Community Services at SMP Bina Siswa Kotabaru
Sub-district West Bekasi District in 2023

Jenny Anna Siauta¹, Restichia Sasabone¹, Paula Natasa Sindy Adinda¹, Kristina Sagala¹, Maria Chandra Venancyana¹, Rohani Purba¹, Bonita¹, Devita Anggraeni¹

¹Midwife Professional Education Department, Faculty of Health Sciences, Universitas Nasional, Jakarta

Abstract

Background: Health problems receive serious attention from various elements of society. One way to solve health problems in the community is to carry out community service. Community service is an activity that aims to assist the community in several activities to overcome the problems they face by actively participating in the health development process and increasing community empowerment without expecting any form of reward.

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

Method: The practice of community midwifery carried out by Nasional University Midwife Professional Education Students Batch 5 Group 3 with the practice area at the Yusma Medika Clinic which was carried out at the Bina Siswa Utama Middle School, Kotabaru Subdistrict, West Bekasi District, Bekasi City, has been carried out in the following stages: Orientation, Taking Secondary Data, Focus Group Discussion (FGD), Preparation of Planning Of Action (POA), Intervention activities in the form of counseling about "Ceria Manise" (Preventing Anemia of Adolescents with Nutritious Food and Fe Supplementation) and giving herbal drink "Ceria Flowers" (Dragon Fruit and Honey Prevents Adolescents from Anemia), and ends with Evaluation and Closing.

Result: Community service activities in the form of counseling "Ceria Manise" (Prevent Anemia of Adolescents with Nutritious Food and Fe Supplementation) and provision of the herbal drink "Ceria Flowers" (Dragon Fruit and Honey Prevent Anemia in Adolescents) are expected to allow adolescents to understand more about anemia and can take proper prevention, one of which is by consuming dragon fruit and honey herbal drinks.

Conclusion: Community service activities in the form of counseling to adolescent girls about 'CERIA MANISE' where health information is given on how to prevent anemia with nutritious food and Fe supplementation.

Keywords: Adolescent girls, Anemia, Community service, Herbal drink.

Introduction

The problem is the gap between the achievement results and the predetermined targets. Health problems receive serious scrutiny from various elements of society. One
A way to solve health problems in the community is to carry out community service. Community service is an activity that aims to assist the community in several activities to overcome the problems they face by actively participating in the health development process and increasing community empowerment without expecting any form of reward¹.

Data from the Bekasi City Health Office (2017) shows that the proportion of anemia in adolescents reaches 26.4%. Research conducted at the Bekasi City Vocational School in 2021 regarding anemia of adolescent girls found that the prevalence of adolescent girls with anemia was 35%. Anemia is prone to be experienced by adolescent girls because the need for iron absorption peaks at the age of 14-15 years and adolescent girls experience menstrual cycles which make them lose iron as much as 1.3 mg/day². In addition, adolescent girls have a high concern for body image which has an impact on eating restrictions³.

One of the programs from the Ministry of Health to overcome anemia in adolescent girls is to run a program of giving blood-added tablets to adolescent girls with a target of 40% with the aim of improving the nutritional status of adolescent girls so that they can break the chain of stunting, prevent anemia and increase iron reserves in the body (Ministry of Health, 2018). One of the targets for giving Blood Supplement Tablets is adolescent girls aged 12-18 years in educational institutions and childbearing age women 15-49 years old in workplace institutions. The method of administering Blood Supplement Tablets (TTD) is with a dose given 1 tablet per week and during the menstrual period given 1 tablet per day during menstruation⁴.

The Kotabaru Health Center is following up on this problem by intensifying the prevention and management of anemia in adolescent girls prioritizing the administration of iron supplements on a regular and continuous basis among adolescents, both through school institutions and the community, either with stimulant Fe tablets from the puskesmas or independently.

In this regard, the community practice students of the Midwife Professional Education Study Program, Faculty of Health Sciences, Jakarta National University, who are obliged to improve public health welfare, hold FGD “Forum Group Discussion” activities and carry out interventions according to the problems that have been selected as priorities. This activity is needed because it is useful to increase community
participation to solve and contribute to 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.

Implementation of community midwifery practices in the form of community service at SMP Bina Siswa Utama, Kelurahan Kotabaru, West Bekasi District, Bekasi City in 2023. This report is authentic evidence that can describe all series of activities accompanied by other supporting documents.

Methodology
The methodology is described as:
1. Video screening on anemia prevention.
2. Counseling about 'CERIA MANISE’ (Preventing Anemia in Adolescent Girls with Nutritious Food and Fe Supplements).
3. Distribution of leaflets to 25 Adolescent Girls who attended counseling.
4. Frequently Asked Questions
5. The next activity is a demonstration of making "JUS BUNGA CERIA" (Dragon Fruit and Honey, Prevents Anemia Young Women) to increase Hb levels.
6. Drink with ‘CERIA FLOWER’ juice.

