

Research Article

Feature of the Knowledge of the Posyandu Cadre School Participants Based on the Pattern of the Material Provided

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ORCID**Abstract.**

National health development focuses on preventive and promotive approaches, as well as empowering families and communities through Posyandu (Integrated Health Service Post). Posyandu cadres play a crucial role in improving the health status of the community. It is essential to continuously foster and enhance the capacity of Posyandu cadres, particularly in addressing health issues related to infants and pregnant women, with a holistic approach that empowers the surrounding community. In collaboration with Parongpong District, the Faculty of Medicine at Unisba has developed a program called the Posyandu Cadre School to strengthen the skills and knowledge of Posyandu cadres. This program aims to improve their understanding of their roles at Posyandu, health topics, communication skills, and the role of women in Islam. Through the Posyandu Cadre School, cadres receive training on various topics, with a total of 17 topics covered. The post-test evaluation of the program reveals that cadres have achieved the highest mastery in topics such as the role of women in Islam, nutrition, stunting, youth health, coping with stress management, and skin health (score > 75%). However, there are certain topics where understanding remains relatively low, such as English proficiency and prevention and control of diarrhea (score < 50%). Nevertheless, overall, the participants have demonstrated a good understanding of the basic concepts of Posyandu. These findings highlight the importance of continuous debriefing and competence-building for Posyandu cadres to ensure their readiness and competency. By enhancing the role of Posyandu cadres, the overall health status of the community can be improved indirectly.

Keywords: Posyandu cadre school, Parongpong, health status, community

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1. Introduction

Posyandu is a form of community-based health effort that belongs to the community and is integrated into the life and culture of the community. Posyandu functions as a forum for community empowerment in the transfer of information and skills from officers to the community and between fellow communities as well as bringing basic health services closer, especially with regard to reducing the Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR), and Toddler Mortality Rate (AKABA). In 2020, there are 108 districts/cities (21.0%) with a minimum of 80% active posyandu throughout Indonesia from 15 provinces reporting. An active posyandu is a posyandu that is capable of carry out their main activities regularly every month (MCH: pregnant women, postpartum mothers, infants, toddlers, family planning, immunization, nutrition, prevention, and control of diarrhea) with a minimum coverage of 50% each and do additional activities.[1]

The number of Posyandu in Indonesia is 266,827 spread throughout Indonesia and there are about 3 to 4 cadres per Posyandu and which means that there are more than 1 million Posyandu cadres. Based on data from Riskesdas, almost 78% of weighing children under five is carried out at the Posyandu. This condition shows the important role of Posyandu cadres as the frontline in service to the community through Posyandu. However, there are still many cadres who do not have adequate understanding and skills in carrying out their duties.[2]

Posyandu cadres should be able to be good Posyandu managers because they are the ones who best understand the conditions of community needs in their area. Posyandu managers are people who are chosen, willing, able, and have the time and concern for basic social services for the community. [3]

In practice, posyandu cadres often encounter obstacles in carrying out their functions and duties at posyandu. This can be influenced by various factors, both internal and external factors. The factors that affect the performance of cadres are very complex and vary from one region to another.[4][5] In addition to internal factors such as age, length of dedication, experience, social status, economic circumstances and family support; External factors such as the condition of the community and health agencies also affect the motivation and retention of cadres. The success of the posyandu program with posyandu cadres will also depend on the support of various parties including the community, families and the loyalty of the cadres themselves.[6][4]

Therefore, the "Superior and Integrated Posyandu Cadre School" for Posyandu cadres is one of the efforts in order to increase the capacity and ability of Posyandu cadres. This Posyandu cadre school is facilitated by the Unisba Community Service Team in

collaboration with the government in this case the Parongpong District and community organizations for its implementation. Increasing the capacity of Posyandu cadres at the village/kelurahan scale will support the acceleration of the development of Active Alert Villages and Sub-Districts, which is one of the performance targets to be achieved in the community empowerment process to realize an increase in community welfare.

2. Methods

The integrated and superior Posyandu cadre school in the Parongpong sub-district will be implemented for approximately one month of implementation with two days/week. This school is designed with an integrated and comprehensive curriculum makers in accordance with the material needed by the cadres, with interactive learning methods and learning evaluations that are in accordance with the competencies provided.[7][3]

The purpose of this activity is to increase the motivation and readiness of posyandu cadres in carrying out their roles in the family and community and to increase the knowledge and capacity of posyandu cadres in Parongpong District in carrying out their duties and functions in the community. The learning outcomes to be achieved are as follows: Explaining the meaning of Posyandu, Explaining Posyandu activities, Explaining the implementation of Posyandu, Explaining the duties of cadres in organizing Posyandu, Explaining the main activities of Posyandu, Explaining Posyandu development activities, Explaining the meaning of health problems, Mentioning common health problems found in Posyandu, Mention the potential/ability possessed, Determine activities to deal with existing health problems, Mention health problems that need to be referred to health facilities.

