

Community Service for Providing Additional Food for Tempeh Pudding (PUTSAL) in Posyandu Aster Mekarjaya Village, Tarogong Kaler Garut District

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Abstrak

Background: The latest SSGI data in 2022 shows a stunting rate of 21.6%. This figure is still very high considering that the target for reducing stunting in 2024 is 14%. In the other cases of malnutrition, wasting in children has increased compared to 2021, namely from 7.1% to 7.7%. (JPGI, 2023) Based on a preliminary survey on maternal and child health in Mekarjaya Village based on the 2023 Mekarwangi Health Center report, the number of children under five was 367 and as many as 128 (34.87%) toddlers experienced malnutrition problems, including stunting 63 (17.6%), wasting 16 (0.4%) and underweight 49 (13.3%).

The impact of malnutrition on children will firstly a decrease in the child's immunity so that the child is easily sick and affected by infections, secondly a delay in growth and development, third, physical growth will be disturbed, fourth, brain development disturbed, children have problems in emotional and behavioral turmoil and the sixth is susceptible to chronic diseases. This impact will certainly affect the quality of children's lives and will affect the quality of the nation's next generation. (Ministry of Health of the Republic of Indonesia 2023).

This impact will certainly affect the quality of children's lives and will affect the quality of the nation's next generation. (Ministry of Health of the Republic of Indonesia 2023). Efforts to handle malnutrition are by providing solid foods that have a high calorie and protein content. From the results of the study, it is said that 100 gr tempeh pudding has a total energy content of 51.65 kcal compared to the pudding standard from BPOM, which is 20-40 kcal/100 gr. Tempeh pudding has a higher protein than regular pudding because the protein content is 2.80 because it contains milk as an animal protein and

tempeh as a vegetable protein and so the total energy content increases. (Widiastuti, 2024)

Objective: This community service aims to empower the community by increasing the knowledge of mothers under five about the impact of malnutrition and the handling of malnutrition in toddlers.

Methods: The method used in community service is by providing counseling on the impact of malnutrition on toddlers and the introduction of the "PUTSAL" innovation as a food innovation with a high calorie and protein content.

Conclusion: Based on the results of the evaluation after being given counseling and providing innovative product "Putsal", it can be concluded that there is an increase in participants' knowledge as seen from participants who can answer questions about the impact that occurs on toddlers with malnutrition and how to overcome it.

Keywords: Toddlers, PUTSAL, Undernutrition

Introduction

One of the government's efforts to improve family health is by improving family nutrition. Until now, nutrition problems are a public health problem where the solution cannot be done with medical approaches and health services alone. Nutrition problems are caused by multiple factors, so in overcoming them must require the involvement of several related sectors. One of the countermeasures to overcome nutritional problems is the holding of a nutrition improvement program. Nutrition improvement programs are an integral part of public health programs that also have an important role in creating a better degree of public health. So that to achieve this goal, nutrition improvement programs must be implemented in a systematic and sustainable way. (Akbar, 2018)

The Indonesian government has shown strong political will and commitment to addressing the challenge of malnutrition in mothers and children. This is evidenced by a significant decrease in all forms of malnutrition over the past ten years. Despite this, Indonesia is still grappling with three burdens of malnutrition, namely: malnutrition (wasting and stunting), overweight, and micronutrient deficiencies. Key factors contributing to this problem are inadequate diets and feeding practices and limited access to services. (Unicef, 2022)

The most dangerous child nutrition problem when viewed from the magnitude of the risk and the short duration is wasting. The worst risk of wasting is death. SSGI 2022 data shows an increase in wasting children compared to 2021, which is 7.1% to

7.7%. Wasting control that is currently being promoted includes exclusive breastfeeding, adequate and appropriate MP-ASI, prevention and control of illness in toddlers, prevention of vitamin A deficiency, complete immunization, and the implementation of a clean and healthy lifestyle (PHBS). (JPGI, 2023)

The latest SSGI data in 2022 shows a stunting rate of 21.6%. This figure is still very high considering that the target for reducing stunting in 2024 is 14%. Specific interventions to combat stunting include screening for anemia in adolescent girls, consumption of adolescent girls blood supplement tablets, pregnancy check-ups (ANC), consumption of blood supplement tablets for pregnant women with chronic energy deficiency (KEK), monitoring the growth of toddlers, exclusive breastfeeding, provision of animal protein-rich complementary foods for infants, management of toddlers with nutritional problems (*weight faltering, stunting, wasting, underweight, malnutrition*), increased coverage and expansion of immunization; as well as education for adolescents, pregnant women, and families. (JPGI, 2023)

Undernutrition is the nutritional condition of toddlers characterized by being thin, weight according to body length or height less than -2 to -3 standard deviations, and/or arm circumference of 11.5-12.5 cm in children aged 6-59 months. (Permenkes 29 of 2019). The nutritional status of toddlers is an important thing that every parent must know. The need for more attention to the growth and development of children in toddlers is based on the fact that malnutrition in this golden age is irreversible, while malnutrition can affect children's brain development. The nutritional status of toddlers is measured based on age, weight (BB) and height (Director General of the Ministry of Health, 2024)

The impact of malnutrition on children will affect first, a decrease in the child's immunity so that the child is easily sick and infected, second, a delay in growth and development, third, physical growth will be disturbed, fourth, brain development is disturbed, the child has problems in emotional and behavioral control and the sixth is susceptible to chronic diseases. This impact will certainly affect the quality of life of children and will affect the quality of the nation's next generation. (Ministry of Health of the Republic of Indonesia 2023)

Based on a preliminary survey on maternal and child health in Mekarjaya Village, based on the 2023 Mekarwangi Health Center report, the number of pregnant

women is 88, maternity mothers is 84 people, and the number of live births is 81 people. The number of toddlers was 367 and as many as 128 (34.87%) toddlers experienced malnutrition problems, including stunting 63 (17.6%), wasting 16 (0.4%) and under weight 49 (13.3%). From the maternal health data, it shows that the mother's health condition is good as seen from the low number of problems from pregnant women to childbirth who experienced problems as many as 7 people. When compared to nutritional problems in children, it is indicated that 128 or (34.87%) children under five experience problems.

