

Pengabdian Kepada Masyarakat Inovasi Penanganan Stunting melalui Pijat Ibu Hamil dan PMT Es Krim Daun Kelor

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Abstrak— Stunting is a nutritional problem in Indonesia. As many as 159 million children are stunted worldwide, and 9 million are Indonesian children (Global Nutrition Report, 2014). One of the 1000 priority villages for stunting in Central Java is Keprabon Village, Polanharjo, Klaten. Handling of stunting focuses on the First 1000 Days of Life. One of the targets for handling stunting is pregnant women, so that the aim of community service in Keprabon Village is an innovation in handling stunting in the form of massage training for pregnant women and training in making supplementary food giving Moringa ice cream Community service methods in the form of Health Education, training in massage for pregnant women and training in making Moringa ice cream. The media used to assist the implementation of community service were leaflets, videos of massage for pregnant women and videos of making Moringa ice cream. The training was carried out by the community service Implementation Team from the University of Duta Bangsa (UDB) Surakarta in collaboration with the Keprabon Village Government and the Keprabon Village Posyandu Kencana Rini by implementing health protocols. The target of the training is 25 cadres from Posyandu Kencana Rini I, II, III, IV and V. The method of implementing the training is preceded by health education regarding the health of pregnant women and the nutritional needs of pregnant women followed by the practice of massage for pregnant women and the practice of making Moringa ice cream by a cadre of posyandu Kencana Rini guided by the Duta Bangsa University implementation team. The result of community service was that Posyandu cadres were able to apply massage for pregnant women and making of Moringa ice cream.

Kata Kunci— stunting, massage, PMT, pregnant women

Abstrak— Stunting merupakan salah satu masalah gizi di Indonesia. Sebanyak 159 juta anak stunting di seluruh dunia, dan 9 juta adalah anak Indonesia (Global Nutrition Report, 2014). Salah satu 1000 desa prioritas stunting di Jawa Tengah adalah Desa Keprabon, Kec. Polanharjo, Kab. Klaten. Penanganan stunting fokus kepada 1000 Hari Pertama Kehidupan (HPK). Salah satu sasaran penanganan stunting adalah ibu hamil, sehingga tujuan pengabdian kepada masyarakat di Desa Keprabon adalah inovasi penanganan stunting berupa pelatihan pijat ibu hamil dan pelatihan pembuatan Pemberian Makanan Tambahan (PMT) es krim daun kelor. Metode Pengabdian Kepada Masyarakat (PKM) berupa Pendidikan Kesehatan (PenKes), pelatihan pijat ibu hamil dan pelatihan pembuatan PMT es krim daun kelor. Media yang digunakan untuk membantu pelaksanaan PKM berupa leaflet, video pijat ibu hamil dan video pembuatan PMT es krim daun kelor. Pelatihan dilaksanakan oleh Tim Pelaksana PKM dari Universitas Duta Bangsa (UDB) Surakarta bekerja sama dengan Pemerintah Desa Keprabon serta Posyandu Kencana Rini Desa Keprabon dengan menerapkan protokol kesehatan. Sasaran pelaksanaan pelatihan adalah 25 kader dari Posyandu Kencana Rini I, II, III, IV dan V. Metode pelaksanaan pelatihan didahului dengan Pendidikan Kesehatan (PenKes) mengenai kesehatan ibu hamil dan kebutuhan gizi ibu hamil dilanjutkan dengan praktik pijat ibu hamil dan praktik pembuatan PMT daun kelor oleh kader posyandu Kencana Rini dipandu oleh Tim pelaksana UDB Surakarta. Hasil PKM adalah kader Posyandu mampu mengaplikasikan pijat ibu hamil dan pembuatan PMT es krim daun kelor.

Kata Kunci— stunting, pijat, PMT, ibu hamil

I. PENDAHULUAN

KDPDTT, 2018 states that, In 2016, as many as 155 million children in the world were stunted. Stunting is a condition of failure to thrive in children under five as a result of chronic malnutrition that makes the child too short for his age. Malnutrition occurs since the baby is in the womb and in the early days after the child is born, but only appears after the child is two years old. Stunting has an impact on the level of intelligence, susceptibility to disease, decreased productivity, inhibits economic growth, increases poverty and inequality. Improving nutrition in the first 1000 days of life (1000 HPK), from the time the fetus is in the womb to the age of two, is the key to reducing stunting, increasing cognitive abilities and educational attainment which in turn will trigger economic

growth. Therefore, investment in nutrition in pregnant women, babies and children should be important and strategic, so that when the child is born they will be free from LBW (Low Birth Weight) and the risk of growth problems so they don't experience stunted (stunted).

