

Improving the Children Health in the Village of Makasar, East Jakarta, Indonesia through Socialization and Demonstration of Additional Food to Breast Milk

Darminah Sukiniarti
FKIP Universitas Terbuka, Indonesia

Abstract

The integrated service post, or it is so called *Posyandu* in Indonesia, is a community development organization that has a strategic role in improving the public health. The *Posyandu* is available in every citizen associations in a village throughout the country. Makasar village is one of the villages located in East Jakarta, Indonesia. To improve the health and well-being of local residents, especially children including babies, toddlers, and pre school children, the mothers are recommended to follow the programs conducted by the *Posyandu*. This study aims to identify: (1) the success of socialization and demonstration of the complementary foods in Makassar village, East Jakarta, (2) the constraints faced by the *Posyandu* cadres for carrying out tasks, (3) the benefits of socialization and demonstrations of the complementary foods to the community, and (4) public expectations towards the teams of the researchers. The result of the research shows that: (1) the socialization and demonstration of the complementary foods to breast milk is very appropriately carried out. The results are very satisfying: the children's weight increases and they play cheerfully with each other. This is shown by the *Posyandu* cadres and the community in Makassar village; that is ninety-five point eighty percent (95.80%) said that the information of the socialization and demonstration of the complementary foods is in accordance with the needs of children, and helps reduce the health problems encountered, (2) Eighty-one point sixty six percent (81.66%) constraints faced by the *Posyandu* cadres is the presence of mothers who have babies, toddlers, and pre school children. They do not routinely present in *Posyandu* activities; and therefore, they experience difficulty in witnessing the development and the growth of their children, (3) All of the *Posyandu* cadres stated that the activities are very beneficial for increasing knowledge about the health of children. (4) Seventy- five percent (75%) of the *Posyandu* cadres expect that there should be a continuation of similar activities.

Keywords: children health, additional food to breast milk, *Posyandu* cadres.

Introduction

The health of children must be taken into serious consideration to ensure that Indonesia can enhance human resources. Children from infants to pre-school are still nurtured by their parents. Therefore, to improve the children health, the government of Indonesia advocates the mothers especially who have babies, toddlers, or pre school children to actively engage in the activities held by the Integrated Service Post or *Posyandu*.

The intake of nutrients necessary to maintain the need for a healthy life for infants up to the age of two years is breast milk. However, in line with the motor development, they should be sustained by the additional foods such as biscuits, green bean porridge, rice and vegetable porridge, and soy bean milk. Moreover, they are also given some fruit like papaya, bananas, apples, avocados, tomatoes, and oranges. Ardinisari (2015) said that the age of the baby stepping 6 (six) months should be introduced to food called complementary foods or it is abbreviated as an *MPASI* in the Indonesian term. *MPASI* is the second baby foods that accompany breastfeeding.

The *MPASI* should be given to the babies in stages. In reality; however, the mothers do not apply this provision to the babies or toddlers as it should be. This is partly because they lack of knowledge with regard to the *MPASI* as well as the lack of information on the benefits of the additional foods to breast milk for infant growth. Mothers' households may gain the knowledge of *MPASI* as well as the information about the benefits of breast milk from a variety of media sources such as newspapers, magazines, radio, and TV. The government of Indonesia has endeavored to socialize the Dissemination Information Systems of the *Posyandu*, ranging from the municipal level up to every neighborhood. The socialization is aimed at improving the overall development from the data that is accurate and appropriate.

This study aims at ascertaining:

- a. the accomplishment of the socialization and demonstrations about food addition to breast milk carried out by the research team.
- b. the constrictions faced by the *Posyandu* cadres all through the duty at *Posyandu Kemuning* in RW 02 Makasar urban village, East Jakarta.
- c. the advantages of the socialization and demonstrations on food addition to breast milk for the *Posyandu* cadres and the community in RW 02 Makasar urban village, East Jakarta.
- d. the anticipations of the *Posyandu* cadres and the community in RW 02 Makasar urban village, East Jakarta.

Literature Study

The Posyandu cadres. The *Posyandu* cadres according to the Ministry of Health of the Republic of Indonesia (2003) are members selected from the community and by the community, who are willing and are able to work voluntarily together in a variety of community activities. The Health Department of the Republic of Indonesia (2005) explains that the *Posyandu* cadres are members of the public who have to deal with health problems, both individuals and collective society as well as to work in a very close relationship with a primary health care. *Posyandu*, according to Suropto (2008) is a community development organization that plays a strategic role in improving the public health.

