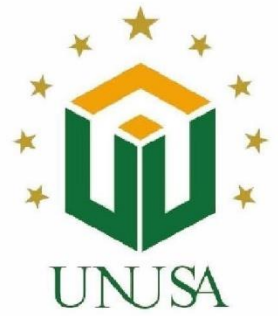


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UNUSA

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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Strengthening Teacher Responsibility towards Islamic Education In Ibtidaiyah Madrasah at Kasih Sayang Foundation

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Abstract

A phenomenon that has been seen during the fact that most teachers do not carry out their obligations as they should due to having different educational backgrounds, the ability of children who are lacking with a background low socioeconomics and demands on the fulfilment of administrative completeness as a teacher receiving a professional certification. This activity aims to strengthen the responsibility of teachers as a profession, especially religious teachers. This method of service activity uses a Participation Action Research (PAR) approach through socialization, training and mentoring to teachers, especially in aspects of faith, morals, physical, and intellectual improvement of students, student psychology and society. The target of this activity is the total number of teachers who teach Ibtidaiyah Madrasah at The Kasih Sayang Foundation, which is 20 teachers. The instrument in this activity uses a pre and post-test questionnaire while the difference test uses a Wilcoxon test with $p = 0.001$. There is a change in the responsibility of teachers of Islamic religious education after this activity ends

Keywords: Responsibility; Education; Islam

Abstrak

Sebuah fenomena yang telah terlihat selama fakta bahwa sebagian besar guru tidak melaksanakan kewajiban mereka sebagaimana mestinya karena memiliki latar belakang pendidikan yang berbeda, kemampuan anak-anak yang kurang dengan latar belakang sosial ekonomi yang rendah dan tuntutan pemenuhan kelengkapan administrasi sebagai guru yang menerima sertifikasi profesional. Kegiatan ini bertujuan untuk memperkuat tanggung jawab guru sebagai profesi khususnya guru agama. Metode kegiatan pengabdian ini menggunakan pendekatan Participation Action Research (PAR) melalui sosialisasi, pelatihan dan pendampingan kepada guru, khususnya dalam aspek iman, moral, peningkatan fisik, dan intelektual siswa, psikologi mahasiswa dan masyarakat. Sasaran kegiatan ini adalah jumlah guru yang mengajar Madrasah Ibtidaiyah di Yayasan Kasih Sayang, yaitu sebanyak 20 guru. Instrumen dalam kegiatan ini menggunakan kuesioner pra dan pasca tes sedangkan uji beda menggunakan tes Wilcoxon dengan $p = 0,001$. Ada perubahan tanggung jawab guru pendidikan agama Islam setelah kegiatan ini berakhir

Kata Kunci: Tanggung Jawab; Pendidikan; Islam

BACKGROUND

Islamic education has several terms of education, but in naquib al-Attas's opinion prefers the term *al-ta'dib* to provide an understanding of education compared to other terms, because *al-ta'dib* denotes education for humans only, while the terms *al-tarbiyah* and *alta 'lim* apply to other beings (animals) stated by (Al-Attas, 2019). Education is an activity carried out by humans with the aim of being able to develop human individuals. Islam as a religion is very concerned and even emphasizes to its people to always follow the educational process. Even Islamic education comes directly from the Qur'an and Hadith. This Islamic education is used to develop human beings from the time they live in this world until their life in this world ends, so Islamic education is a lifetime. There should be a difference between adult education and children's education

In the process of education, human beings are also required to have a sense of responsibility to carry it out properly. This certainly has a good effect on the person and also this responsibility has been emphasized by the Prophet SAW "Each of you is a leader and is responsible for what he leads. The priest is a leader and is in charge of his people. Men are leaders in their families and are in charge of their family members. And a woman is a leader in her husband's household, and she is in charge of all her family members. A servant is a leader for his employer's property, and he is responsible for the safety and integrity of his property "(Bin Ismail, 1993). Jela, K., Kerawing, O. Y., Pai, I., & Margaretta, M. (2022)

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET

SOLUTIONS

General description

Islamic education has been carried out from an early age to human adulthood. Meanwhile, in formal education, Islamic education is held starting from early childhood education to the university level. In this case, the role of the teacher as one of the elements of providing education becomes very vital for the success of Islamic education itself.

Problem

Lack of interventions aimed at Strengthening educational responsibilities related to The Responsibility of Faith/Tawhid Education; Responsibility for Moral Education; Physical Education Responsibilities; Responsibility for Intellectual Education; Mental Education Responsibilities; and Social Education Responsibility.

METHOD

The service method used is Participation Action Research (PAR). Participation Action Research is a research activity in the form of research carried out with participation in the form of implementing socialization in schools to teachers to make changes for the better. PAR is a research that actively involves all relevant parties (stakeholders) in reviewing ongoing actions in order to make changes and improvements in the expected direction.

RESULTS AND DISCUSSION

Indicators of aspects of strengthening the responsibility of Islamic Education Teachers pre and post test

Table 1. Strengthening the Responsibility of Islamic Education Teachers in Ibtidaiyah Madrasah at Yayasan Kasih Sayang

NO	Teacher Strengthening Indicators'	Pre		Post	
		Frequency	Percentage	Frequency	Percentage
1.	Strengthening Teacher Responsibility for Faith / Student Tawhid Education	11	55%	1	5%
2.	Strengthening Teacher Responsibility for Student "Moral" Education	4	20%	7	35%
3.	Strengthening Teacher Responsibility for Students' Physical Education	5	25%	12	60%

4.	Strengthening Teacher Responsibility for Students' Intellectual Education	20	100%	20	100%
5.	Strengthening Teacher Responsibility for Students' Mental Education	15	80%	15	60 %
6.	Strengthening Teacher Responsibility for Student Social Education	15	80%	15	20%
Wilcoxon Signs Statistical Test Ranking Test			Result P value = 0.001		

The PAR method is able to provide Strengthening teacher responsibility toward faith/student tawhid education. This is because the PAR model is able to develop abilities and shape character, fostering motivation so that physical and spiritual innate potential can develop rapidly in accordance with community values and cultural norms (Djumransjah, 2010).