TNP2K. 2017 states that, In August 2017, the government through the National Team for the Acceleration of Poverty Reduction (TNP2 prioritized stunting management in 1000 villages in 100 districts / cities throughout Indonesia, with handling through specific and sensitive interventions. One of the 1000 priority villages for stunting in Central Java is Keprabon Village, Kec. Polanharjo, Klaten District. In September 2017, the Keprabon Village government together with community organizations, especially village midwives

and Posyandu Kencana Rini, were preparing to plan stunting management programs in accordance with the strategies set by the government, namely specific nutrition interventions and sensitive nutrition interventions. Specifically targeting pregnant women, newborns up to 23 months of age and family Specific nutrition interventions are short-term. Sensitive nutrition interventions are carried out by the Keprabon Village Government by encouraging village community awareness in dealing with maternal and child health problems through APB Desa / Village Fund.

Subandi, 2019, states that, PKM's first partner is a village midwife who acts as a supervisor for the five posyandu in Keprabon Village. Based on the initial data survey, information was obtained that in 2020, the priority for handling stunting will focus on innovations targeting pregnant women. Innovation is a process and / or development result of the utilization of a product / resource that has been there before, so that it has more meaningful value.

II. METODE

The method of implementing the Community Partnership Program (PKM) starts with a permit to the Keprabon Village government followed by the preparation of a training venue, training targets and training media. The implementation of the PKM program is carried out by complying with health protocols. Health protocol stages that must be met include: washing hands with soap (CTPS), using a mask, maintaining distance, checking body temperature using a thermometer and participants and limited meeting times.

III. HASIL

The outputs of the PKM activities are the innovative video for pregnant women relaxation massage and the innovation video for making PMT Moringa leaf ice cream. The benefits obtained / outcomes of PKM activities are divided into two, namely the short-term outcome is the knowledge and skills of 25 posyandu Kencana cadres I, II, III, IV and V regarding massage for pregnant women and making PMT Moringa leaf ice cream. The long-term outcome of implementing PKM activities is that it is hoped that 25 trained cadres can continuously pass on knowledge and skills regarding massage and PMT production to pregnant women to members of Posyandu Kencana Rini I, II, III, IV and V Keprabon village, Polanharjo district, Kab. Klaten.

The PKM Implementation Team from Duta Bangsa University Surakarta, namely two lecturers assisted by two students at each training activity.



Picture 1.

Photo with the PKM Implementation Team and Posyandu Kencana Rini Cadres in Keprabon Village

The PKM activity begins with health education regarding the health of pregnant women, nutrition of pregnant women, followed by the theoretical and technical presentation of massage for pregnant women and the manufacture of PMT for Moringa leaf ice cream. Specifically, these activities are as follows:

1. Presentation of material on the health of pregnant women and massage for pregnant women



Figure 2.

Presentation on Maternal Health and Nutrition of Pregnant Women by PKM Implementers

2. The practice of massage for pregnant women by Posyandu cadres is guided by PKM Implementers



Figure 3.
Massage Practices for Pregnant Women guided by PKM Implementers

3. The practice of making Moringa Leaf Ice Cream PMT was guided by the PKM Implementer



Figure 4.
Practice of Making PMT Moringa Leaf Ice Cream

4. Evaluation of the Implementation of Massage Training for Pregnant Women and Training on Making PMT for Moringa Leaf Ice Cream



Figure 5.
Evaluation of PKM Implementation by Village Midwives / Posyandu Kencana Rini coach

5. Media Training for Pregnant Women Massage and PMT Ice Cream

Media training for massage for pregnant women and making PMT ice cream in the form of leaflets. The leaflet is as follows:



Figure 6.
Pregnant Mother Massage Leaflet Page 1



Figure 7.
Pregnant Mothers Massage Leaflet Page 2



Figure 8.
Leaflet for Making PMT Moringa Leaf Ice Cream Page 1



Figure 8.

Leaflet for Making PMT Moringa Leaf Ice Cream Page 2

6. Video Massage for Pregnant Women and Video Making PMT for Moringa Leaf Ice Cream Uploaded on Youtube
 - a. Massage techniques for pregnant women exemplified by the PKM implementer were recorded and uploaded on the YouTube link <https://youtu.be/5k1vSsFFbjA>
 - b. The technicality for making PMT Kelor Leaf Ice Cream, which is exemplified by the PKM implementers, is recorded and uploaded on the YouTube link <https://youtu.be/oii2D5Ks20c>
 - c. Documentation of massage training for pregnant women on the YouTube link <https://youtu.be/kUfSYpDezIY>

IV. KESIMPULAN

Implementation of community service in the form of massage training for pregnant women and training on making PMT for Moringa leaf ice cream using media, namely leaflets and videos of pregnant women massage practices and practice videos of making PMT for Moringa leaf ice cream. PKM targets are 25 Posyandu Kencana Rini cadres in Keprabon Village. Documentation of the implementation of massage for pregnant women and training in making PMT Moringa leaf ice cream are uploaded on the YouTube link.

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