

Empowering Health Workers as Breastfeeding Counselors to Prevent Stunting At puskesmas Jelakombo, Jombang Regency

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Abstract

The purpose of the activity is to increase knowledge and skills for health workers as breastfeeding counsellors at the Jelakombo Health Center, Jombang Regency. Training method: lectures, discussions and field practices to counsellors for 5 days with 19 participants consisting of counsellors working at PUSKESMAS PONED. The material provided: the principles of correct breastfeeding, the principle of being a counsellor, the problems faced and how to overcome them in breastfeeding, demonstrations and demonstrations as a counsellor and the direct practice of facing mothers in the community as counsellors. training methods with the active participation of participants that will result in a faster learning process: presentations, group work and clinical practice The results of the training improve the knowledge, attitudes and behaviour of counsellors in providing education to pregnant and lactating women. Training with methods that involve active participants will make it easier for participants to achieve their goals as counsellors who practice directly with pregnant and lactating women. The results of the program evaluation found that there was an increase in knowledge by 47.6% and skills by 57.9%

Keywords: Training; counsellor: exclusive breastfeeding

Abstrak

Tujuan dari kegiatan ini adalah untuk meningkatkan pengetahuan dan keterampilan bagi tenaga kesehatan sebagai konselor menyusui di Puskesmas Jelakombo, Kabupaten Jombang. Metode pelatihan: kuliah, diskusi dan praktik lapangan kepada konselor selama 5 hari dengan 19 peserta terdiri dari konselor yang bekerja di PUSKESMAS PONED. Materi yang diberikan: prinsip-prinsip pemberian ASI yang benar, prinsip menjadi konselor, masalah yang dihadapi dan bagaimana mengatasinya dalam menyusui, demonstrasi dan demonstrasi sebagai konselor dan praktik langsung menghadapi ibu di masyarakat sebagai konselor. metode pelatihan dengan partisipasi aktif peserta yang akan menghasilkan proses pembelajaran yang lebih cepat: presentasi, kerja kelompok dan praktik klinis Hasil pelatihan meningkatkan pengetahuan, sikap dan perilaku konselor dalam memberikan pendidikan kepada ibu hamil dan menyusui. Pelatihan dengan metode yang melibatkan peserta aktif akan memudahkan peserta untuk mencapai tujuannya sebagai konselor yang berlatih langsung dengan ibu hamil dan menyusui. Hasil evaluasi program menemukan bahwa terdapat peningkatan pengetahuan sebesar 47,6% dan keterampilan sebesar 57,9%

Kata Kunci: Pelatihan; konselor: menyusui eksklusif

BACKGROUND

Counselling training is a planned process to accelerate the growth of the client (Taufik, 2010) a series of contacts or direct relationships with individuals whose purpose is to provide assistance in changing attitudes and behaviours (Taufik, 2010). Breastfeeding is the process of giving breast milk to a baby or

young child with breast milk (breast milk) from the mother's breast. Babies use the sucking reflex to obtain and swallow milk (Wikipedia, 2011). To reduce infant morbidity and mortality, UNICEF and WHO recommend that babies only be breastfed for at least 6 months, and breastfeeding should be continued until the baby is two years old (WHO, 2018) and then given complementary food (food). provision of complementary food) to meet the nutrition of children who are growing up during the first 1000 days of life. WHO has recommended that the initiation of breastfeeding in the first hour of life and exclusive breastfeeding for 6 months can prevent the baby from stunting.

Exclusive breastfeeding means that the baby receives only breast milk without the addition of food or drink, including water. The breastfeeding process that occurs between the baby and the mother is a process that should be pleasant for both the mother and the baby. Breastfeeding can be given directly from the mother's breast or with a cup or spoon because the mother and baby are experiencing something that prevents breastfeeding directly using a bottle or pacifier. (WHO, 2018). Based on data from the Indonesian Ministry of Health, there was an increase in breastfeeding during the COVID-19 pandemic by 52 per cent. This figure is a significant increase compared to last year Compared to the 2019 period, there was an increase in breastfeeding in 2020. It rose from 20 per cent to 52 per cent in the first trimester of 2020.

The STIKES Jombang Regency Government in collaboration with the District Health Office organized training for PONEPUSKESMAS counsellors consisting of doctors, nurses, midwives, coordinating midwives and nutrition officers to improve competency skills as breastfeeding counsellors who can reduce stunting rates in Jombang Regency.

