according to standards. This activity was carried out at the HIMPAUDI Secretariat, Cirebon City, attended by 25 PAUD teachers representing 5 (five) sub-districts in Cirebon City. As a result of this training activity, PAUD teachers better understand anthropometric measurements, growth, and early childhood development based on pre- and post-test scores. The teachers were enthusiastic about participating in the training until it was finished. The outputs created are training modules, activity videos, publication drafts in newspaper media, and publication journals in the Community Service Journal in the process of being prepared.

Keywords: PKM, knowledge, growth, childhood.

INTRODUCTION

Data from the 2022 Indonesian Nutrition Status Survey (SSGI) shows that the prevalence of stunting in Indonesia fell from 24.4% in 2021 to 21.6%. The stunting rate is still relatively high compared to the government's target of 14% in 2024. There are various controversies over stunting data in Indonesia. In principle, whatever the stunting rate in Indonesia, stunted toddlers must be intervened, and efforts will be made to eliminate stunting in newborns. Stunting is one of the government's priority programs, considering that the impact of stunting on the quality of human resources is tremendous.

Various studies have been conducted on the risk factors for stunting, both during the prenatal and postnatal periods. The risk factors for stunting were some that could be changed (modified) and some that could not be changed (unmodified), such as the mother's height and babies born prematurely. Many factors can still be altered to prevent or overcome the problem of stunting that can be intervened.

The government, with Presidential Decree No. 27 of 2021 concerning the acceleration of stunting reduction with the National Strategy for the Acceleration of Stunting Reduction is steps in the form of 5 (five) pillars containing activities to accelerate the reduction of stunting in the context of achieving sustainable development goals through achieving the national target of stunting prevalence as measured in children under 5 (five) years old. The government's seriousness in tackling stunting is proven by efforts to converge interventions to accelerate stunting reduction with the involvement of sectors/ministries/institutions. The Ministry of Education and Culture (Kemendikbud) is one of them. One of the Ministry of Education and Culture policies is that all educational institutions, especially the PAUD/TK level, must monitor their students' growth and development periodically. This data is one of the data assessed during school accreditation. The problem is that conditions in the field are that many PAUD/TK teachers still need to be exposed to monitoring children's growth and development, and monitoring equipment according to standards is yet to be available.

