

# Dissemination of Guidelines for Child Development as an Effort to Increase Mother's Knowledge About Child Nutritional Intake During the Covid-19 Pandemic for Madurese

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**Abstract**— Bugih Village is one of eleven urban villages in the Pamekasan District, Pamekasan Regency. In the Bugih Village area, until now there are no residents who have been exposed to Covid-19, but there are problems at the Posyandu, namely the occurrence of stunting in some children under five during the Covid-19 pandemic. This is due to a lack of visits from local health services, as well as a lack of knowledge of mothers about nutritional intake according to the child's age. The purpose of this innovative product is to increase the knowledge and insight of mothers about the needs of nutritional intake for children and prevent stunting on Jl. Asta Barat, Kelurahan Bugih. The method of implementing the program in Bugih Village begins with analyzing the village situation to related parties such as the Head of the RT, Village Midwives, and Posyandu cadres. After obtaining the required data, students compile an innovative product according to the problems found and carry out implementation and monitoring and, evaluation. Result of the program implementation and procurement of this innovative product, students gain knowledge and experience related to solving problems in the community. Besides, this innovative product is expected to help the community and local government in increasing public knowledge and awareness, especially mothers, of the importance of maintaining children's nutritional intake and reducing the risk of stunting during the Covid-19 pandemic.

**Keywords**— *covid-19, health, nutrition, stunting.*

## I. INTRODUCTION

Stunting is a condition of failure to thrive in children due to chronic malnutrition that occurs from the time the baby is in the womb to the age of 2 years so the child is too short for his age [1]. Stunting experienced by children can be caused by not being exposed to the first 1000 days of life because it is a determinant of a person's physical growth, intelligence, and productivity in the future [2]. Knowledge related to nutritional

intake is the initial capital to determine the nutritional status of children, so that knowledge can affect the incidence of stunting. Based on the results of the analysis of Aridiyah, Rohmawati, and Ririanty [3], it is shown that the level of maternal knowledge about nutrition is one of the factors that can affect the occurrence of stunting in children under five both in rural and urban areas. In line with research [4].

Stunting has become a global and national health problem. The World Health Organization determines that if the prevalence of stunting is between 30% -39% it means that the area is experiencing serious problems and if the prevalence is more than 40% it means the area is experiencing serious problems [1]. In the covid-19 pandemic situation, the health and economic conditions of the people globally experienced a decline, including the progress of maternal and child nutrition. Although there has been a focus on increasing rates of childhood wasting in the short term, rates of maternal and child malnutrition are also likely to increase as a result of COVID-19 and its impact on poverty, coverage of essential interventions, and access to appropriate nutritious [5]. Sectors that have experienced a decrease in efficiency due to Covid-19 are the food system, income, and health services.

Based on the results of the situation analysis carried out in Bugih Village to date, there have been no residents exposed to Covid-19. However, there are problems related to the nutritional status of children. In the posyandu RW 02, several children were found who had signs of *stunting*. This is because the knowledge of parents, especially mothers regarding children's nutritional intake, is still lacking. Mothers provide food to children in the form of instant food and also a lack of drinking water so that the nutrients in the child's body are not enough, which causes the child's immune system to

decline and makes it easier for the child to develop the disease. Besides, during the Covid-19 pandemic, the intensity of visits from local health services also decreased so that there was no direct monitoring by health workers.

## II. METHOD

This activity was carried out for approximately two months, in July and August. This activity was initiated by conducting a situation analysis, determining problem priorities, determining problem solutions. After knowing the problem and the right solution, then planning the implementation of the innovation product is carried out.



Figure 1. Situation Analysis in Bugih Village, Pamekasan District.

Innovative products that were proposed by the group were Booklets and Videos for Child Development. In the process of planning the implementation of the innovation product, several things will be determined, namely the target of the product, the *stakeholders* involved, the facilities and infrastructure needed, and the implementation of the program.

### 2.1 Product Objectives The

The target for the booklet and video development program for children is housewives who actively prepare meals at home for their children in the area of Rt. 04, Rw. 02, Bugih, Pamekasan district.

### 2.2 Stakeholders Involved

*Stakeholders* involved in the implementation of the booklet and video development programs for children were the Head of RT 04, Posyandu cadres, and village midwives. *The stakeholders* here played a role in cementing the video to RT 04 residents and distributing booklets.

### 2.3 Facilities and infrastructure needed

The facilities and infrastructure needed at the time of program implementation are materially related to a booklet and video content, a laptop for editing, and printing.