The Ministry of Health of the Republic of Indonesia (2011) illustrates that *Posyandu* is one of the efforts of community-based health. It is managed and organized from, by, for, and with the community in the implementation of the health development in order to deceive the public and provide convenience to the public in obtaining basic health care to accelerate the reduction in maternal and infant mortality. In relation to *Posyandu* cadres, Sudirto (2013) said that the cadres are from local communities who were selected and reviewed by the community and who are able to work voluntarily.

From the foregoing discussion on *Posyandu* cadres, it can be concluded that *Posyandu* cadres are special people who work hard for other people as well as young children, and they take care of advancing the public health for the prosperity of the whole people of Indonesia. The *Posyandu* cadres are accessible in all over the villages throughout the country.

Mother's milk complementary foods (MPASI). Since the age of the baby stepping 6 months, babies need extra food, which is known as complementary foods of mother's milk (*MPASI*). At the age of 6 to 9 months, the texture of the food should be liquid and soft such as fruit pulp, milk porridge or gruel pureed vegetables (Ardinasari, 2015). The age of 10 to 12 months, the baby food starts to turn to thick and dense, yet it still has soft texture like steam rice. At the age of 12 to 24 months babies should have been introduced to solid foods; however, it still maintains a sense of, among others, the food that is very spicy, hot, too sour and fatty foods.

The food portions are also gradually rising from one spoon to gradually increase with the baby's activity. The other similar view on feeding children is Annisakarnadi (2014), who states that feeding children should be adapted to the development of the body. Mother's milk alone is not enough for children over the age of 6 months. Children aged 6 to 8 months, the frequency of *MPASI* is given 2 to 3 times a day with 2 to 5 serving spoon or depending on the baby's weight. Furthermore, children aged 9 to 11 months the *MPASI* is given 3 main meals plus ripe fruit 1 to 3 times a day.

A similar opinion is expressed by Arifin, (2012). He claims that complementary foods, in addition to the main meal, to be supplied are fruit. There are some pieces that are good for the babies such as bananas, avocados, papaya, pears, apples, and pumpkins. Giving the fruit is sequentially and gradually. The first initial to be given as solid foods are bananas. This is because bananas are soft texture that is easily digested by the baby's digestive organs. Next is avocado, papaya and oranges. The other view on *MPASI* is Silawati, et al (2013) who state that *MPASI* should be selected and made from the local materials, so that children still get enough food with the nutrients balanced according to the age.

The Department of Health of the Republic of Indonesia (2000) states that there are two types of supplementary feeding, counseling and recovery. The counseling is given to infants and their mothers about the provision of additional food in infants. While the recovery is given to the mothers whose toddlers' weight are below the red line.

Food for humans is a basic requirement that must be met in order to survive and live a life. Santoso, (2012) says that children aged 3 to 6 years, including the community groups, are called the vulnerable groups of nutrients. These groups are most likely easy to suffer from nutritional disorders. Health, which is supported by a state of good nutrition, is the main capital to grow and develop optimally for a child. Such condition can only be achieved through education, training and habituation, and the provision of appropriate needs, namely through the food consumed daily. If the child suffers from malnutrition, the weight is on the wane, the skin is dry and scaly, stunted physical growth, and reduced intelligence. Moreover, the child is less concentration in all respects. Malnutrition is not due to the poverty, but sometimes it is as a result of the wrong diet.

Socialization. According to the World Book Dictionary (1982) socialization is "a genuine and wholesome identification of a person with the welfare of other person." Lundberg (2016) explains that socialization consists of the "complex processes of interaction through which the individual learns the habits, skills, beliefs and standard of judgment that are necessary for his effective participation in social groups and communities."

The word 'socialization' has many different meanings. In this paper, the word 'socialization' means informing new knowledge to other adult people so that they are familiar with certain criteria in the society which could provide clues for healthy living in everyday life. That is, the life of caring of and nurturing their children so that they become quality human beings.

Demonstration. The word demonstration is customary used as one of the teaching methods in the classroom. Matteson and Freeman (2006: 11) explains that “demonstration is an essential teaching approach in supporting the learning of a skill at any level or grade and is the most supportive of all teaching approaches.” They complement that “demonstration is typically used to introduce a new skill to a whole group, but it can and should apply to individuals or a small group whenever more support is need for their learning.” Another opinion says that:

Demonstrations occupy a favored place among the methods used in adult education. The demonstration method has been used successfully for many years by the Cooperative Extension Service in Agriculture and Home Economics by job trainers of the various trades, and by many other instructors, in situations where education-hungry adults wanted to master a new skill or ability or learn a better way of doing something.