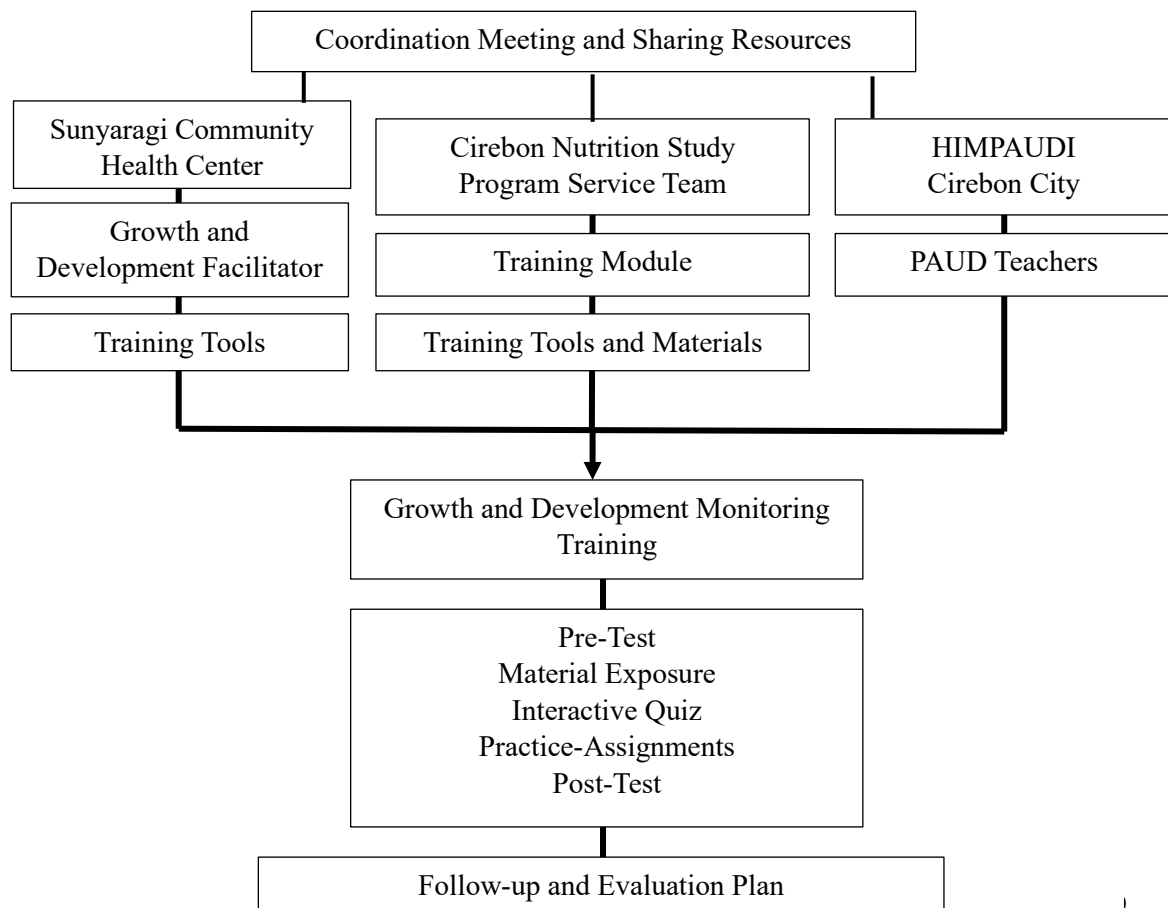
PAUD teachers have a strategic role in supporting stunting prevention. Hopefully, this service activity will provide PAUD teachers with the skills to monitor growth and take follow-up measures if deviations in growth and development are found in their students. Many PAUD teachers under the auspices of the Early Childhood Education Association (HIMPAUDI) still need to be more skilled in monitoring children's growth and development. Existing monitoring equipment and instruments do not meet standards, and some still need to be available in schools. This activity aims to provide PAUD teachers with knowledge and skills regarding anthropometric measurements, monitoring the growth and development of early childhood children (PAUD), and sustainability of activities by Partners. This activity is very useful in improving the skills of PAUD teachers in monitoring the growth and development of early childhood in schools, in preventing and controlling stunting and in improving coordination with cross-sectors.

PROBLEM SOLUTION

Monitoring growth is carried out to increase early detection of cases and surveillance of stunting. Cadres at Posyandu and community health center officers monitor the growth and development of toddlers in the community. Some toddlers who have entered school (PAUD) sometimes do not come to the Posyandu. For this reason, PAUD teachers need to be provided with standard growth monitoring skills.

Service activities include training to increase PAUD teachers' capacity to monitor growth according to standards. This service activity strengthens the programs carried out by the community health center and posyandu. Strengthening involves increasing the number of people exposed to the detection of developmental and developmental disorders, one of which is the detection of stunted children and follow-up efforts.

This community service activity was one of the Tri Dharma of Higher Education implementations for lecturers in the Tasikmalaya Ministry of Health Polytechnic environment. The Cirebon D.III Nutrition Study Program is one of the tertiary institutions in the Cirebon City/Regency environment, so it can make a real contribution, take part, and be actively involved in overcoming health problems in general and nutritional problems in particular, especially stunting.



IMPLEMENTATION METHOD

Implementation of Activities

Activities start from preparation in the form of coordination meetings to evaluation and follow-up plans, which can be described as follows:

Location and Time

The Himpaudi Secretariat, Cirebon City SPNF-SKB Complex on Jalan Perjuangan Cirebon City, carried out the activity. The activity started in June, starting from preparation and coordination with HIMPAUDI Cirebon City. The training activities will be conducted on Monday, August 26, 2024.