Faith education means education that keeps children attached to the foundations of faith, the pillars of Islam and the foundations of Islam and this is given when children understand something. The obligation of educators is basically to cultivate the basis of understanding and the basis of faith education in children from the beginning of their growth (Ulwan, 1981). The child will later carry out his obligations as a Muslim both in faith and worship because he already feels bound.

The results of mental and physical training can form humans who have high culture and can carry out duties and responsibilities in the personal life of teachers who carry them out in the teaching and learning process activities and in society. Moral education makes good personality and behaviour with good manners and noble character. (Maimunah, S., & Masita, E. D. 2019).

In physical education activities or physical education is an integral part of total education that seeks to achieve the goal of developing physical, mental, social and emotional fitness for the teacher. Teachers are very enthusiastic about running it based on tutorials recommended for physical health because it is very useful for maintaining physical health. With physical activity carried out there are leisurely walks, heart-healthy gymnastics and holding competitions between teachers and other competitions.

Intellectual education (ratio) shapes the mindset of the child towards something that has benefits, both culture, *shari'a* science, consciousness, modern science, thinking and even human civilization. Intelligence makes humans mature in thinking and is formed in science and culture (Ulwan, 1981). If it is drawn on the education of reason, then the education of reason actually increases knowledge and improves education. Intellectual education can also make human beings free from doubt. A person's mind will be able to accept the new arrival and not stay in the old one before it is determined by his own thoughts. Islam carries out the development of the power of reason by proving and seeking the truth (Qutub, 2013).

The responsibility of mental education is the result of thinking to perform and act on all activities that produce good results. Education that has been more emphasised in terms of intellectual cognitive knowledge must be improved by cardiac education, so as to cultivate psychomotor qualities and spiritual awareness in everyday life and apply to a healthy body there will be a healthy soul. The app gave birth to a policy that gives initiatives to teachers to deal with problems that cause conflicts, fights, physical crimes, theft and others. (Masita, E. D., Isnaini, Y., & Lestari, P. C. A. (2021).

The responsibility of mental education is the result of thinking to perform and act on all activities that produce good results. Education that has been more emphasizing in terms of intellectual cognitive knowledge must be improved by cardiac education, so as to cultivate psychomotor qualities and spiritual awareness in everyday life and apply to a healthy body there will be a healthy soul. This implementation begins with a policy that gives initiatives to teachers to deal with problems that cause conflicts, fights, physical crimes, theft and others. Based on this research, teachers can handle all problems and challenges through approaches, seminars, and using lecture methods. (Munjidah, A., Masita, E. D., Suwito, B. E., & Novianti, H. 2022)

CONCLUSION

The PAR method is able to provide strengthening responsibility to religious teachers as an effort to form student character

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Empowering Employees With Glamping As An Alternative Accommodation In The New Normal Era In Kembang Merta Village, Tabanan Regency, Bali Province

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Abstract

The pandemic situation and the strict health protocols implemented have resulted in a decrease in tourist visits and a decrease in hotel occupancy rates. The government and hotel management conduct a variety of potential businesses for the accommodation services business. One of the things that are a trend for tourists is to choose attractive, safe and comfortable accommodation, return to nature, and avoid large crowds during the Covid-19 pandemic. The alternative presented by accommodation service entrepreneurs is glamping. The method of applying quality of service in glamping management is to provide CHSE (cleanliness, health and safety, and sustainability environment), in each glamping management department, such as the front office department, housekeeping department, food and beverages department. Participants in this activity are all glamping management employees in Kembang Merta Tourism Village. Kembang Merta Tourism Village has succeeded in showing the readiness of glamping management in accepting tourists with the CHSE procedure.

Keywords: Glamping; Accommodation; The New Normal; Tourism.

Abstrak

Situasi pandemi dan ketatnya protokol kesehatan yang diterapkan telah mengakibatkan penurunan kunjungan wisatawan dan penurunan tingkat hunian hotel. Pemerintah dan manajemen hotel melakukan berbagai bisnis potensial untuk bisnis layanan akomodasi. Salah satu hal yang menjadi tren bagi wisatawan adalah memilih akomodasi yang menarik, aman dan nyaman, kembali ke alam, dan menghindari keramaian yang besar selama pandemi Covid-19. Alternatif yang dihadirkan oleh pengusaha jasa akomodasi adalah glamping. Metode penerapan kualitas layanan dalam manajemen glamping adalah dengan menyediakan CHSE (cleanliness, health and safety, dan sustainability environment), di setiap departemen manajemen glamping, seperti front office department, housekeeping department, food and beverages department. Peserta dalam kegiatan ini adalah seluruh karyawan glamping management di Desa Wisata Kembang Merta. Desa Wisata Kembang Merta telah berhasil menunjukkan kesiapan pengelolaan glamping dalam menerima wisatawan dengan prosedur CHSE.

Kata kunci: Glamping; Akomodasi; Normal Baru; Pariwisata

BACKGROUND

The pandemic caused by the Coronavirus since the end of 2019 has resulted in a situation of disruption, or chaos around the world. The economic, educational, health, trade, and social situation of the people is deteriorating. The strictness of health protocols implemented resulted in a drastic decrease in tourist visits and a decrease in hotel occupancy rates. The government and hotel management conduct a variety of potential businesses for the accommodation services business. In the midst of intense industry competition, accommodation services businesses are trying to develop the right marketing mix by finding and understanding tourists' desires, so as to encourage tourists' decision to stay. Travellers have different preferences for the business attributes of accommodation services.

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

One of the things that are a trend for tourists is to choose attractive, safe and comfortable accommodation, return to nature, and avoid large crowds during the Covid-19 pandemic. The alternative presented by accommodation service entrepreneurs is glamping. To ensure that people are ready to face the new normal era of the tourism industry, people must prove their abilities.

The Problem

The main problems of glamping resource management are low education and lack of experience in human resources. This community service tries to develop human resource management in glamping accommodation, especially in the CHSE (cleanliness, health and safety, and sustainability environment) protocol, preparing table set up, and towel arrangement.