Accessed on <http://www.clt.astate.edu/dagnew/adulted/admedemo1a.pdf> obtained February 15, 2016

From these definitions, it is the latter that suits to be applied to the mothers to acquaint the advantages of the additional foods for children. The methods used by the *Posyandu* cadres are socialization and demonstration to explain to the mothers how to select and serve the additional foods to breast milk to their babbies, toddlers, and pre-school children.

Research Implementation

The research was conducted in the Citizen Associations 02, Makasar Urban Village, East Jakarta, Indonesia. Makasar Urban Village is one of the villages located in the District of Makasar, East Jakarta, Indonesia. The condition of the people who live in the village, in terms of socioeconomic and the type of occupation, is very heterogeneous. The number of residents in the village of Makasar increases each year. It is characterized by the loss vacant land in the region, and it is popped with houses. The increasing number of inhabitants indicates that more babies are born and more children need caring of. In relation to this, the government provides health services for the community by local authorities through Health and Family Empowerment.

Makasar Village is an urban village, which has 17 *Posyandus*. It consists of six citizen associations or it is famously called *Rukun Warga*, and it is abbreviated as *RW* in Indonesia. The research was done in 02 Citizen Association (*RW* 02) which has three *Posyandus* including *Posyandu Kemuning 1*, *Posyandu Kemuning 2*, and *Posyandu Kemuning 3*, each of which is handled by eight (8) cadres. Therefore, there are 24 volunteers who play a very important role in improving the community health in this *RW*.

The three *Posyandus* have only 1 (one) point or place to run the activities, so that each *Posyandu* takes turns in managing the activities. The activities are conducted once a month; therefore, when the *Posyandu Kemuning 1* organizes the activities every third Thursday of the weeks, *Posyandu Kemuning 2* and 3 have to adjust for another day. Moreover, the *Posyandu* activities should be in relevant to the schedule of the person who is in charge in the Community Health Center because the *Posyandu* activities are under the guidance of the Community Health Center.

The researchers are interested in carrying out the research in the three *Posyandus* because *RW* 02 Makasar urban village, East Jakarta is the most densely populated among the other *RWs* in this village. Moreover, there are many rented houses, whose residents are young couples who are still fertile.

The *Posyandu* Activities

In general, the *Posyandu* activities include monitoring the growth and development of infants, maternal and child health services such as immunization for the prevention of diseases, prevention of diarrhea, family planning services, education, and counseling when needed. The *Posyandu* target is the entire community/family, especially newborns, infants, toddlers, pre-school children, pregnant women, nursing mothers, postpartum mothers, and couples of childbearing age. However, the *Posyandu* cadres' activities in *Kemuning 1*, *Kemuning 2*, and 3 are the same, among other things are:

1. Registering the infants, toddlers, and pre school children under five years old who were brought to *Posyandu* (Desk 1).
2. Weighing the infants, toddlers, and pre school children under five years old who were brought to the *Posyandu* every month to be observed growth (Desk 2)
3. Recording the infants' weight, toddlers, and pre school children under five years old (Desk 3)

Based on the observation of the researchers, the dominant children who were brought to *Posyandu* are those who aged under two years. From the interviews, and the reality on the field, precisely in *Posyandu* 02 Citizen Association, Makasar urban village, East Jakarta, the number of mothers who weigh the babies is only 180 out of 470 (four hundred and seventy) mothers. The less number of mothers who bring the children to *Posyandu* is particularly caused by the unwillingness to pay voluntary contributions. For the working mothers, they could not bring their babies because they do not have time to go to *Posyandu*.

Anchored in this information, the researchers are interested in raising concerns that include:

1. Will the socialization and demonstrations about food addition to breast milk carried out by the

- research team be successful?
2. What are the constraints faced by the *Posyandu* cadres all through the duty at *Posyandu Kemuning* in 02 Citizen Associations, Makasar urban village, East Jakarta?
 3. What are the benefits of the socialization and demonstrations on food addition to breast milk for the *Posyandu* cadres and the community in 02 Citizen Association, Makasar urban village, East Jakarta?
 4. What are the expectations of the *Posyandu* cadres and the community in 02 Citizen Associations, Makasar urban village, East Jakarta?

