

Education And Innovation in Management of Underweight Toddlers by Provision Banana Smoothies (Smotbanlit) in Kedoya Utara, Jakarta

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Abstract

Background: Community service is an activity that aims to help the community in several activities without expecting rewards in any form.

Purpose: The purpose of community service is to educate mothers about the importance of paying attention to their child's weight.

Method: The way community service works is by collecting data, determining problem priorities, preparing educational materials, demonstrations of making innovations, then conducting direct counseling to groups of mothers who have toddlers at RT 08 Kedoya Village. Evaluation is carried out by discussion or question and answer.

Result: Based on the results of the implementation of community service counseling, there were 5 mothers who had toddlers with substandard nutritional status (BGM) and 11 additional participants including lecturers, midwives and cadres. This activity is carried out together with the team. The participants were very active during the activity with a question-and-answer session. The participants were also willing to accept innovation in the form of toddler banana smoothies (SMOTBANLIT).

Conclusion: Providing innovation of toddler banana smoothies to improve digestion so that appetite increases so that they can increase the weight of toddlers with substandard nutritional status.

Keywords: Community service, Toddler, Weight

Introduction

Toddlers Under the Red Line or often referred to as Toddler BGM are toddlers whose weight marked on the health card (KMS) is below the red line. Under-five weight under the red line (BGM) is a form of warning as confirmation and follow-up for under-nourished toddlers. The World Health Organization (WHO) estimates that malnutrition is a cause of child death with a percentage of 54% and will continue to

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malnutrition. Indonesia estimates that 80% of child deaths are caused by nutritional problems, especially malnutrition.¹

Nutritional problems are known as multi-complex problems because there are interrelationships between factors such as food intake and infectious diseases. Food has a very important role for the body to maintain organs, growth and development of the brain and to ensure human survival.²

Providing additional food for recovery is the activity of providing food to toddlers who experience nutritional disorders in the form of food containing nutrients according to target needs. PMT is one of the important factors in the number of cases of malnutrition. Many mothers provide additional food not in accordance with the amount, type and schedule. So that the growth and development of children is not in accordance with their age.³

Bananas and honey have a lot of good nutritional content for the growth and development of children, one of the ingredients in bananas and honey is vitamin B6 and vitamin B12 which have the benefit of increasing children's appetite. Toddler's weight becomes normal.⁴

The purpose of doing community service is to apply scientific theories in the health sector to overcome problems that occur in the field so that they can benefit the community, actively participate in the health development process, increase community empowerment in the health sector, increase the ability of the academic community (lecturers and/or students) in applying scientific theories both independently and in groups, helping to overcome problems faced by the government and society with practical scientific methods.⁵

Following up on the problems found in the RT 08 RW 01 area, Kel.Kedoya Utara, Kec.Kebon Jeruk, West Jakarta, community practice students of the Midwifery Professional Education Study Program, Faculty of Health Sciences, National University of Jakarta, who are obliged to improve public health welfare, hold FGD activities "Forum Group Discussion" and conduct interventions according to the issues that have been selected as priorities. This activity is needed because it is useful to increase community participation to solve and take part in solving problems that exist in the community independently and health workers only provide facilities to the community in the form of data collection, problem formulation and counseling.⁶

Method

The location for community service is in the RT 08 RW 01 Kedoya Utara Village, Kebon Jeruk, West Jakarta. The time required for community service is 3 weeks. The tools used are educational materials in the form of leaflets and demonstrations of making "SMOTBANLIT". The way community service works is by collecting data, determining problem priorities, preparing educational materials, demonstrations, then conducting direct counseling to groups of mothers who have toddlers with weight below the red line, namely as many as 5 mothers who have toddlers with underweight under the red line. as well as involving cadres and health workers at the puskesmas in the Kedoya Utara sub-district area.

Results

1. Planning Stage

The planning stage begins with submitting a proposal. The next step is to issue an activity permit. Before starting the activity, the community service implementation team made an initial visit to the location of the activity.

