

Participation of Posyandu Cadres in Utilizing Appetite Enhancer Supplements Based on Local Natural Materials as an Effort to Prevent Undernutrition in Toddlers

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Abstract—Bima Regency is rich in local natural ingredients in the form of herbal plants as an appetite supplement for toddlers, but the problem of malnutrition and poor nutrition in toddlers is very high. One of the factors that influence nutrition problems in infants is the role and participation of posyandu cadres. The purpose of this study was to analyze the participation of posyandu cadres in the utilization of local natural ingredients enhancing appetite supplements as an effort to prevent malnutrition in infants. The study uses a qualitative approach with a phenomenological design. Research focus is to know deeply about the participation of posyandu cadres in the utilization of local natural ingredients-based appetite supplement as an effort to prevent malnutrition in children under five in Bima district. Determination of informants using purposive and snowball techniques. Data collection techniques by means of interviews, observation and documentation. The data validity technique uses source triangulation, technique triangulation, time triangulation. The data analysis technique uses the miles and huberman model. The results obtained, that the participation of posyandu cadres carried out is counseling, motivating, and give an example by planting herbs in the yard of the house and use them on family members themselves. The driving factor for cadre participation is cadre activity in participating in the activities of Pkk organization. Posyandu cadre participation in the utilization of local natural ingredients based appetite supplements can be done as an effort to prevent malnutrition in infants.

Keywords: Participation of cadres, posyandu cadres, Herbal supplements, prevention of malnutrition

I. INTRODUCTION

Healthy and quality human resources are the main capital in development, one of which is obtained through attention to the health of children under five (Indonesian Ministry of Health, 2011). Child Toddler is an age group that is vulnerable to nutritional problems (Sediaoetama, 2008). According to the data World Health Organization (2018a), that as many as 22.2% of children under the age of five in the world are stunted, 7.5% are experiencing wasting, and 5.6% are overweight.

Based on the results of the 2018 Riskesdas, that the proportion of malnutrition and malnutrition among children under five in Indonesia has decreased. However, the nutrition problem in West Nusa Tenggara (NTB) is still very big. The incidence of malnutrition increased by 16.04% from 2017 to 2018. The proportion of malnutrition and malnutrition among children under five by province in 2018 shows that the province of NTB is in the second highest position in Indonesia, namely 26.5%. The proportion of short and very short nutritional status is in the third highest in Indonesia, which is 33%. Meanwhile, the nutritional status of underweight and very thin children under five, NTB province is the province with the highest number of cases in Indonesia, namely 14.4% (Indonesian Ministry of Health, 2018).

The profile data of the NTB provincial health office in 2017 states that the largest prevalence of malnutrition is in Bima district, which is 10% and malnutrition status is 19.7%. This figure is quite a high number and becomes homework for the local government. (NTB Provincial Health Office, 2017).

In research conducted by Emmett et al., (2018) that early childhood malnutrition is a risk factor for hearing loss as an adult. According to World Health Organization, (2018b) that 45% of deaths of children under five years of age are related to malnutrition.

The direct cause of toddler nutrition problems is the consumption of food that does not meet the amount and composition of nutrients with the body's needs, and due to infectious diseases (Adriani & Wirjatmadi, 2016). One of the reasons for the inadequacy of food consumption in children under five is difficulty eating which is the impact of not having an appetite (Rohmasari, 2013). Indirect causes of nutritional problems include inadequate parenting patterns and basic health services. Low dietary care, especially efforts for children who have difficulty eating causes the level of energy and protein adequacy for malnourished children under five years of age in a severe deficit. (Nurchahyo & Briawan, 2010).

The basic health service facility available in the community is the posyandu. Community elements

who play a very important role in posyandu activities are posyandu cadres. Posyandu cadres are the spearhead of the implementation of posyandu activities and play a role in providing counseling and motivation to parents about good and correct parenting for toddlers (Indonesian Ministry of Health, 2012).

According to (Onthonie et al, 2015) There is a relationship between the participation of posyandu cadres with the nutritional status of children under five, where if the role of cadres is good, the nutritional status of children under five is also good. In overcoming the problem of malnutrition, posyandu cadres have a role in providing information on good feeding practices for children under the age of five to mothers, caregivers and families, including efforts to children who have difficulty eating (Kementerian Kesehatan RI, 2011). Posyandu cadres also play a role in motivating the community to use their yards to plant family medicinal plants (Kementerian Kesehatan RI, 2012). The activeness and creativity of cadres are local resources that are owned in planning nutrition programs (Handayani et al., 2017).