### 2.4 The Program Implementation

following is a program implementation mechanism in RT 04:

- 1) Coordinating with RT packs, posyandu cadres, and village midwives
- 2) Planning the concept of video content and booklets with group members

- 3) Discussion with field supervisors regarding the concept of video content and booklets
- 4) The process of designing and designing booklets, along with video editing
- 5) Submission of booklets and videos to posyandu cadres and village midwives
- 6) Disseminating videos and booklets to target targets
- 7) Monitoring and evaluation

#### Monitoring

- a. Ensuring that the product reaches the posyandu cadres and village midwives
- b. Ensuring that booklets and videos have been distributed to target targets

#### Evaluation of

- a. target responses after receiving the product.
- b. Conformity with existing problems.

- 8) Documentation

In each program implementation, documentation is carried out for data archives.

## III. RESULTS AND DISCUSSION

In the current era of the Covid-19 pandemic, some parents, especially mothers, prefer to provide intake in the form of instant food, and the child consumes less water so that the nutrients in the child's body are not sufficient. This causes the child's immune system to decline and makes it easier for children to get sick. Therefore, knowledge of parenting for parents, especially mothers, is very important. This supporting innovation product is carried out to change community behavior related to healthy food consumption patterns in children so that they are avoided from stunting and can also provide nutritional intake according to the child's age.

Changes in behavior are carried out by increasing the knowledge and insight of mothers about the needs of nutritional intake for children and preventing stunting. The implementation of this innovative product was carried out at Jalan Asta Barat, Bugih Village, Pamekasan District, Pamekasan Regency. This innovative product is an effort to prevent disease and stunting, the product proposal is in the form of *booklets* and videos on the Guidelines for Child Development. *booklet* This A5 size consists of 14 pages containing the process of baby development, an understanding of stunting and its impact on children, an understanding of complementary foods, complementary foods and facts and myths about complementary foods.



Figure 2. Booklet Cover Design for Child Development Guidelines

Video for child development guidelines is given on DVD and also a *link* in mp4 format with a duration of  $\pm 7$  minutes. The contents of this video are the same as the contents of the *booklet* and use interesting animations. *Booklets* and videos will be given to posyandu cadres, village midwives, and also some mothers as representatives, the rest will be distributed *online* through the group *Whatsapp*.



Figure 3 Provision of *Booklets* and Videos of Child Development Guidelines to posyandu midwives.



Figure 4 Providing *Booklets* and Videos of Child Development Guidelines to Posyandu leaders.



Figure 5 Providing *Booklets* and Videos of Child Development Guidelines to the local community.

From the results of the evaluation, it shows the enthusiasm of mothers to our products which motivates them to improve parenting and provide more knowledge regarding children's nutritional intake.

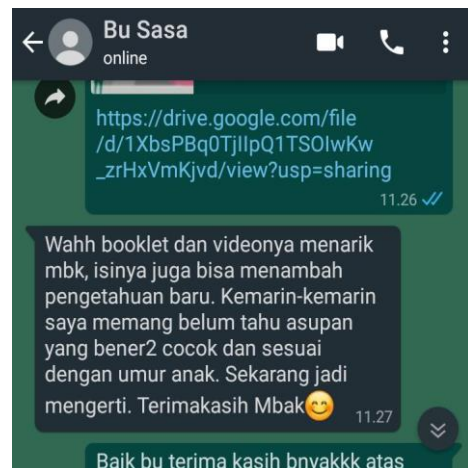


Figure 6 Criticism or suggestions from the posyandu community

#### IV. CONCLUSION

This innovative product providing *booklets* and videos of the Guidelines for Child Development and Development aims to increase the knowledge and insight of mothers about the needs of children's nutritional intake and efforts to prevent stunting. The program targeted is housewives (IRT) who actively prepare meals at home for their children in the area of Jalan Asta Barat, RT 04 RW 02, Kelurahan Bugih, Kecamatan Pamekasan, Kabupaten Pamekasan.

From the results of the evaluation after the provision of booklets and videos through representatives of posyandu cadres, village midwives showed the enthusiasm of the mothers to the innovative products provided. Mothers feel motivated to improve childcare patterns and children's nutritional intake to prevent stunting. With the implementation of this activity, it is hoped that in the future it can help the

community and local government in increasing public knowledge and awareness, especially mothers, of the importance of maintaining children's nutritional intake and reducing the risk of stunting during the Covid-19 pandemic.

#### ACKNOWLEDGMENTS

This community empowerment service activity could not have been resolved properly if there was no element of assistance from the various *stakeholders* involved. For that we would like to thank all those who have helped the completion of this activity, including:

1. Rector of the State University of Malang, Prof. Dr. Ah. Rofiudin, M.Pd.
2. Deputy Dean I of FIK UM, Dr. dr. Moh. Yunus, Kes and Head of the Department of Public Health, drg. Rara Warih Gayatri, M.PH, who always provides guidance and support Mr. Keshi Wijaya as Chairman of RT 04, RW 02, Village Midwife Selvi Ayufitri, and Head of Posyandu Hj. Maryamah Sumur Bugih, Bugih, Kec. Pamekasan, Pamekasan Regency which has given permission and helped to carry out activities in that place.

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