2. Implementation Stage

Implementation of community service activities begins with preparing materials education in the form of leaflets and demonstrations of making innovations. After being given educational material, telling mothers who have toddlers to make innovations at home so they can consume it as PMT for children. The community service team through cadres will coordinate for the next 7 days to see the results of its development.



Figure 1. Activities in community service

3. Evaluation Stage

After the implementation phase is complete, an evaluation is carried out to assess how big the impact of the results of the community service implementation is. Evaluation is carried out by discussion or question and answer. Based on the results of the implementation of community service counseling followed by 5 participants until the end of the activity. This activity is carried out together with the team. The participants were very active during the activity with a question-and-answer session. The participants were also willing to accept the innovation of toddler banana smoothies. The evaluation was carried out using interviews with mothers to find out the effectiveness before and after giving orange juice. Observations were made to assess the quantity of honey orange juice to increase the child's appetite. This community service activity has been well organized and running smoothly according to the activity plan that has been prepared.

Prevention of BGM toddlers can be done in various ways, one of which is by consuming bananas containing carbohydrates, sodium, potassium, vitamins C, B6, B12

and vitamin D. The content of bananas also has calcium, magnesium and iron. In 1 medium-sized banana contains 89 calories. Other additions, milk and honey contain nutrients in milk, namely Vitamins A, B1, B2, B3, B6, B12 C, and vitamin D, calcium phosphorus, potassium, copper and iron, (in 100 ml of milk there are 65 calories and 1 tbsp honey contains 64 calories). Moreover, consuming these smoothies turns out to have its own pleasure apart from tasting fresh and sweet so that toddlers enjoy continuing to consume them. if Vitamin B1 and B12 can be absorbed properly, it can improve the digestive system so that it can increase appetite in toddlers.⁷

Discussion

On priority issues obtained from secondary data regarding toddlers under the red line (BGM). This encourages community service to parents in the form of education and innovation in handling toddlers with weight below the red line (BGM) at RT 08 Kedoya Utara Village which has been carried out on 5 toddlers with BGM.

The education provided has a positive impact on parents' knowledge and awareness of toddler problems with BGM. This can be seen from the positive changes in the questions that have been given which have been answered correctly during the question and answer session. Given an intervention in the form of an innovation in providing additional food for recovery in the form of banana smoothies, it shows that toddlers like it when they consume it.⁸

Provision of supplementary food is the provision of nutrients in the form of food ingredients with measurable nutritional content, which is intended for toddlers aged 6-59 months as additional food. according to the age of the child.⁹ There is a carbohydrate content in Ambon bananas which is available gradually so that it can provide energy reserves, is also used as energy intake and increases appetite, increases body weight.¹⁰

The occurrence of BGM in toddlers can be caused by the mother's awareness which is a factor in the lack of attention in providing nutrition to her toddler. Feeding, the availability of sufficient quantities of food and a variety of foods is influenced by the level of knowledge of mothers about food and nutrition. Mother's ignorance can lead to feeding errors, especially for toddlers.¹¹

Increasing knowledge and awareness of the attitudes and actions of a mother in choosing healthy food for toddlers can be done through public health programs, one of which is by providing health education. One of the efforts to increase the knowledge of mothers under five is through health counseling.¹²

Providing education and intervention to parents about toddlers with BGM can change the knowledge of parents of toddlers for the better. Provision of education needs to continue to be carried out in order to increase parents' awareness of efforts to improve weight in their children.

Conclusion

Based on the results of the community service activities that have been carried out, it can be concluded that the innovations provided by toddler banana smoothies are aimed as PMT for toddlers and are useful for increasing children's appetite so that the result is that the child's weight becomes normal.

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Conflict of Interest

In the community services that have been carried out, we did not encounter any obstacles both during the community services and when compiling this writing. We as all authors cooperate well with each other in compiling this writing.

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