

## GRADASI Innovation Community Service (Exclusive Breastfeeding Awareness) in Pakuhaji Village Tangerang Regency

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### Abstract

**Background:** In the profile of the Pakuhaji Health Center in 2022, there were 3 major problems that occurred, seen from the K1 data for pregnant women, the target was 354 until March 2023, 312 achievements, from this data there is a gap of 11%. In childbirth assisted by health workers, the number of deliveries was 326, with 316 achieved up to March, from this data there was a gap of 14%. In newborns, the number of babies who underwent IMD was 244, 102 babies who received exclusive breastfeeding, from these data there was a gap of 41.6%. Out of the three problems mentioned above, we conclude that the priority problem is the low coverage of exclusive breastfeeding.

**Objective:** Carry out community service by carrying out activities ranging from collecting secondary data to conducting interventions and evaluating field activities.

**Methodology:** The method used starts from situation analysis, continues with problem identification, and determines problem priorities. Then develop research instruments, surveys/research on problem determinants and collection of health databases, as well as conduct outreach.

**Results:** Community midwifery practice carried out at BPM Hj. Yulyani, Pakuhaji, Tangerang Regency which was held at RT 02 RW 02 Kp. Rawakalong, Pakuhaji District, Tangerang Regency, has been carried out in the following stages: Regional Orientation, Self-Introduction Survey, Focus Group Discussion (FGD), Preparation of Planning of Action (POA), Intervention activities in the form of exclusive breastfeeding counseling to breastfeeding mothers and provision of snacks with GRADASI innovation (Exclusive Breastfeeding Awareness Movement), and ended with Evaluation and Closing.

**Conclusion:** GRADASI activity is a combination of counseling and education activities about breastfeeding, complementary care practices in the form of Oxytocin massage and breast care in preparation for breastfeeding as well as the introduction of additional food for BOOSTER ASI made from Moringa Leaves. Hopefully the innovations we make can benefit the community.

**Keywords:** Exclusive breastfeeding, Community, Moringa leaves, Moringa, Breastfeeding.

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## Introduction

The general description of the Pakuhaji Health Center, is located in Pakuhaji District with an area of 25 km<sup>2</sup> consisting of 8 villages, Pakuhaji sub-district/ village, Pakualam village, Bonisari, Rawa boni, Laksana, Kiara Payung, Gaga and Buaran Bambu with a total population of 71,574 people with a population density 3422 per km<sup>2</sup>. In 2022 the number of live births will be 1,299 with a zero deaths rate.

In the profile of the Pakuhaji Health Center in 2022, there were 3 major problems that occurred, seen from the K1 data for pregnant women, the target was 354 until March 2023, 312 achievements, from this data there was a gap of 11%. In deliveries assisted by health workers, the number of deliveries was 326, with 316 achieved up to March, from this data there was a gap of 14%. In newborns, the number of babies who underwent IMD was 244, 102 babies who received exclusive breastfeeding, from these data there was a gap of 41.6%. Out of the three problems mentioned above, we conclude that the priority problem is the low coverage of exclusive breastfeeding.

In this regard, we have carried out community midwifery practices in the form of community service in the area of RT 02 RW 02, Rawakalong Village, Pakuhaji District, Tangerang Regency with the title "Report on Community Service Activities in RT 02 RW 02 Region, Rawakalong Village, District Pakuhaji, Tangerang Regency in 2023". This report is authentic evidence that can describe all series of activities accompanied by other supporting documents.