METHOD

The implementation method in this community service program uses the approach to empowering employees to manage glamping through training and assistance in applied hospitality competencies. The participants of this activity were glamping management employees in Kembang Merta Village, Tabanan regency, Bali Province, totalling 25 employees and 13 glamping business owners in Kembang Merta Village. This activity aims to improve skills in handling CHSE procedures properly. The material presented relates to CHSE procedures, managing glamping accommodations, table setups, and towel arrangements. Participants are given a guidebook in order to improve their ability to do it easily.

RESULTS AND DISCUSSION

Glamping is a contemporary phenomenon as an alternative accommodation for tourists. The concept of glamorous camping (glamping) presents an alternative to camping, but still provides a sense of security and comfort in enjoying the natural atmosphere (Monita, 2019, Ferdian, 2020). Influential hotel accommodation management has always consisted of employees, owners, government and society, as well as public figures and educated people. Glamping or glamour camping is an activity where tourists stay in tents equipped with lodging facilities. The glamping accommodation business is developing as a new travel alternative in the new normal era after the Covid-19 pandemic. People tend to avoid accommodations consisting of many rooms with high occupancy rates and resulting in high tourist crowds (Adi Pratama, Santi Diwyarthy, Prabawati, 2022).

The development of the glamping accommodation business in Bali as a new form of tourism in the form of nomadic tourism is growing in areas such as the Kintamani area in Bangli, the Ubud area in Gianyar, Munduk in Singaraja, and Jatiluwih in Tabanan. Glamping is a new trend for tourists who avoid travelling and activities en masse, in the new normal era. Now it is starting to bounce back after being forced to close for a year due to the Covid-19 pandemic situation (Utami, 2019, Santi Diwyarthy, 2022). This means that glamping is an attractive and quite complete accommodation with various facilities available for the lifestyle of tourists in the industrial era 4.0 and society 5.0.

The village government together with the managers and owners of glamping are trying to establish cooperation, reviving tourism activities that have been suspended for a year due to the pandemic due to the Corona-19 virus. Readiness to carry out tourism activities, including limiting the number of tourists who come to visit, if it exceeds the capacity of 50% of the glamping capacity. Provision of body temperature measuring devices for tourists who come to visit, hand sanitizers, and disinfectants, at various glamping locations, including in cabins and tents for overnight stays. Glamping owners and managers equip their employees with full vaccines, up to booster vaccines.

Glamping owners and managers expressed the readiness of glamping management to operate in the industrial era 4.0 and society 5.0. by implementing innovations and information technologies supported by the internet network, conducting marketing efforts through digital media, and collaborating with other glamping accommodation networkers.

The glamping manager in Kembang Merta Village stated that almost 75% of bookings from tourists come through the internet network. This means that glamping management requires human resources who are trained and experienced in digital media marketing. Competent glamping management is needed, in order to effectively develop glamping information. Developing community skills can be achieved through community service (Priadi, 2020, Haikal, 2021, Jonathan, 2015).

This community service develops the management of human resources in glamping accommodation, especially in the CHSE (cleanliness, health and safety, and sustainability environment) protocol, preparing table set up, bed cover and towel arrangement. Employees are required to take part in a training program, each for a day full of theory and discussion methods, and a day of practice. Each employee conducts the program many times and proves competence in front of other employees.

CONCLUSION

Glamping has proven to be an alternative accommodation trend during the Covid-19 pandemic. The supporting factors of glamping as an attractive and innovative accommodation in terms of architecture, facilities owned, and complete and luxurious interiors, have increased the tendency of people to live in open spaces.

Kembang Merta Tourism Village has succeeded in showing the readiness of glamping management in accepting tourists with health protocols in accordance with regulations set by the government. Efforts to improve the quality of services are also carried out by cooperating with the government and educational institutions. The revival of Bali tourism is also marked by an increase in glamping residences in Kembang Merta Tourism Village, Baturiti District, Tabanan Regency. This proves the success of glamping management in accordance with the era of the new normal era, based on Industry 4.0 and Society 5.0.

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UNUSA

Halal Certification Training as an Effort to Increase Customer Satisfaction in the Start-Up Business of UNUSA Students

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Abstract

Many Students in Nahdlatul Ulama Surabaya who has Startup businesses did not understand certified halal and its advantages. This community service activity aims to increase customer satisfaction in the Unusa Student Start-Up business with an empowerment approach. This community service activity targeted 26 students of Nahdlatul Ulama University Surabaya who have start-up businesses. The methods to use the empowerment approach by lectures, and training. Meanwhile, the evaluation of activities is carried out by pre and post-test questionnaires to know knowledge about halal certification and customer satisfaction and analysis test to use one Paired Sample Test. The result obtained is a significant increase in knowledge with a p-value =0.000. This is evidenced by the average value of knowledge pre and post-training of 3.83 to 5.. After this training, students hope to get further assistance related to halal certification in startups.

Keywords: *Start-Up*; Halal Certification; Satisfaction

Abstrak

Banyak Mahasiswa di Nahdlatul Ulama Surabaya yang memiliki bisnis Startup tidak memahami halal bersertifikat dan kelebihannya. Kegiatan pengabdian kepada masyarakatnya bertujuan untuk meningkatkan kepuasan pelanggan dalam bisnis Start-Up Mahasiswa Unusa dengan pendekatan pemberdayaan. Kegiatan pengabdian kepada masyarakat ini menasar 26 mahasiswa Universitas Nahdlatul Ulama Surabaya yang memiliki bisnis start up. Metode untuk menggunakan pendekatan empowerment dengan kuliah, pelatihan. Sedangkan evaluasi kegiatan dilakukan dengan kuesioner pra dan pasca tes untuk mengetahui pengetahuan sertifikasi halal dan uji kepuasan dan analisis pelanggan untuk menggunakan satu Paired Sample Test. Hasil yang diperoleh adalah peningkatan pengetahuan yang signifikan dengan p-value =0,000. Hal ini dibuktikan dengan nilai rata-rata pengetahuan sebelum dan sesudah pelatihan sebesar 3,83 hingga 5,. Setelah pelatihan ini, mahasiswa berharap mendapatkan pendampingan lebih lanjut terkait sertifikasi halal di startup.