The Research Method

The method used in this research is socialization and demonstrations. The socialization and demonstrations about additional foods to breast milk are given to the *Posyandu* cadres and the mothers who have babies, toddlers, or pre-school children in *Kemuning Posyandu*, 02 Citizen Associations, Makasar urban village, East Jakarta, Indonesia. Therefore, main source of this research is *Posyandu* cadres and mothers who have babies, toddlers, or pre-school children.

The population in this study was all *Posyandu* cadres in Makasar urban village, East Jakarta, totaling 136 *Posyandu* cadres. However, the sample is selected only 24 volunteers who served in 02 Citizen Associations, Makasar urban village, East Jakarta.

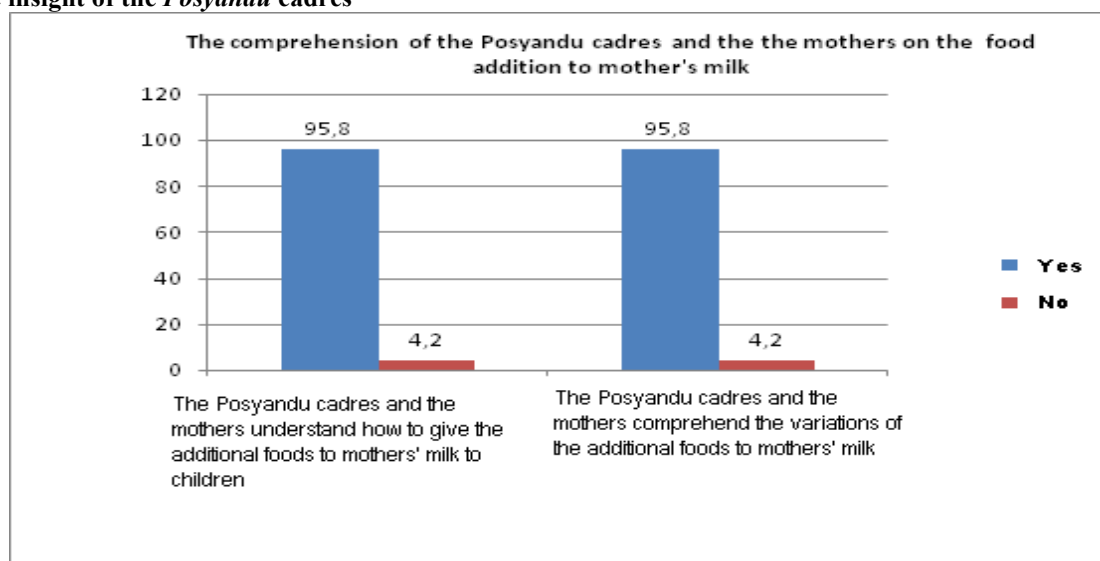
The research is carried out three months from September until November, 2015. The techniques of data retrieval are done by giving questionnaires directly to each *Posyandu* cadres and the mothers. The questionnaires are used to obtain the understanding of the *Posyandu* cadres and the mothers on how to give the additional foods to mothers' milk, the additional foods variations, the mechanism of giving the additional foods, and how to select the additional foods.

Data analysis is selected according to the characteristics of the study sample, which is to address the problems of research that has been done. The data is collected and analyzed by quantitative descriptive. Furthermore, in accordance with the answers to the problems, sufficient data are analyzed by calculating the percentage of the amount of data obtained and presented in the form of a diagram.

The Research Results

After the socialization and food demonstrations on the additional foods to mothers' milk, it is identified that the *Posyandu* cadres and the mothers understand how to give the additional foods to mothers' milk, the additional foods variations, the mechanism of giving the additional foods, and how to select the additional foods. This means that: (1) the socialization and demonstrations about food addition to breast milk carried out by the research team are thriving, (2) there are almost no obstacles encountered by *Posyandu* cadres and the mothers for carrying out the tasks in *Posyandu Kemuning* in the 02 Citizen Association, Makasar urban village, East Jakarta, (3) the socialization and demonstrations of the complementary foods for *Posyandu* cadres are of use, (4) the *Posyandu* cadres and the mothers look forward to having the similar activities in the future. The percentage of the data obtained is shown in the following diagram.