Materials and tools prepared for the community service activities are counseling materials, leaflets, videos on preventing anemia, banners, laptops, LCDs and speakers. Materials and tools used in making 'Bunga Ceria' juice are 100 grams of dragon fruit, 1 tablespoon of honey, 250 ml of boiled water, blender, spoon, knife, cutting board, strainer (if needed), 1 container, 250 ml bottle 50 pieces, stickers 50 pieces.
The workings of making 'Bunga Ceria' juice are:
1. Prepare the tools and materials.
2. Wash the dragon fruit
3. The fruit is split and the flesh is taken
4. Diced dragon fruit
5. Dragon fruit blender mixed with honey and boiled water and strain
6. The juice is ready to be enjoyed.
Results

1. Planning
   a. The planning phase begins with area orientation
   b. Production of activity permits
   c. Secondary data collection
   d. Focus Group Discussion (FGD)
   e. Preparation of Plan of Action (POA)

2. Intervention
   a. Counseling
      Counseling was carried out for adolescent girls at SMP Bina Siswa Utama using video playback media, presentations about ‘CERIA MANISE’ (Preventing Anemia in adolescent girls with Nutritious Food and Fe Supplementation). In addition to the presentation, leaflets were also given to adolescent girls. The lecture lasted 30 minutes.
   b. Providing Herbal Drinks
      Provision of the herbal drink "Bunga Ceria" (Dragon Fruit and Honey to Prevent adolescent girls from Anemia) Teenagers were given a drink of dragon fruit juice + honey that had been packaged into bottles and affixed with stickers, and were told the recipe and how to make it through a video demonstration conducted by students and continued by drinking with “Bunga Ceria” juice.

3. Evaluation
   There were 25 adolescent girls who attended the “Ceria Manise” counseling and drank the herbal juice “Bunga Ceria” and knew about the impact of anemia, the importance of preventing anemia and the importance of taking iron tablets. Adolescents' knowledge about anemia has increased as evidenced by the presence of 4 trainers who asked questions about anemia and were able to answer questions given by informants. Teenagers drink “Bunga Ceria” herbal juice and like the taste and know the recipe and how to make it at home.
Discussion

Community midwifery services are efforts made by midwives to solve health problems for mothers and toddlers in the family and community. The government's effort to overcome anemia in adolescent girls is to carry out a program of giving blood-enriched tablets to adolescent girls with a target of 40% being given 1 tablet per week and during menstruation period given 1 tablet per day during menstruation so as to reduce the number of adolescent girls who experience anemia.
Another way to meet the needs of iron in the body is by consuming foods that contain iron, for example meat, green vegetables, tempeh, tofu and fruits such as dragon fruit. Dragon fruit can be processed into fresh drinks and contains many nutrients, including 0.16 mg of iron and also protein. This is in accordance with research by Aulya et al. (2021)\(^5\) that there is an effect of giving dragon fruit on increasing hemoglobin levels and this is also in line with the research of Marwang et al. (2023)\(^6\) that giving dragon fruit juice can affect Hb levels in young women who experience anemia and with vitamins C, vitamin B1, vitamin B2, carbohydrates, protein, antioxidants and iron can prevent anemia. Honey has a role in increasing endurance and stamina, honey also contains iron content which can increase the number of erythrocytes in the body.

Consuming juice has its own pleasures besides it tastes fresh and sweet so that young women are addicted to continuing to consume it, if iron can be absorbed properly, then the formation of new blood cells will also occur properly and smoothly\(^7\). This activity had a positive influence on community participation in improving public health, by knowing the anemia rate in adolescent girls from the results of examinations of hemoglobin (Hb) levels conducted by the Kotabaru Health Center UKS team so that it could be followed up and evaluated on anemic teenage girls.

This activity also had an influence on the knowledge of young women about anemia in adolescents, increased knowledge of adolescents can be seen from the questions asked by adolescent girls and the questions posed by resource persons during the counseling process. This activity is expected to continue after the implementation of community midwifery practices with the guidance and supervision of the environmental apparatus of the Kotabaru Village community.

**Conclusion**

Community service activities in the form of counseling to adolescent girls about 'CERIA MANISE' where health information is given on how to prevent anemia with nutritious food and Fe supplementation. This counseling is a way to increase the understanding of adolescent girls so they can prevent anemia early. Anemia in adolescent girls can increase the risk of death during childbirth, premature birth and low birth weight babies. In addition to counseling, preventive measures for anemia using pharmacological treatment are by administering blood-boosting tablets, while
complementary prevention of anemia can be done by consuming dragon fruit which contains high iron, protein and vitamin C which play a role in iron absorption and added with honey, because Honey plays a role in increasing immunity and stamina. The innovations that are applied related to complementary herbal medical care are "BUNGA CERIA" Dragon Fruit Juice and Honey, Preventing Anemia Young Women.

Acknowledgement

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