Kata Kunci: *Start-Up*; Sertifikasi Halal; Kepuasan

INTRODUCTION

Currently, the Indonesian economy is driven by various new business ideas and innovations that have emerged in the community. One of the drivers of the economy in creating business innovations that can develop is the existence of new businesses created by students. Students' great creative ideas created by students in encourage economic growth and provide solutions to the needs experienced by the surrounding community. This is evidenced by the various start-up businesses that have emerged in today's digital era. This is certainly in line with Hardianto (2019) who explained that currently, many students are interested in the field of digital entrepreneur start-ups because currently there are many university programs that support students to create creative ideas.

It is known that Indonesia is currently in fifth place with the largest number of start-ups globally with 2,305 companies. At the same time, the United States (USA) reached first place with 69, 565 companies. India followed them with 11,819 companies, the UK with 6,025, and Canada with a total

of 3,145 start-ups (<http://katadata.co.id>). Eric Ries (2011) explained that the definition of a start-up itself is a forum or institution that produces innovative new products or services with a fairly high risk of uncertainty.

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

When viewed widely, the enthusiasm of Indonesian youth in establishing start-ups is very visible, especially among students. Participants were very enthusiastic about several coaching activities, business plan competitions, and several awards in the start-up industry, including students at Nahdlatul Ulama University Surabaya.

Nahdlatul Ulama University is an Islamic-based university that prioritizes the noble value of halal products, one of which is start-up products based on digital technology. Even if you look at it more broadly, start-up companies in Southeast Asia are also targeting the Muslim community. Meziane Lefer, Professor of the Department of Finance, City University Business School, emphasized that all Islamic start-ups that provide services to Muslim consumers have the same opportunities as sharia law.

This proves that with the growth of various new businesses, especially start-up businesses among universities, the halalness of a product is highly prioritized. This could be a new point of view. It is important for start-ups, especially start-ups made by Nahdlatul Ulama University Surabaya students, to have a trusted halal certification label.

Problem

The problem happened to the student who has Startup are did not understand the importance of halal labels and so also do not have halal certification yet in their small businesses.

In fact, when viewed from the perspective of Muslims, the halal label itself is part of everyday beliefs and morality. The presence of halal products that are responded to positively will affect purchasing decisions and customer satisfaction. Products with halal labels will be considered to have high quality for Muslim consumers (Al Farisi, 2020). Octane et al. (2020) also explain the same thing that the halal logo contained in a product will have a direct impact on customer satisfaction, especially for Muslims. It is also known that the halal logo greatly affects customer satisfaction (Kurniawati, 2018).

Target solution

This community service activity aims to provide literacy and training on halal certification to increase customer satisfaction in the start-up business of Unusa Students. With this activity, it is hoped that Unusa students who have a start-up business can improve product quality and customer satisfaction through halal certification.

METHOD

This community service activity uses empowerment with lecturers and training. The community target is UNUSA students who have a start-up business with a total of 26 participants which was held on Tuesday-Wednesday, December 21-22, 2021 at the Grand Mercure Hotel, Jalan A. Yani No. 71, Margorejo, Wonocolo, Surabaya. The theme of the material presented was entitled "Halal certification training as an effort to increase customer satisfaction in the Unusa Student Start-Up business".



Figure 1: presentation of material on permission to a

RESULTS AND DISCUSSION

Based on the results of the pre-test, an average score of 3 was obtained. 83 and an average post-test score of 5. 42 with and test results Paired Sample Tests obtained significant results, namely $p\text{-value} = 0.000$

Table 1 paired t-test results

Indicator	N	Average \pm Elementary School	<i>p-value</i>
Preliminary test	12	3.83 \pm 1,337	0.000
Posttest test	12	5.42 \pm 1,621	

In line with the research conducted by Tariqul and Putri (2021), the results obtained from these activities obtained significant results. The media they use through audio-visual education can increase their knowledge of halal products for Unusa students. Not only that, other studies have proven that education and socialization related to halal certification have increased significantly and need to continue to be developed in building awareness of halal product guarantees in the younger generation (Permanasari & Nugrahaeni, 2021).

Giving halal labels for each business product or service can be a marketing strategy to ensure the quality of our business to customers. This is supported by research from Linda (2018) in a company that includes a halal logo on its products, and id profit can increase by 20%. It can be clearly seen that the halal logo can influence consumers' buying behaviour. "In addition to evaluating participants' knowledge about halal certification and customer satisfaction, the community service team also evaluates the course of halal certification training activities. Evaluation is carried out by distributing questionnaires to participants when the activity has been completed. The indicator used is the assessment of event satisfaction.

Table 2: Event Rating Indicator

Event Rating Indicator	Mean
Useful events	4.20
The material provided is useful	4.10
The material is presented clearly and coherently	4.10
The speakers explained well	4.05
Speakers have credibility	4.00

Based on the average results of the event scoring indicators in Table 2, it is known that the average value that has the highest score is the usefulness of the event with an average value of 4.20 which shows that participants can benefit from halal certification training that has a start-up business at UNUSA. These benefits are felt because they add insight and knowledge about NIB, Marketing Permits and Halal Certification, as well as the Benefits of Halal Certification for customer satisfaction. In addition, useful and coherently described material has an average value of 4.10. It is proven that the material presented by the speakers can be well understood by the participants. The material provided by the resource persons is the latest regulation that has never been known by the participants so that the participants feel that the insights conveyed can be real knowledge to be applied to their business.

When compared to previous community service activities, the evaluation results obtained are in line with what has been done by Putri (2020) and Giyanti & Indriastiningsih (2019), where community service also raised the theme of halal certification for MSMEs through webinars. The results obtained were that webinar participants could understand well. Both the speakers and participants who were delivered were very satisfied with the activity.

Table 3: Satisfaction Indicators

Satisfaction Indicators	Mean
Satisfied with the event	4.37
Satisfied with the material presented	4.07
Satisfied with the whole material described	4.25
Satisfied with the presentation of the speakers	4.05
Satisfied with the clarity of the material presented by the speaker	4.26

Based on the table of satisfaction indicators on the average value, it can be seen that the highest score is on the indicator of satisfaction with events with a value of 4.37. The next highest indicator is obtained from the clarity of the material that has been presented by the speakers with a fairly high average score of 4.26. From these indicators, it can be seen that the participants were satisfied with the event held and satisfied with the clarity of the material from the speakers.