## Method

The method used starts from situation analysis, continues with problem identification, and determines problem priorities. Then develop research instruments, surveys/research on problem determinants and collection of health databases, as well as conduct outreach.<sup>1,6</sup>

## Results

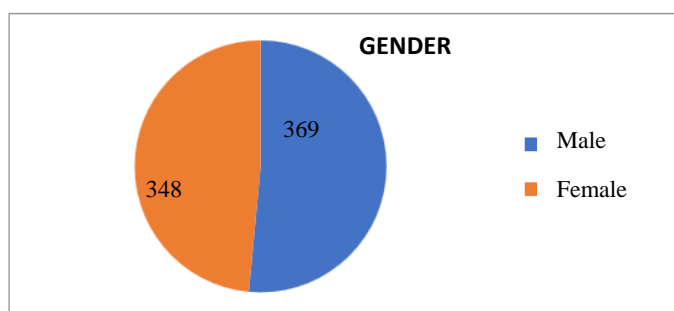
Pakuahaji village has high population mobility and the population growth rate in Pakuhaji Kelurahan is quite high, especially due to urbanization. Population as a human resource is the most important regional potential. Based on the results of a survey that

was carried out on 18-19 May 2023 in the RW 02 RT 02 area of Pakuhaji Village, the following results were obtained.

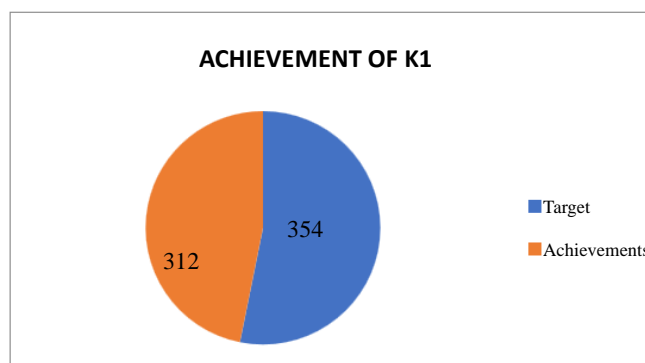
**Table 1.**  
**Number of People and Family in RT 02 RW 02 Pakuhaji Village in 2023**

Location	Wide of Area	Number of heads of Families	Total population
RT 02 RW 02 Pakuhaji Village	3008 m <sup>2</sup>	109	436

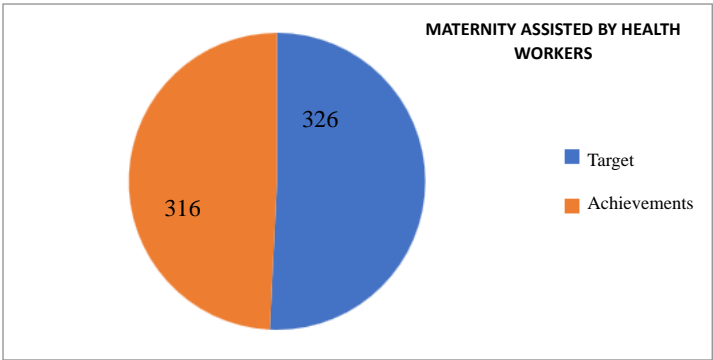
*Resource: Survey in 2023*



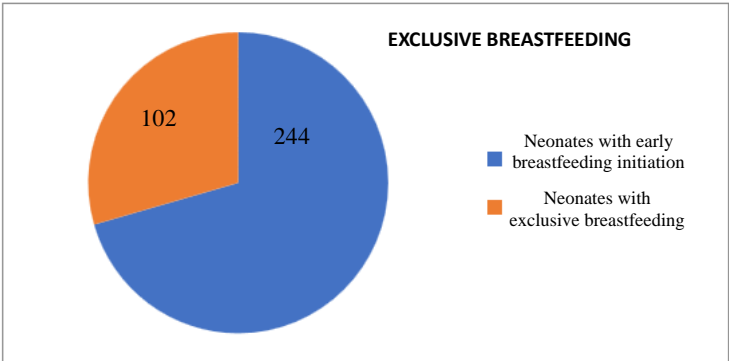
**Figure 1. Population Percentage Data Based on Gender in The Pakuhaji Village Area**