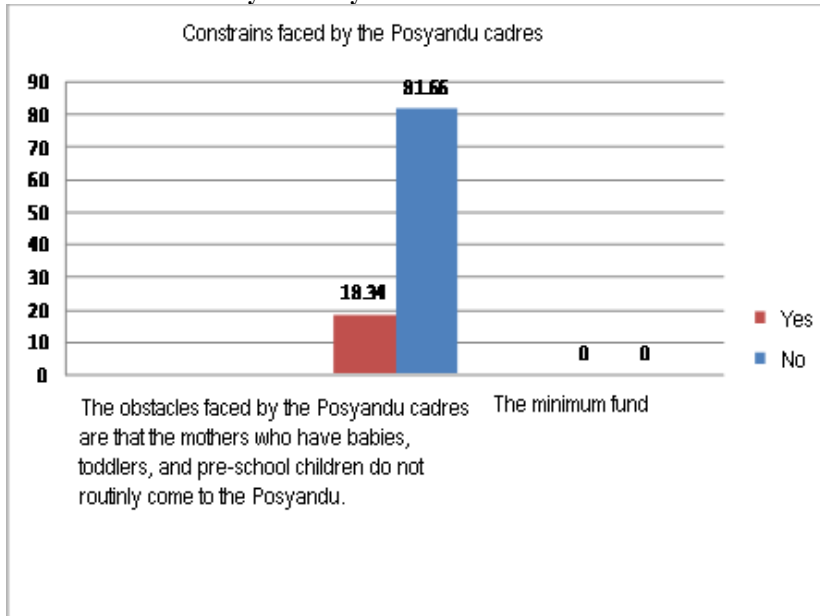
The insight of the *Posyandu* cadres



The diagram shows that the majority of *Posyandu* cadres state that the socialization and food demonstrations are in accordance with the needs of the *Posyandu* and the mothers, and help to reduce the obstacles that occur in *Posyandu*. This is in accordance with the Law Decree Number 20 of 2003 on the National

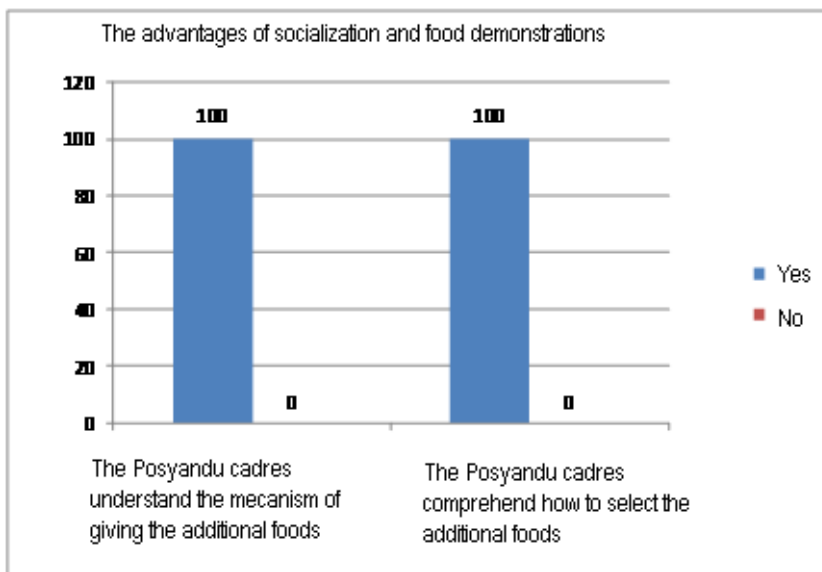
Education System of the fourth part of Article 20, paragraph 2 stating that universities are obliged to provide education, research, and community service. The dedication to the community in general is more emphasis on the application of science, technology and art (Science and Technology). It means that the researchers have socialized the knowledge about complementary foods in *Kemuning Posyandu* of the 02 Citizen Association, Makasar urban village, East Jakarta are very valuable to the local communities, especially for mothers who still have babies from 6 months up to toddlers, or pre-school children.