Furthermore, there are several pieces of feedback given by the participants of community service activities regarding the training carried out:

"This event is very useful for us UNUSA students. We just learned that halal certification can also be applied to the start-up business industry. This will be a breakthrough and be the beginning of the development of a halal product logo in the start-up business. In addition, as a student, I can also determine what regulations are related to halal certification. Thus, this will be a provision for other friends and me to increase awareness of our halal products. It is hoped that after attending this training, a special WA group will be held to help with the follow-up activities of today's activities. UNUSA students have one of the start-ups Meanwhile, another testimonial from the participants: "This event is very interesting and adds new insights regarding the guarantee of halal products".

Some trainees hope that further training and assistance will be held to obtain halal certification. The relationship between halal certification and customer satisfaction is also based on each of the variable indicators.

CONCLUSION

Training activities to Increase Customer Satisfaction through halal certification are part of a new process or effort in increasing the knowledge of Unusa students regarding halal certification in the Start-Up business. The method used in this activity is to use the lecture and question and answer methods, which are done well. This activity can help increase student insight into the procedures for registering for halal product certification, product permits and the benefits of having a halal certificate from customer satisfaction. The average score can be shown from the original 3.83 to 5.42 after training (p-value 0.000).

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UNUSA

Empowerment for MsMEs jamu Crystal to Improve The Capability and Business Income of the Pondok Yatim Amal Bakti Foundation "Sudjono & Taruno" Jetis Village, Sukoharjo during the Covid-19 Pandemic

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Abstract

The purpose of this service program is to increase the ability and income of students and foundation administrators through business assistance for Crystal herbal medicine. This community service activity was carried out from January to June 2021 at Pondok Yab Yatim Sudjono Taruno, Jetis Village, Baki District, Sukoharjo. The target of this activity is the students and dormitories of the Charity Bakti Foundation "Sudjono & Taruno" which operates 30 people. This activity is carried out using empowerment methods through training, counselling, and mentoring. The results of this service activity are: (1) the administrators and students have understood and mastered the basics of entrepreneurship and business methods well; (2) administrators and students are able to produce Crystal Jamu after practising training and education on herbal medicine-making; (3) administrators and students are able to market herbal products conventionally (offline) and online; (4) administrators and students know the process of obtaining a business license, as well as a BPOM permit. This service program also contributes to increasing the income of the crystal herbal medicine business at Pondok Yatim YAB Sudjono Taruno from Rp. 300,000 / month to Rp. 1,500,000 / month. The implementation of Community Service carried out by UTP FEB lecturers in producing Crystal Jamu has provided benefits for yab Sudjono & Taruno Yatim huts, both in order to improve health (body immunity) to prevent the spread of covid to students and administrators, congregations and the surrounding community, as well as being able to create useful business units to increase the management income of Pondok YAB Sudjono & Taruno.

Keywords: Assistance, MSMEs, Herbs, Covid-19, Income

Abstrak

Usaha memproduksi jamu di masa pandemi merupakan peluang untuk meningkatkan pendapatan pondok anak yatim piatu Yayasan Amal Bakti "Sudjono & Taruno". Sebab, jamu sangat diminati masyarakat untuk meningkatkan imunitas tubuh agar tidak tertular virus Covid-19. Tujuan dari program pengabdian ini adalah untuk meningkatkan kemampuan dan pendapatan usaha mahasiswa dan pengurus yayasan melalui pendampingan usaha jamu Kristal. Kegiatan pengabdian kepada masyarakat ini dilaksanakan sejak Januari hingga Juni 2021 di pondok Yatim YAB Sudjono Taruno, Desa Jetis, Kecamatan Baki, Sukoharjo. Sasaran kegiatan ini adalah para siswa dan pengurus Yayasan Amal Bakti "Sudjono & Taruno" yang beroperasi 30 orang. Kegiatan ini dilakukan dengan memberikan pelatihan, konseling, dan pendampingan. Hasil dari kegiatan pengabdian ini adalah: (1) manajemen dan mahasiswa telah memahami dan menguasai dasar kewirausahaan dan metode bisnis dengan baik; (2) pengurus dan mahasiswa mampu menghasilkan Obat Herbal Kristal setelah pelaksanaan praktik pelatihan pembuatan jamu; (3) pengurus dan mahasiswa mampu memasarkan produk herbal secara konvensional (luring) dan online; (4) pengurus dan mahasiswa mengetahui proses pengelolaan izin usaha, serta izin BPOM. Program layanan ini juga berkontribusi untuk meningkatkan pendapatan usaha jamu kristal di Pondok Yatim YAB Sudjono Taruno dari Rp. 300.000/bulan menjadi Rp. 1.500.000/bulan. Pelaksanaan Pengabdian Kepada Masyarakat yang dilakukan oleh dosen UTP FEB dalam memproduksi Jamu Kristal, telah memberikan manfaat bagi pondok YAB Sudjono & Taruno Yatim", baik dalam rangka meningkatkan kesehatan (imunitas tubuh) untuk mencegah penyebaran covid kepada mahasiswa dan pengurus, jamaah haji dan masyarakat sekitar, serta mampu menciptakan unit usaha yang bermanfaat untuk meningkatkan pendapatan pengelolaan Pondok YAB Sudjono & Taruno.

Keywords: Mentoring, MSMEs, Herbal Medicine, Covid-19, Income

BACKGROUND

Covid-19 affected economic growth in Indonesia by 5.3%. The sectors most affected by the Covid-19 pandemic include the tourism sector, trade and investors. The impact of Covid-19 is also felt by the People of Indonesia, such as a decrease in people's income, a decrease in the existence of micro, small and medium enterprises (MSMEs) and a decrease in the level of people's purchasing power (Pujowati et.al., 2022).

The Covid-19 pandemic has not only impacted communities in urban areas but has also spread to remote villages. This has an impact on MSMEs in rural areas. People's incomes decreased but the price of goods increased/was expensive, and there was a decrease in household consumption and investment, both in the household environment and the government. In addition, the pandemic has also reduced shopping activities outside the home. This has an impact on increasing poverty in the village (Sarmigi, 2020).