Participants in this activity were the District and Village PKK Mobilization Teams which were the coaches of the posyandu and posyandu cadres from 7 villages in Parongpong District with a total number of ±60 participants. The implementers and resource persons in this activity are related to various related elements from various sectors, starting from the sub-district government, the PKK Team of West Bandung Regency and Parongpong District, academics, and related resource persons who are in accordance with the appropriate qualifications and scientific experts.

Monitoring and evaluation of this activity is carried out not only on participants but also on the program of activities that have been implemented. Evaluation of the participants was carried out with pre-test and post-test, as well as observations on each activity. The results of the pre-test and post-test are not only used to analyze the increase in knowledge and skills of the participants, the results of this questionnaire analysis also

TABLE 1: Materials given to the Posyandu cadre school in Parongpong District.

No	Component materials	Topics
1.	Core component of Posyandu	Basic Concepts of Posyandu (work Program and posyandu administration) Cadre duties and functions
2.	Health component	Imunization health of pregnant and lactating women Good nutrition for child Prevention and control of diarrhea Early detection of stunting Adolescent reproductive health Early detection, observation of potential disease Extraordinary Events (KLB): ARI, DHF, malnutrition, Polio, Measles, Diphtheria, Pertussis, Tetanus neonatorum. Elderly health through the Elderly Family Development
3.	Supporting component	Motivation and stres management English introduction Public speaking Coping stress managaemet skin health and beauty

provide good feedback for the Cadre School program which can become a pilot project for other activities in the community. The results of the assessment of the questionnaire to assess the increase in knowledge of cadres, analyzed the process of the activity took place, and feedback for the speaker. Participants who filled out the pre-test and post-test completely totaled 54 participants,

3. Result

The post test results show an increase in participants' knowledge about some of topics that have been given at Posyandu cadre school. From about 17 topics given to cadres, based on the results of the post-test evaluation, it can be seen that the topics with the highest mastery of the material are the role of women in Islam, nutrition, stunting, youth health, coping stress management, and skin health (score>75%). Topics with relatively low understanding are the mastery of English and the prevention-control of diarrhea (score<50%) While the understanding of the basic concepts of posyandu is generally quite good enough by all participants. Islamic perspective collated with Unisba vision to insert the Islamic value on all of the human aspect and the youth health including the mental health inside became of one of global concern today.[8] Stunting is also a national health problem in Indonesia and the cadres have to get good basic knowledge about this. This shows that debriefing and improving the competence of cadres needs to be carried out on an ongoing basis in order to prepare posyandu cadres who are independent, professional and understand their duties and functions in the community.

Increasing the role of posyandu cadres will indirectly improve the health status of the community.

TABLE 2: Post Test Result of participant of Posyandu Cadre School at Parongpong Distric.

No	Topics	The number of participants		Percent of correctly answer
		With correctly answered	With wrong answered	
1.	Basic Concepts of Posyandu and Posyandu work Program	28	26	52,22
2.	Cadre duties and functions	33	21	60,23
3.	Imunization	36	5	65,78
4.	Contraception	37	6	69,21
5.	Health of pregnant and lactating women	38	10	71,05
6.	Good nutrition for child	45	9	83,33
7.	Prevention and control of diarrhea	26	28	48,15
8.	Early detection of stunting	52	2	96,30
9.	Youth reproductive health	41	7	75,31
10.	Early detection, observation of potential disease Extraordinary Events (KLB): ARI, DHF, malnutrition, Polio, Measles, Diphtheria, Pertussis, Tetanus neonatorum.	31	23	58,02
11.	Elderly health through the Elderly Family Development	37	16	68,91
12.	Motivation and stres management	39	15	71,79
13.	English introduction	21	33	38,89
14.	Public speaking	40	15	73,15
15.	Coping stress managemet	46	7	85,65
16.	Skin health and beauty	45	9	82,72
17.	Role of women in Islam	50	5	91,67

4. Conclusion

Efforts to increase the capacity of cadres must be carried out continuously and comprehensively. Posyandu cadre schools can be one of the flagship programs to increase the capacity of posyandu cadres, so that they can understand their role, duties, and increase their capacity as community members who play an important role in national health development.

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