The obstacles faced by the Posyandu cadres



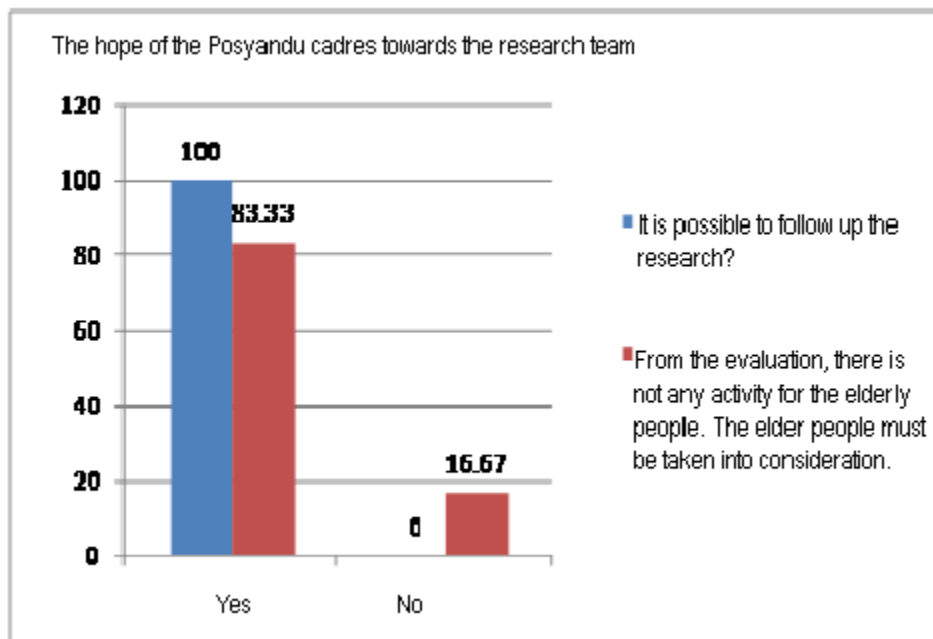
From the diagram, it is known that most of the obstacles encountered are the presence of *Posyandu* cadres especially mothers who do not routinely come to the *Posyandu* to weigh the babies. Therefore, it makes difficult to see the development and the growth of infants, toddlers, and the pre-school children in the environment of their citizens. It is appropriate to the observations during the activities take place. The number of mothers who weigh the baby is up and down. However, compared to the data before, it can be said that the presence of mothers who weigh their babies tend to rise in number. This is in accordance with Sudirto (2013) that the number of visits of children under five years old in *Posyandu* always reduces as if it is dead, his body was there but the spirit is not there. Mainous (2014) says that the decline in visits to *Posyandu* in the urban cities is because people tend to be individualism, materialism, the demands of a professional service, high social sensitivity, and prioritize profit and loss. The *Kemuning Posyandu* in 02 Citizen Associations, Makasar urban village is located in the urban areas. Therefore, what proposed by Mainous (2014) is true.

The valuable of the socialization and food demonstrations



The diagram suggests that all *Posyandu* cadres claim that the activities about socialization and food demonstrations of complementary foods to breast milk is of assistance for the *Posyandu* and for 02 Citizen Associations, Makasar urban village, East Jakarta. This is indicated by the increasing knowledge about the benefits and granting complementary feeding to thier babies so that they grow healthier and according to the hope. This is in line with the opinion of Soegeng Santoso (2012) who says that children of the age of 3 to 6 years, including community groups called nutritional vulnerable group, that is the group who is most likely to suffer from nutritional disorders. Health that is supported by a state of good nutrition is the main capital to grow and develop optimally for a child.

The *Posyandu* cadres' hopes



The diagram shows that all *Posyandu* cadres expect the activities can be resumed. This is because the presence of the researchers they increase their knowledge. In addition, the research team donates Rp . 2.250.00; 3 fruit blenders, some boxes of milk, and green beans that can certainly help the *Posyandu* programs. The *Posyandu* activities are mainly supported by voluntary donations from the visitors.

Conclusions and Recommendations

Conclusion. Based on the results of the discussion, it can be concluded that additional foods to breast milk are of primary importance to young children. The varieties of additional foods are abundant in Indonesia. However, if mothers do not know how to select the additional foods and nourish the babies, the plentiful of additional foods are futile. There are some conclusions that can be made such as the following.

1. The socialization and complementary feeding demonstrations held in *Kemuning Posyandu*, 02 Citizen Associations, Makasar urban village, Jakarta was successful. It is because the activities are held in accordance with the needs of *Posyandu*. The activities motivate mothers who have infants, toddlers, and pre-school children to always weigh the babies as well as giving complementary foods on a regular basis according to the age.
2. Constraints faced by the *Posyandu* cadres, especially is the presence of the mothers. They do not customarily get to the *Posyandu* to weigh their babies, making it difficult to see the progress of the growth of infants, toddlers, or the pre-school children.
3. Socialization and complementary feeding demonstrations are worthwhile, because it enhances the knowledge of the *Posyandu* cadres as well as mothers who have babies.
4. The *Posyandu* cadres hope that the socialization and food demonstrations should be continued because these activities increase the knowledge as well as help resolve issues related to funding.