Community service activities are intended to try to apply the science and technology possessed by lecturers, in order to help and empower the community around the campus. In addition, it is a concern for universities in overcoming problems faced by the community.

One of the big problems faced by all the people, nations and state of Indonesia and even the world, is the spread of the coronavirus pandemic. It is known that the SARS-CoV-2 virus was first detected in the Chinese city of Wuhan at the end of 2019. Then this virus spread throughout the world very quickly (Aji, 2020).

The impact of Covid-19 was so severe that it forced learning to stop to prevent the spread of Covid-19 in the education sector. The Ministry of Education and Culture of the Republic of Indonesia issued Circular Letter Number 3 of 2020 concerning the prevention of COVID-19 in education units. One of the points is that the education unit is encouraged to implement a culture of Clean and Healthy Living and postpone all activities that have the potential to gather many people, such as camping, field trips and Teaching and Learning Activities (KBM) (Kemendikbud, 2020b).

However, this is a little different from the orphanage. Most orphanages, in fact, must continue to take care of and educate the children of the orphanage. Especially the orphanage that does not have its own school. Among them is the Orphanage of the Bhakti Charity Foundation Orphanage "Sudjono Taruno" located in Jetis Village, Baki District, Sukoharjo Regency. Yayasan Panti/Pondok Yatim Amal Bakti Sudjono Taruno, which was founded in 2008, has the main goal of guiding, educating and financing orphans and the poor. There are currently 35 orphaned students who are still being guided in this orphanage.

All the children of the orphanage, attended school outside, both elementary/junior high school, junior high school / MTS and SMK / MA, then returned to live in the cottage, when they returned home from school. Considering that all children must take online PBM, children do have to live in orphanages/cottages, to be assisted in doing online PBM assignments. The lodge assists, providing Wifi and mobile phones to help children take pbm online from their respective schools.

Overall, all of the above community service goals are basically within the framework of community empowerment activities, according to Mardiyanto (2017) empowerment is the process of a person or group who has strong skills, so that they can participate in control and influence in each activity. The context of empowerment through community service, according to Miler and Covey (2005), can be done through advocacy activities, namely a process of social change that aims to shape the direction of public participation, policies, and programs to benefit marginalized communities, maintain human rights, and protect the environment.

Therefore, in order to answer these problems, the service team from lecturers from the Faculty of Economics, Tunas Pembangunan University, Surakarta provided counselling, training, and business assistance for the production of Kristal herbal medicine. This service activity was welcomed by the administrators and students of the YAB orphanage, Sudjono Taruno. The objectives of this service activity are: (1) Providing basic education about entrepreneurship in order to try to develop business units for the production of Crystal Jamu, (b) Providing training (direct practice) in making Crystal Jamu so that students and administrators are able to produce Crystal Jamu well, (3) Providing guidance on marketing efforts for herbal products so that the herbal medicine business can continue to move forward

and is expected to become a fairly large company, (4) Assist in the process of obtaining a BPOM or PIRT permit so that the production of Crystal Jamu can be marketed throughout Indonesia.

OVERVIEW OF SOCIETY, PROBLEMS AND TARGET SOLUTIONS

General Description

YAB "Sudjono & Taruno" is a social and educational institution, founded by businessman H. Suyatno in 2008, on an area of about 5000 m². The main purpose of the institution is to foster and finance all living and education expenses for orphans and the poor. There are currently 35 orphans and poor children who are cared for by this cottage. Foster children consist of boys and girls. Some of them are still in elementary school age, some are in junior high school and high school. The foster children live in the cottage and go to school in various places outside the cottage. YAB "Sudjono & Taruno" is a social and educational institution, founded by businessman H. Suyatno in 2008, on an area of about 5000 m². The main purpose of the institution is to foster and finance all living and education expenses for orphans and the poor. There are currently 35 orphans and poor children who are cared for by this cottage. Foster children consist of boys and girls. Some of them are still in elementary school age, some are in junior high school and high school. The foster children live in the cottage and go to school in various places outside the cottage.

Problem

The problems of the YAB Sudjono & Taruno Orphanage that will be assisted by this service team, include:

- 1) The low motivation of students and administrators of the YAB Sudjono & Taruno Orphanage in carrying out efforts to be independent of pesantren,
- 2) Low ability of students and administrators of YAB Sudjono & Taruno orphanage in producing herbal medicine,
- 3) The Low Ability Of Students And Administrators Of The YAB Sudjono & Taruno Orphanage In Marketing Business Results,
- 4) The Low Ability Of Students And Administrators Of The YAB Sudjono & Taruno Orphanage In Managing Business Licenses (PIRT And BPOM).

Target solutions

The target of this activity is students and board members of the Bakti Amal Foundation "Sudjono & Taruno" which numbers 30 people. Solutions offered by the service team include:

- 1) Provide a basic entrepreneurship counselling basis in order to try to develop business units for the production of Crystal Jamu,
- 2) Provide training (hands-on practice) in making Crystal Jamu so that students and administrators are able to produce Crystal Jamu well,
- 3) Provide guidance on the marketing efforts of herbal products so that the herbal medicine business can continue to move forward and is expected to become a large enough company, Assist in the process of obtaining a BPOM or PIRT permit so that the production of Crystal Jamu can be marketed throughout Indonesia.

METHOD

Community service activities were carried out from January to June 2021 at Pondok Yab Yatim Sudjono Taruno, Jetis Village, Baki District, Sukoharjo. The target of this activity is students and board members of the Bakti Amal Foundation "Sudjono & Taruno" which numbers 30 people.

This service activity uses a student empowerment approach through training, counselling, and assistance to students and foundation administrators about entrepreneurship consisting of producing herbal medicine businesses, marketing Crystal Jamu and preparing BPOM to permit management. pre and post tests related to indicators of understanding, skills of production stages, marketing through social media and packaging of herbal medicine crystal products

RESULTS AND DISCUSSION

Result

This activity is the result of the implementation of a community service program entitled: Assistance for MSMEs jamu Cyrstal to Increase the Capability and Business Income of the Pondok Yatim Amal Bakti Foundation "Sudjono & Taruno" Jetis Village, Sukoharjo during the Covid-19 Pandemic. Since the service program was carried out, the business of producing crystal herbal medicines has continued to this day. The process of making herbs is carried out every 3 days a week. In each production, 2-4 kg of herbs have been created, which are gradually increasing. Managers are able to buy raw materials for spices in spice cultivation centres, so as to get good spices and relatively low prices.