Bima Regency is a region that produces medicinal plants, one of which is as an appetite enhancer for toddlers. Zulharman et al, (2015) According to information from the mother of Pkk, wawo sub-district, the appetite enhancer supplement in Bima district is a traditional ingredient that is obtained from generation to generation and is used on toddlers who have difficulty eating. This traditional concoction is called lo'i pa'i piri, with ingredients in the form of ginger, lempuyang, turmeric, Bima's typical garlic, and musli (in Bima language) . According to Junaidin et al (2017) The community of Sambori village, Lambitu sub-district, Bima district also uses black gathering as an appetite enhancer supplement. These plants are widely grown in the yard and on the residents' plantation lands, which are used for their own consumption and for sale.

Bima Regency is rich in local natural ingredients in the form of herbal medicinal plants, and has a traditional recipe from generation to generation as a supplement to increase appetite for toddlers who have difficulty eating, but malnutrition problems in toddlers are still very high. Malnutrition problems are caused by low consumption of energy and protein than the body needs (Sediaoetama, 2009). One of the causes of the mismatch of energy and protein consumption is the lack of appetite in toddlers (Rohmasari, 2013). Lack of appetite in toddlers, one way can be prevented by providing appetite enhancer supplements based on local natural ingredients in the form of traditional medicinal plants (Kurniarum & Novitasari, 2016). One of the parties that play a role in overcoming nutritional problems in toddlers is the role of posyandu cadres (Indonesian Ministry of Health, 2012). Posyandu cadres who act as motivators and nutrition trainers can provide counseling and motivation to parents of toddlers to take advantage of

this local wisdom as an effort to prevent nutritional problems in toddlers. But what about the role of posyandu cadres in Bima district in utilizing this appetite enhancer supplement, so that researchers are interested in examining how the participation of posyandu cadres in utilizing appetite enhancer supplements based on local natural ingredients as an effort to prevent malnutrition in toddlers. These findings are expected to be an effort in planning nutrition programs in the Bima regency in the future, as well as in other areas that have the same cultural background and natural resources.

II. METHODS

The research approach used in this research is a qualitative approach with a phenomenological design. The focus of this research is to know in depth about the participation of posyandu cadres in the use of appetite enhancer supplements based on local natural ingredients as an effort to prevent malnutrition in children under five in Bima district, with aspects assessed include input, process and output. The subjects in this study were posyandu cadres who used local natural ingredients-based appetite enhancer supplements as an effort to prevent malnutrition in toddlers.

The data collected in this study are primary data and secondary data. Primary data sources are determined by purposive technique, namely selecting informants who are rich in information. The initial informants were 2 (two) Puskesmas officers, with the criteria that the officers were considered the most knowledgeable about cadres, posyandu activities and programs at the posyandu. There are 4 (four) Posyandu cadres with the criteria of working more than 3 (three) years, are cadres who participate in using appetite-enhancing supplements as an effort to prevent malnutrition in children under five, working in the posyandu area which is a local natural ingredient producer of appetite enhancing supplements, understand the activities at the posyandu, and are willing to become research informants. 2 (two) mothers under five,

Furthermore, the informants were added with snowball techniques, so that the total number of informants was 9 people. Data collection techniques by means of interviews, observation and documentation. The data validity technique used source triangulation, technique triangulation and time triangulation. Techniques are data collection, data reduction, data presentation and conclusion (verification).

III. RESULTS AND DISCUSSION

This research was conducted in the working area of the Wawo and Lambitu health centers in Bima district, West Nusa Tenggara. Posyandu cadre participation is the participation of cadres in situations both mentally, thought or emotionally and

in feelings that encourage them to contribute in an effort to achieve posyandu goals and take responsibility for the achievement of these efforts. The participation of posyandu cadres in the use of appetite-enhancing supplements based on local natural ingredients as an effort to prevent malnutrition in children under five is to conduct counseling and education activities. The counseling that is carried out is group and individual counseling, but more often it provides individual counseling to mothers of toddlers whose children's weight results have decreased with complaints of eating difficulties.

"... I do counseling at posyandu, occasionally group counseling, but often do individual counseling."