Based on data from the Posyandu report in Mekarjaya Village, the number of toddlers who have malnutrition problems is found in the Aster Posyandu, namely out of 32 toddlers, 14 are malnourished, so the need for appropriate intervention to overcome the problem of improving nutrition in toddlers. Therefore, we will carry out community midwifery care as a form of community service to overcome malnutrition in toddlers by introducing an innovative product "PUTSAL" which stands for Healthy Tempeh Pudding for Children Again

Metode

The methods used in providing interventions are lectures, questions and answers and demonstrations for the introduction of innovative products.

1. Material

- 120 gr tempeh
- 1 Sachet Nutrigel Koklat
- 1 sachet agar-agar swallow plan
- 250 g granulated sugar
- 400 ml water
- 65 ml coconut milk

2. Instruments

- Leaflets
- Questionnaire sheets
- Innovative product "PUTSAL"

3. How to Create

- a. Tempeh is sliced - small slices first, then steamed. After steaming, cool the tempeh, then in a blender using enough water.
 - b. After that, prepare the pot and add all the ingredients except the eggs. such as sugar, chocolate milk, chocolate agar, crushed tempeh, and 400 ml of water and coconut milk. After all the ingredients are added, stir until evenly distributed and cook over low heat until boiling.
 - c. After boiling, add the beaten eggs, then stir again until boiling.
 - d. After boiling, turn off the heat and wait for the steam from the agar to decrease.
 - e. Prepare the mold, then pour the dough on the mold until it runs out
 - f. Once cooled, the pudding is ready to be enjoyed.
4. Time and Place of Intervention

Activity Name : "PUTSAL" Tempeh Pudding Keeps Children Healthy Again

Day/Date : Monday, December 9, 2024

Time : 10.00 – 12.00 WIB

Venue : Posyandu Aster RT 001 / RW 007 Ds. Mekarjaya
Kec. Tarogong Kaler Regency Garut Intervention Event Arrangement

Target : Mothers of toddlers with malnutrition

Activities : carry out counseling on the impact of malnutrition on toddlers including the definition, causative factors, impact on child growth and development, nutritional components needed by toddlers, the role of parents in overcoming malnutrition problems and introducing PUTSAL innovations as additional foods to increase calorie and protein intake.

Result

Planning Stages

- a. Activity Planning
- b. Making a permit to carry out activities
- c. Conduct a preliminary survey
- d. Melakukan Focus Group Discussion (FGD)
- e. Menyusun Preparation of Action Plan (POA)

The implementation of this activity was attended by mothers who have

undernourished toddlers as many as 15 people, 5 cadres, representatives from the local village, namely the head of the RT, the head of the RW and the village midwife. Participants were given counseling with the theme "The Impact of Undernutrition on Toddlers" during the activity all participants listened and participated in the activity enthusiastically. Participants actively asked questions about malnutrition and management that must be carried out so that there is an improvement in nutrition in toddlers. So we can conclude that participants have the motivation to improve their nutritional intake patterns.

The introduction of the innovative products that have been made is shared with the participants. Participants tasted PUTSAL and gave a positive response and the taste of PUTSAL was liked by the children. This pudding is made because toddlers like to consume pudding so that this creation is expected to be able to improve the nutritional status of toddlers. Participants were distributed leaflets on how to make PUTSAL so that participants were expected to try to make them at home.

The final activity of this counseling is to ask questions to the participants, with the hope that after receiving counseling, there will be an increase in knowledge about the impact of malnutrition on toddlers. We hope that the increase in maternal knowledge can influence the attitude and behavior of mothers in managing the food needed by toddlers so that there is an increase in nutritional improvement for toddlers, especially at the Aster posyandu and generally for toddlers in Mekarjaya Village

Discussion

The success indicator of this activity is the increase in the knowledge of mothers under five regarding the impact of malnutrition on toddlers. To measure these success indicators, mothers are given questions about the counseling material that has been submitted. This aims to find out the extent of the increase in mothers' knowledge of counseling materials.

From the results of the evaluation, participants were given 4 questions, for mothers who successfully answered the questions correctly will be given the gifts that have been provided. Of the 5 questions, the participants could answer correctly.

Several related parties, one of which is the Puskesmas in the work area, appreciated the implementation of this community service activity, so that mothers who

have undernourished toddlers can innovate or create additional food, and can take advantage of the processed products in Mekarjaya Village, and it can be concluded that this counseling activity is successful in accordance with the goals to be achieved.

Conclusion

This community service was carried out at the Aster RT 001/RW 007 Posyandu Mekarjaya Village with a target of 14 undernourished children under five. The intervention carried out was to conduct counseling to increase the knowledge of mothers under five. Based on the results of the counseling activities and the introduction of PUTSAL innovations, it can be concluded that participants have increased knowledge about the impact of malnutrition on toddlers. The treatment is by providing foods that contain high energy and protein, for example PUTSAL.

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Conflict of Interest

With the support of various parties, no significant problems were found, starting from the preparation to the end of this community service activity can be carried out in accordance with the activity plan.

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