After the service program is implemented, we evaluate the implementation of activities by distributing evaluation and satisfaction questionnaires. The results of the satisfaction evaluation showed that 90% of the participants (students and foundation administrators) were very satisfied with this service program, the remaining 10% were quite satisfied



Figure 1. Post Mentoring Crystal Herbal Medicine Packaging

Furthermore, the results of the evaluation of this activity also showed that the knowledge and abilities of the participants were greatly improved in 4 aspects, including Knowledge of entrepreneurship was greatly improved with a score of 85%, the ability to make Crystal Herbal Medicine was greatly improved with a score of 90%, the ability to digital marketing was greatly improved with a score of 87%, and the ability in product packaging was greatly improved with a score of 87%. This means that community service programs in the form of assistance can improve the business capabilities of MSME actors.

Table 1. Results of the Evaluation of Community Service Programs

No.	Variable	Score (%)	Group
1	Knowledge of entrepreneurship	85	Greatly improved
2	Ability to make crystal potions	90	Greatly improved
3	Capabilities in Digital Marketing	87	Greatly improved
4	Capability in Product Packaging	88	Greatly improved

Meanwhile, this service program also contributes to increasing the business income of crystal herbal SMEs at Pondok Yatim YAB Sudjono Taruno. After receiving training, counselling, and assistance, there was an increase in business income from Rp. 300,000 / month to Rp. 1,500,000 / month. This is because the administrators and students have been able to market herbal products conventionally (offline) and online. Offline, the marketing of herbal medicine is carried out by providing fresh herbs to the worshippers (every Sunday morning) which is attended by around 150 worshippers. In addition, the management also sells herbs by entrusting them to herbal shops, pharmacies, souvenir shops, and even restaurants. To date, herbs have been deposited in 50 places. Management has also made online marketing efforts through Group WA, IG, Facebook, Gofood, Website, in addition, this method is able to improve its ability to market products online as well as apply for BPOM certification

CONCLUSIONS AND SUGGESTIONS

Conclusion

The conclusions of the results of this service include:

The service program in the form of training, counselling, and assistance carried out to students and administrators of YAB Yatim Pondok Yatim Sudjono Taruno showed that 90% of the participants

(students and foundation administrators) were very satisfied with this service program, the remaining 10% were quite satisfied, increasing innovation to add new types of herbal ingredients and improving Knowledge of entrepreneurship is greatly improved with a score of 85%, The ability to make Crystal Herbal Medicine is greatly improved with a score of 90%, The ability of digital marketing is greatly improved with a score of 87%, and the Ability in Product Packaging is greatly improved with a score of 87%.

This service program also contributes to increasing the business income of crystal herbal SMEs at Pondok Yatim YAB Sudjono Taruno. After receiving training, counselling, and assistance, there was an increase in business income from Rp. 300,000 / month to Rp. 1,500,000 / month.

Suggestion

The suggestion of this service activity is to continue research efforts to improve the efficacy of herbal medicine in the health of Indonesian citizens and provide input to the government,

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Empowerment, Counseling And Accompaniment For Governance Menarche Toward Students In Ar Rahman Sinadang Kasih South Konawe, Southeast Sulawesi

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Abstract

Manifestations of hormone work during menarche have a significant impact on physical and psychological changes where the development of the body and a sense of mood that has never been felt before such as lazy to study, also women begin to recognize the opposite sex, so this condition makes young women more susceptible to diseases and problems related to reproductive function. These community services aim to increase awareness and shape a healthy lifestyle for teenagers in order to create a quality future generation of the nation. The method of this program is empowerment by training and accompaniment. The instrument in this program used questionnaires pre and post-test with knowledge indicators. The target objects of female students in grades V and VI were 35 people. The results of the evaluation of the pre-test and post-test questionnaires showed significant changes in students' understanding after counselling, such as 98% not understanding menarche to understanding 95% and 97% being satisfied with the counselling provided. The realization of a quality future generation of women is closely related to the extent to which individuals understand and implement knowledge about personal health, including before menarche. Therefore, the support of various related parties greatly contributes to the progress of the nation.

Keywords: Menarche; Health; Counseling; Junior High School

Abstrak

Manifestasi kerja hormon selama menarche memiliki dampak yang signifikan terhadap perubahan fisik dan psikologis dimana perkembangan tubuh dan rasa mood yang belum pernah dirasakan sebelumnya seperti malas belajar, juga wanita mulai mengenali lawan jenis, sehingga kondisi ini membuat wanita muda lebih rentan terhadap penyakit dan masalah yang berkaitan dengan fungsi reproduksi. Pengabdian kepada masyarakat ini bertujuan untuk meningkatkan kesadaran dan membentuk gaya hidup sehat bagi remaja dalam rangka menciptakan generasi bangsa yang berkualitas di masa depan. Metode program ini adalah pemberdayaan dengan pelatihan dan pendampingan. Instrumen dalam program ini menggunakan kuesioner pra dan pasca tes dengan indikator pengetahuan. Objek target siswa perempuan kelas V dan VI adalah 35 orang. Hasil evaluasi kuesioner pra-tes dan pasca tes menunjukkan adanya perubahan yang signifikan dalam pemahaman siswa setelah konseling, seperti 98% tidak memahami menarche hingga memahami 95% dan 97% puas dengan penyuluhan yang diberikan. Terwujudnya generasi perempuan masa depan yang berkualitas erat kaitannya dengan sejauh mana individu memahami dan mengimplementasikan pengetahuan tentang kesehatan pribadi, termasuk sebelum menarche. Oleh karena itu, dukungan berbagai pihak terkait sangat berkontribusi terhadap kemajuan bangsa.