Suggestions. There are several suggestions, among others are:

1. *Posyandu* cadres should be more creative to motivate citizens to always pay attention to the growth and health of their babies.
2. *Posyandu* cadres should be able to engage the *Posyandu* participants to be creative to hold activities that can generate funds, and that can overcome the shortage of funding.

References

- Annisakarnadi. 2014. *Makanan Pendamping ASI WHO*. Diakses dari <http://duniasehat.net/2014/02/11/makanan-pendamping-asi-mpasi-who/> tanggal 21 Pebruari 2016.
- Arifin, ELJ. 2012. *Buah-buahan yang Baik untuk Bayi*. Diakses dari <http://informasitips.com/buah-yang-baik-untuk-bayi> tanggal 22 Pebruari 2016.
- Barnhart, C. L. and Barnhart, R. K. (1982) *The World Book Dictionary, Volume two L-Z*. Chicago: Worl Book-Childcraft International, Inc.
- Depkes RI. (2000). *Pemberian Makanan Tambahan*. Jakarta: Departemen Kesehatan RI.
- Ferryngongo. (2012). *Perbedaan Gizi Kurang dan Gizi Buruk*. Diunggah dari <http://ferryngongo.blogspot.com/2012/10/makalah-perbedaan-gizi-kurang-dan-gizi.html> tanggal 11 Pebruari 2014
- <http://www.clt.astate.edu/dagnew/adulted/admedemol1a.pdf> obtained February 15, 2016
- Matteson, D. M. and Freeman, D.K. (2006) *Assessing and Teaching Beginning Readers: A Picture is worth 1000 words*. New York: Richard C. Owen Publisher, Inc.
- Kementerian Kesehatan Republik Indonesia. (2011). *Buku panduan Kader Posyandu Menuju Keluarga Sadar Gizi*. Jakarta: Direktorat Bina Gizi/Kementerian Kesehatan RI.
- Lundberg, Accessed on <http://www.sociologydiscussion.com/socialization/the-importance-of-socialization-in-society/2200> obtained February 12, 2016
- Mainous dalam KESMAS. 2014. Kader Posyandu. Diakses dari <http://www.indonesian-publichealth.com/kader-posyandu/> tanggal 23 Pebruari 2016
- Pantow, JBS, Agus Santoso, Siregar, H, Tetty, Minrohayai (2015). *Pedoman Pelaksanaan Pengabdian kepada Masyarakat*. Penerbit Universitas Terbuka.
- PNPM Mandiri. 2013. *Harapan Ibu dan Balita Pada Posyandu Desa Permisan Sidoarjo*. Diakses dari <http://pnpm-jatim.blogspot.co.id/2013/10/harapan-ibu-dan-balita-pada-posyandu.html>, tanggal 24 Pebruari
- Silawati, A, Yunita, B, Aristyanita, C V, Wijaya, C, Sihotang, K. (2013). *Buku panduan bagi Masyarakat tentang Pemberian makanan pada bayi dan Anak*. Jakarta: Wahana Visi Indonesia.
- Santoso, S. (2012). *Kesehatan dan Gizi*. Jakarta: Universitas Terbuka.
- Suripto. (2008). Fektifitas Kader Posyandu Tingkat Kecamatan Di Kota Padang Tahun 2008. Accessed on <http://suripto3x.wordpress.com/2010/03/31/efektifitas-kader-posyandu-tingkat-kecamatan-di-kota-padang-tahun-2008-suripto1/> January 27, 2014.
- Yuanita (2013). *Tingkatkan Posyandu, SIP Disosialisasikan*. Accessed on <http://ekbis.sindonews.com/read/2013/06/25/31/753669/tingkatkan-posyandu-sip-disosialisasikan>. January 27, 2014
- Sudirto (2013) *Revitalisasi Posyandu*. Accessed on <http://sudirto.rejanglebongkab.go.id/2013/03/08/kenapa-posyandu-menjadi-sepi-seperti-mati-suri/> February 22, 2016