RESULTS AND DISCUSSION

The activity begins with reading Basmallah together as an opening, which marks the start of the activity with full blessings. The first speech was delivered by Uun Kunaepah, SST, M.Si, as Chair of Community Service (PKM). In this speech, she expressed the hope that this training could make a real contribution to efforts to overcome stunting by increasing the knowledge of PAUD teachers.

Chairman Moch delivered the second speech. Sulaeman as SPNF-SKB Cirebon City. At that time, the importance of collaboration between various parties was conveyed to achieve common goals in improving the quality of children's growth and development. Nining Rukniah, S.Pd, AUD, as Chair of HIMPAUDI Cirebon City, delivered the third speech. The chairman of HIMPAUDI emphasized that the quality of education at an early age greatly influences the characteristics and future of children. We hope this training can strengthen the role of PAUD teachers in forming good children's character.

After a series of speeches, the event continued with a pre-test to measure the participants' initial knowledge before the material session began. The Community Service (PKM) team distributed snacks, kits, and modules that had been prepared. The Chair of HIMPAUDI delivered the first material presentation as a Partner in the form of socialization regarding PPKSP (Handling and Overcoming Violence in Education Units). The delivery of this outreach emphasized that a successful school can create a safe environment and produce children with good character.

The Community Service Team, Mr. Priyo Sulistiyono, SKM, MKM, and Deputy Director of 3 Tasikmalaya Health Polytechnics, Cirebon Region, delivered the following material regarding Anthropometric Measurements. This session presented correct measurement techniques to accurately monitor children's growth, an essential part of stunting prevention efforts. Anthropometric measurements include measuring the weight of babies and toddlers, height and body length, head circumference, and upper arm circumference. Mr. Priyo also explained about anthropometric tools like baby weight scales, Toddler weight scales, body length measuring tools (infantometer), height measuring instruments (stadiometer), Measuring tools for upper arm circumference and head circumference (measuring tape), how preparations are made for each measurement and what steps are taken in each measurement.

Growth monitoring can be done at Posyandu, Clinic, PAUD, or Hospital. Those who can monitor growth are posyandu cadres, doctors, teachers, midwives/nurses/health workers, and parents/caregivers (if you have the tools and skills). Participants were very enthusiastic and active in asking questions/discussions. The presentation of this third material was delivered by the Sunyaragi Community Health Center Nutrition Officer, Mrs. Hilda Lestari Yulidar, AMG, who explained the importance of monitoring children's growth in various places, such as posyandu, hospitals, PAUD, clinics, and homes. Apart from that, it also explains how proper monitoring can help detect a child's growth early. She also explained the definition of growth monitoring, How to Do Growth Monitoring, the tools used (Card to Health/KMS), What is recorded on the monitoring card growth / Card to Health (KMS), How to top up KMS, and the Interpretation of Growth Status.

Mrs. Uun Kunaepah, SST, M.Si, as Head of Community Service and Lecturer at the Tasikmalaya Health Polytechnic, Cirebon Region, delivered the final presentation of the material. In the presentation of the material, Early Childhood Development was explained and emphasized the importance of early stimulation to stimulate children's brain development, including aspects of movement, speech, language, and socialization abilities. At this time it is also explained how to identify developmental deviations early. She explained the importance of early detection of deviation growth. We must be concerned about the Danger Signs of Child Growth. Signs and symptoms of underlying medical conditions cause the risk of failure to thrive, including severe or recurrent infections

(respiratory tract, urinary tract, skin), repeated vomiting or diarrhea, heart defects, failure to achieve weight gain even with adequate calories, etc.