Kata kunci: Menarche; Kesehatan; Konseling; Sekolah Menengah Junior

INTRODUCTION

Menarche is One of the characteristics of puberty in girls which is the first menstrual period or menstruation (Makassar et al., 2021). Children's age when experiencing menarche is different, some experience it at the age of 10 years, and some experience it at the age of 18 years. (Coast et al., 2019). According to the Indonesian Ministry of Health (2018), the average incidence of menarche in Indonesia occurs at the age of 12.4 years with a prevalence of 60%, at the age of 9-10 years as much as 2.6%, at the age of 11-12 years as much as 30.3%, and at the age of 11-12 years at 30.3%. age 13 years as much as 30%. The rest experienced menarche over the age of 13 years (Ministry of Health RI, 2018). Based On the result of Basic Health Research, in Southeast Sulawesi, the percentage who get their first menstruation or menarche is 22.8% at the age of 15-16 years (Daughter of Ian Ismi Antika et al., 2021). In Indonesia, 46.7% of adolescent girls are not prepared to face menarche. As many as 75% of adolescent girls, experience fear when menstruating. 60% don't know what to do when menstruating and 40% don't have any special preparations when menstruating (Widyastutik et al., 2022). Lack of knowledge about menarche will affect attitudes in maintaining personal hygiene in adolescents when experiencing menstruation. This then becomes the risk of adolescents getting infections in their reproductive organs. 35-42% of adolescents experience reproductive tract infections due to inappropriate and correct personal hygiene behaviour due to a lack of knowledge about menarche (Hanum et al., 2022). Lack of knowledge can lead to anxiety in young women, besides that young women will experience confusion and think that menarche is an unpleasant thing, as a result, children will see that menarche is a disease. This is a natural change experienced by every teenager. (Daughter of Ian Ismi Antika et al., 2021). Young women need support that can be obtained from the family environment, school environment, peer environment, and community environment. (Health et al., 2021). Another thing can be obtained by health counseling efforts before menarche. Health efforts are carried out in providing support and increasing knowledge to obtain correct information about menarche for adolescent girls. One of the health promotions carried out in providing an overview to young women is through counseling. These efforts play a role in improving the health status of individuals and communities. By providing knowledge, descriptions of the attitudes and behavior of Class V and IV junior high school Ar Rahman Sindangkasih students to be more prepared when experiencing menarche and not to think that menarche is disgusting or a disease.

GENERAL DESCRIPTION OF THE COMMUNITY, PROBLEMS AND TARGET SOLUTIONS

General description

The Private Ibtidaiyah Madrasah (MIS) of Sinadang Kasih is the only junior high school. The location of the school is in the West Ranomeeto District, South Konawe Regency, consisting of 12 classes with 18 teachers and the distance to the Regency capital is \pm 50 Km, with a distance of \pm 90 minutes.



Figure 1. The condition of the MIS Sindang Kasih school

Problem

The results of the initial survey on May 29, 2022, the main problems at the Ar Rahman Sindang Kasih Madrasah Private School (SMIS) are the absence of School Health Business (UKS) facilities, teachers

and not receiving UKS cadres and not implementing the Youth Care Health Service (PKPR) program so the student can not access to health facility and risk to health problem include health problem in puberty periode

Target solution

Hold direct counseling for female students in relation to menarche, discuss follow-up agreements and technical activities related to UKS and Advocacy for the PKPR program at the Puskesmas level.

METHOD

The Methode of Community service activities to use empowerment approach by training and accompaniment and counseling. The approach to have three stages, at first pre-test to be done before implementation activity for to know knowledge of students about governance of menarche the second step is accompaniment and counseling and the third stage is post test as an evaluation to assess the level of knowledge of students after giving the material using a questionnaire. Counseling activities were carried out by two lecturers and the target subjects of the activity were female students in grades V and VI totaling 35 people, This event will take place on 27 May 2022 at the Ar Rahman Sindang Kasih Private Islamic School (SMIS), Ranomeeto Barat, Konawe Selatan Regency. Indicators of success are assessed by comparing the number of pre and post test percentages of 30 questions including student cooperative responses during counseling.



Figure 2. Implementation of counseling and discussion of UKS follow-up

RESULTS AND DISCUSSTION

The implementation of Community Service (PKM) activities with stages (Pre-test and post-test carried out by 35 female students in grades V and VI showed significant changes related to student understanding after counseling, such as 98% not understanding menarche to understanding totaling 95%.

Table 1. Knowledge of female students before counseling

Criteria	n	%	Knowledge
Class V students	7	19,6 %	Not understand
Class VI students	28	78,4 %	Not understand

Table 2. Knowledge of female students after counseling

Criteria	n	%	Knowledge
Class V students	7	18,9 %	Understand
Class VI students	28	75,6 %	Understand

This study is in line with research conducted by Ria et al, where there is a good relationship between knowledge and attitudes towards menarche. 75% of adolescents who have a good level of knowledge before counseling, become 100% have good knowledge about menarche followed by a positive attitude in dealing with menarche which initially 82% increased to 100% after counseling(Sari, 2020). Another study conducted by Monica pratiwi et al, the absence of counseling related to knowledge and understanding given to adolescent girls at SD Gedok 1 Blitar made 50% (51%) adolescent girls

experience moderate anxiety. And after counseling, more than 50% (51%) of young women no longer experience anxiety. Where there is an effect of counseling on the level of anxiety of young women in the face of the first menstruation (menarche), where counseling can reduce the level of anxiety. (Wijaya et al., nd). A similar study was conducted by Rasi et al, which compared the anxiety levels of adolescents who experienced menarche who were not counseled to experience mild anxiety as much as 48.64%, and experiencing moderate anxiety by 51.36%. and after counseling, many adolescents' anxiety levels became normal or not anxious with a total of 51.56% and the rest only experienced mild anxiety levels (Rahagia & Angrasari, 2019).

CONCLUSIONS AND SUGGESTIONS

The method of Community service activities to use empowerment approach by training and accompaniment and counseling can to help students on grade five and six for preparation menarche adaption. More information and attention support system likes parents, teachers, close friends and peer groups about menarche as effort to growth quality generation in future. Early support that is easily accepted by young women is support from the family in this case, the mother or sister (sister) who should provide an explanation about menarche to their daughter (Hidayah, N., & Palila, 2018). Therefore, the support of various parties, both cross-program and cross-sectoral related greatly contributes to the health and future progress of the nation.

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