Extension activities can increase the knowledge of mothers under five in parenting styles. The mothers of toddlers will have good knowledge and attitudes about supplements based on local natural ingredients, so that the mothers can improve their parenting styles in which mothers will be motivated to provide herbal supplements based on local natural ingredients to their children. When mothers provide supplements based on local natural ingredients to their toddlers, it will cause the child's appetite to increase. If the child's appetite increases, the child will consume enough food so that the child's nutrition is good. This is in line with research Aldita et al (2019) that the counseling carried out at the health center can improve the nutritional status of children under five. With counseling, posyandu targets can know how to practice parenting so that children's nutritional status is good.

Another activity carried out by posyandu cadres is to motivate toddlers' mothers to use local natural ingredients as appetite enhancing supplements. Posyandu cadres provide motivation to mothers of toddlers when posyandu activities take place and when cadres go around the neighborhood while socializing with toddler mothers. Cadres are members of the community who live in the posyandu environment, so they often socialize with mothers of toddlers.

"... I often go around, like to sit chatting with women in their yard. Mothers like stories about their children... including their children's diet, so at that time I liked to advise and encourage mothers to only use traditional ingredients, so that their children's appetite would increase"

By motivating mothers under five to use herbal ingredients, it can increase the enthusiasm of mothers under five to use appetite enhancing supplements. This is in line with research Susanto et al (2017), that cadres act as motivators and health educators and are able to identify needs, obstacles and coordinate in health services, so that they are able to make the community aware of health services independently, cadres are able to build community participation by utilizing the house yard for family medicinal plants. According to Iswarawanti (2010) that cadres can help communities identify and

respond to their health needs and can build local capacities.

In addition to motivating mothers of toddlers to use traditional ingredients made from local ingredients, cadres also motivated mothers of toddlers to plant family medicinal plants in their respective yards. Cadres provide an example by planting medicinal plants in the posyandu yard and in the yard of their house, and using these medicinal plants as a supplement to increase their appetite for their own grandchildren, with the aim that the community can imitate what cadres do. From the observation, at one of the posyandu where the research was conducted, there were various kinds of traditional medicinal plants grown by cadres, including plants as an appetite enhancer for toddlers.

The participation of cadres in the use of appetite enhancing supplements based on local old ingredients as an effort to prevent malnutrition in toddlers in Bima district was carried out because of the availability of local natural ingredients as ingredients for making appetite-enhancing supplements in the environment where the cadres lived. According to the cadre, these herbal ingredients are widely available in their area and easy to obtain. People plant medicinal plants in their gardens and in their home yards. Posyandu cadres are of the opinion that the ingredients for the supplement are natural without chemicals, cheap, easy to make and have proven efficacious.

In addition, the cadres have knowledge of appetite-enhancing supplements and are very understanding of how they are made, the ingredients used, and the dosages given. This is in line with research by Hermiyanty (2016) and Pakasi et al (2016) that the better the cadres' knowledge, the better the cadre participation rate.

Kader understands appetite-enhancing supplements because they are a recipe inherited from his ancestors. Kader really believes in the efficacy of herbal supplements because they were used by ancient people before modern medicine existed. Culture is one of the factors that influence a person's behavior, culture is often used as a guide and procedures for behaving in a society. This can have a positive impact as well as a negative impact (Notoatmodjo, 2013).

Cadres participate in utilizing appetite-enhancing supplements based on local natural ingredients, because of the support from village and sub-district Pkk, namely the pkk program always motivates cadres to participate in utilizing herbal ingredients in the village to improve community health, one of which is a supplement. appetite. One of the tasks of pkk is to improve the development of independent care in the family through the use of the management of the family medicine garden (toga), as well as fostering the implementation of posyandu activities by increasing the quality and quantity of posyandu cadres. (Central Driving Team, 2015).

These cadres are also active in PKK activities, as well as active in various other activities in the community. This is in line with (Suhat & Hasanah, 2014) that cadres who actively participate in organizations in the community tend to be more responsible for organizational activities including posyandu activities and have more access to information.

The activities of cadres in the use of appetite-enhancing supplements based on local natural ingredients from the results of this study can be a solution to nutritional problems in Bima district, so that they can become recommendations in preparing activity plans for related program holders.

IV. CONCLUSION

Based on the description of the results of the research above, it can be concluded that the participation of cadres in the use of appetite enhancing supplements based on local natural ingredients is quite good, while the participation of cadres carried out is extension activities, motivating mothers of toddlers to use and plant family medicinal plants in the home page. growing family medicinal plants in the yard of the house and using appetite enhancer supplements based on local natural ingredients in the family members themselves.

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