**Figure 2. Data of Pregnant Women in the Area of RT 02 RW 02 Pakuhaji Village**



**Figure 3. Data on Maternity Assisted by Health Workers in RT 02 RW 02 Pakuhaji Village**



**Figure 4. Exclusive Breastfeeding Data in the area of RT 02 RW 02 Pakuhaji Village**



**Figure 5. Moringa Leaves Production in Snacks**



**Figure 6. Counselling Activity**

## Discussion

The problem is the gap between the achievement results and the predetermined targets. Based on the survey results, the results of the problems that occur in the health of pregnant women are:

### 1. Pregnant Women

Based on the results of secondary data collection from the PWS KIA Report in the Pakuhaji Health Center area in the period January-March 2023 that the target K1 data for pregnant women until March 2023 was 354, achievement 312, from these data there is a gap of 11%.

### 2. Health Care Provider for Childbirth

Based on the survey results, it was found that in deliveries assisted by health workers, the number of deliveries was 326, with 316 achievements up to March, from these data there was a gap of 14% in Pakuhaji Village.

### 3. Exclusive Breastfeeding

Based on the survey results, it was found that in newborns the number of babies who underwent IMD was 244, 102 babies who received exclusive breastfeeding, from these data that there was a gap of 41.6%.

### 4. GRADASI Innovation

The group's innovation applied related to herbal medical complementary care is "GRADASI" (Exclusive Breastfeeding Awareness Movement). This innovation utilizes herbs that are easily available to the public and is based on research related to increasing breast milk production in nursing mothers. This innovation is applied to overcome the problem of little milk in nursing mothers<sup>8</sup>. GRADASI activities can be

carried out at Posyandu, toddler mother class, Poned, etc<sup>7,9</sup>.

Smooth milk production will greatly help mothers during breastfeeding. In general, breastfeeding mothers need more calories to meet daily needs and ensure milk production remains smooth. To increase your intake of these nutrients, breastfeeding mothers are advised to consume things such as brown rice, lean meat, eggs, nuts, and fruits and vegetables, including Moringa leaves<sup>2,3,4</sup>.

Moringa leaves (*Moringa oleifera*) are known to contain various vitamins and minerals, such as vitamin A, vitamin B6, vitamin C, iron, and magnesium. Not only that, Moringa leaves also contain a variety of antioxidants needed by nursing mothers.

GRADASI stands for ASI Awareness Movement, which is a movement/activity initiated by midwifery students at UNAS Wahana Practice Pakuhaji Batch V which aims to increase public awareness of the importance of breastfeeding. Thus, the coverage of exclusive breastfeeding at the Pakuhaji Health Center can increase and reach the target according to the figure set by the Health Office. The GRADASI activities are in the form of a combination of counseling and educational activities about breastfeeding, complementary care practices in the form of Oxytocin massage and breast care in preparation for breastfeeding as well as the introduction of additional food for BOOSTER ASI made from Moringa Leaves, which according to research is one of the Super Foods that can be increase milk production while maintaining health conditions/source of FE, which is a plant that is very easy to get, abundantly available in nature, economical and doesn't even have to be bought, you just have to process it into a delicious snack<sup>10,11</sup>. The examples of snacks in GRADASI are:

- a. PUMORIS : Puding Moringa/Daun Kelor Manis
- b. HUMORIS : Hunkue Moringa Abon Manis
- c. TAMORIS : Talam Moringa Manis
- d. GOOD MORNING : Biskuit Marie good Moringa Labu Kuning

## Conclusion

This GRADASI activity is a combination of counseling and educational activities about breastfeeding, complementary care practices in the form of Oxytocin massage and breast care in preparation for breastfeeding as well as the introduction of

additional food for BOOSTER ASI made from Moringa Leaves. Hopefully the innovations we make can benefit the community, UNAS students in the framework of carrying out Community Station activities, UNAS as the institution that provides support and the local Health Centre can increase the achievement of exclusive breastfeeding targets in accordance with the figures determined by the Health Service.

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