Frequently Found Child Growth Disorders, Underweight-The child's weight does not match that of children his age (between the -2 SD and -3 SD lines on the growth curve BB/U); Malnutrition-Wasting/undernutrition: inappropriate body weight length/height of children his age (between the -2 SD lines and -3SD on the BB/PB or BB/TB growth curve; Malnutrition-Body weight does not match body length/height the body of a child his age (below the -3 SD line on the curve growth of BB/PB or BB/TB; Short-body length/height does not match the child's age (below the -2SD line on the PB growth curve or TB/U; Risk of Overnutrition-Body weight does not match the child's length/height or between the 1 SD line and the 2 SD line on the curve growth of BB/PB or BB/TB; More Nutrition-Body weight does not match the child's length/height or between the 2 SD line and the 3 SD line on the curve growth of BB/PB or BB/TB; Obesity-Body weight does not match the child's length/height or above the 3 SD line on the BW/LW growth curve or BB/TB.

Stimulation and Early Detection of Toddler Development & Preschool Children Using KIA Books: Early stimulation is stimulating the brains of Toddlers and Preschool Children so that the development of motor skills, speech, language, and independent socialization takes place optimally according to age; early detection is an activity or examination to find the early onset of developmental deviations in Toddlers and Children.

Aspects of Toddler Development that need to be monitored with the KIA Book: (1). Rough movements or gross motor skills is an aspect related to the abilities of toddlers and preschoolers to make movements and body postures that involve large muscles such as sitting, standing, and walking and so on; (2). Fine movements or fine motor skills. These are related aspects to the abilities of toddlers and children. Preschoolers do movements involving parts body specific and carried out by small muscles, and require a lot of coordination carefully as if observing something, holding a spoon, pinching, writing, etc. (3). Speech and Language Skills are related aspects of the ability to respond to sound, following orders, speaking, communicate, and so on; (4). Socialization and independence is are aspects related to achieving independence for toddlers and children in preschool in carrying out activities daily: Able to eat alone and clean up toys after finishing playing as well as other social activities, able to control oneself when separated from mother or caregiver or capable socialize and play with children others or other family members).

After all the material sessions were delivered, a post-test was conducted to measure the increase in participants' knowledge. The pre and post-test questions are multiple-choice. Pre and post-test questions discuss stunting and child growth. Those questions are as follows: What is meant by stunting in children? The main measuring instrument used to monitor children's height growth is: What are the important indicators in monitoring child development to prevent stunting? Which of the following is not an effort to combat stunting? What is meant by monitoring child growth; Why is it important to monitor children's fine and gross motor development; What is meant by monitoring fine motor development in children; Where is growth monitoring carried out; What needs to be monitored in child development; and Why is it important to monitor children's gross motor development.

Based on the results of the pre-and post-test scores, participants understood more about monitoring growth and development. This activity ended with a short break and continued with the distribution of prizes for the three participants who got the highest scores on the pre-test and post-test. The event then closed with great wisdom and continued with certificates given to the participants and the organizing team to show appreciation for their participation and contribution to this training activity. It is hoped that this training will positively impact the role of PAUD teachers in tackling stunting and improving the quality of children's growth and development in Cirebon City.

The output targets that have been achieved in the community service activities that have been carried out are:

- a. Publication of articles in the Community Service Journal (in the process of being prepared)
- b. Training Module (already available and used in training, distributed to all participants (PAUD teachers)
- c. Activity video on YouTube (<https://youtu.be/0r1PD83MmrQ>)
- d. Publication of activities in the Cirebon Local Newspaper
<https://etnologimedia.com/2024/09/01/prodi-diii-gizi-poltekes-tasikmalaya-wilayah-cirebon-kerjasama-dengan-himpaudi-kota-cirebon-gelar-pkm/>

CONSTRAINTS AND FOLLOW-UP PLANS

There are no obstacles in this activity because planning, preparation, and coordination with partners have been carried out before it is carried out so that the activity runs well. The problem with the location is the lack of air conditioning, so the room is a little hot.

The Follow-up Plan (RTL) is ongoing coordination between the lecturer team, Himpaudi Partners and Sunyaragi Community Health Center in preventing and managing stunting. Apart from that, PAUD teachers who take part in this training activity are expected to be able to convey it to other teachers who have yet to have the opportunity to take part.

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