Breastfeeding as early as possible starting from the first hour of life will affect exclusive breastfeeding for 6 months for the baby and continued with breastfeeding (breast milk) will affect the nutrition of children in the first 1000 days of life to prepare healthy, intelligent, and productive human resources as a very valuable asset for the nation and state of Indonesia (Ristanti, A. D., - Masita, E. D. 2021).. The Stikes Jombang Regency Government was called to conduct counselling training as a form of community service together with the Jombang Health Office which aims to improve the competence of counsellors

OVERVIEW OF SOCIETY, PROBLEMS AND SOLUTION TARGETS

Overview of society

The lack of success of counselling training can be caused by suboptimal such as lack of human resources, limited infrastructure, no technical instruction to carry out breastfeeding counselling, no post-training monitoring, lack of personal commitment of counsellors, no confirmation of programs, and weak supervision. The output component is still not good, it can be seen that there is no data on the number of clients given breastfeeding counselling and the number of monitoring/supervision. The results component showed that the satisfaction of breastfeeding counselling clients was less.

Most health workers have not been able to play an effective role in helping to breastfeed, since very little time is allocated for breastfeeding counselling lessons, during education. skills training is required to help, support, and protect breastfeeding; For health workers and anyone who is interested in helping breastfeeding mothers, a competent counsellor is needed to help mothers to be successful in breastfeeding.

Based on the survey, data was obtained that in Jombang regency there are 34 puskesmas consisting of PONEP health centres and Non-Poned Health Centers. The target of breastfeeding counsellors in jombang district until 2030 is 300 counsellors. the number of counsellors until 2020 is 200 counsellors, the number of breastfeeding counsellors. a counsellor requires knowledge and skills in carrying out his role .

Problem

These include human resources, limited infrastructure and no technical instructions to carry out breastfeeding counselling, no post-training monitoring, lack of personal commitment of counsellors, no confirmation of programs, and weak supervision.

The output component is still not good where the satisfaction of breastfeeding counselling clients is less.

Solution targets

The target solution in this activity is to conduct training and assistance to health workers who work at the Jalakumbo Jombang Health Center so that it plays an effective role in helping to breastfeed and becoming counsellors

METHOD

The approach taken in this activity uses an empowerment approach through training and mentoring breastfeeding counsellors. The targets of this activity are doctors, nurses, midwives and dentists, totalling 19 participants. An indicator of the success of this activity is the improvement of knowledge and skills as a breast milk counsellor. This activity lasted for 7 days. The instruments used are pre-and post-test questionnaires of activities. The implementation of the activity uses modules that have been prepared by the Ministry of Health which are used as a guide in the training of breastfeeding counsellors Ristanti, A. D., & Masita, E. D. (2021).



Figure 1 Training and mentoring health workers as breast milk counselors

RESULTS AND DISCUSSION

This community service is an implementation of the title of research on factors affecting nutrition in Baduta, Jombang regency in 2019

Table 1 participant knowledge before and after training

Level of knowledge	F pre	Per cent	F post	Per cent
Less	4	21,1	0	
Enough	10	52.7	5	26.2
Good	5	26,2	14	73,8

Based on table 1. Knowledge of trainees after an increase of 47.6% to good knowledge

Table 2 Psychomotor as a counsellor before and after training

Skills	F pre	Per cent	F post	Per cent
competent	8	42.1	0	
Not competent	11	57.9	19	100

Based on table 2 psychomotor participants after attending the training were 100% competent (an increase of 57.9%)

DISCUSSION

Empowerment through training and mentoring is carried out through 3 activities, namely the presentation of material, practicum and demonstrations as well as clinical practices can stimulate active involvement (Munjidah, A., Masita, E. D., Suwito, B. E., & Novianti, H. 2022). and the self-reflection method in which participants are given the opportunity to express their feelings while carrying out their role as a counsellor effectively changing the knowledge and psychology of the trainees (Masita, E. D., & Amalia, R. 2018) . A person who accepts knowledge by involving all the five senses will be easier to remember. The psychomotor enhancement will be easily imitated by a person if the person performs such activities. Masita, E. D., Maimunah, S., & Abidah, S. N. (2019)

CONCLUSIONS AND RECOMMENDATIONS

Conclusion

Counselling training with 3 methods will be easily carried out by health workers who act as counsellors who are competent in providing material and assistance in breastfeeding to prevent stunting.

Suggestion

Increase the number of counsellors in puskesmas with on-the-job training for other health workers, such as the method used in the district

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