



Qualitative Study of Supporting Factors for Integrated Health Post Cadre Participation in Promotion of Local Natural Substance as Appetite Enhancer Supplement

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Abstract

The problem of malnutrition and severe malnutrition among toddlers in Bima regency remains very high. Thus Cadres Integrated Health Post (Posyandu) participated in promotion of local natural substances as an appetite enhancer supplement to prevent malnutrition efforts of toddlers. The purpose of this research was to qualitatively analyze the factors supporting the participation of Integrated Health Post (Posyandu) cadres in promoting substances as an appetite enhancer supplement. The study employed a qualitative approach with a phenomenological design. The focus of the study was to know in depth about the supporting factors for the participation of Integrated Health Post (Posyandu) cadres in promoting local natural substances as an appetite enhancer supplement. The determination of information using purposive and snowball techniques. Data collection techniques by means of interviews, observation and documentation. The data validity technique used source triangulation, technique triangulation, time triangulation. The data analysis technique uses miles and huberman models. The results showed that the supporting factors for the participation of Integrated Health Post cadres in promoting substances as an appetite enhancer supplement consisted of 1) Predisposing factors : knowledge of cadres about local natural substances as an appetite enhancer supplement and basic knowledge of plant, positive attitudes, culture (traditions and beliefs); 2) Enabling factor: availability of local natural materials; 3) Reinforcing Factors: Educate Women on Various Aspects of Family Welfare (PKK) activator team and public health center officers (Puskesmas).

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INTRODUCTION

The nutritional problems of toddlers remain of special concern, both in the world and Indonesia. This is because the impact of malnutrition in toddlers has a short-term impact as well as a long-term impact. The short-term impact is stunted growth of children, children will suffer ill even result in death. While the long-term impact can lead to lower intellectual abilities than should be achieved the risk of metabolic disease, decrease occupation productivity, resulting in unqualified human resources (Sediaoetama, 2008). World Health Organization, (2018b) states that 45% of the deaths of children under the age of five are related to malnutrition. Oktaviana study (2013) also notes that there is a correlation between the incidence of malnutrition and children's learning achievement. Likewise, studies conducted by Emmett et al. (2018) claim that early nutrition disorders in children can risk hearing impairment in adolescents.

According to World Health Organization, (2018a) According to the data World Health Organization, (2018a) 22.2% of children under the age of five in the world suffer stunting, 7.5% wasting, and 5.6% overweight. Whereas the proportion of severe malnutrition and malnutrition events in Indonesian toddlers declined, from 19.6% in 2013 fell to 17.7% in 2018. However, nutritional problems in West Nusa Tenggara (NTB) remain very large. The incidence of severe malnutrition increased by 16.04% from 2017 to 2018. According to the 2018 province of severe malnutrition and malnutrition, it shows the province of NTB is in the second highest position in Indonesia at 26.5%. The profile data of the NTB provincial health office in 2017 states that the largest prevalence of malnutrition is in Bima regency, which is 10% and nutritional status as much as 19.7%. This figure is a fairly high number and is the responsibility of the local government (NTB) (Dinkes Propinsi NTB, 2017).

Indirect causes of nutritional problems in children under five include inadequate parenting

patterns and basic health services. In research Lestari, (2016) shows that the most dominant factor on the nutritional status of toddlers is the pattern of parenting. Low food parenting, especially efforts for children with difficulty eating, causes the level of energy and protein for severe malnourished toddlers in heavy deficit (Nurcahyo & Briawan, 2010).

Integrated Health Post (Posyandu) is a basic health service facility in the community, which in its implementation is to empower the community and provide facilities for the community in obtaining basic health services, primarily to accelerate the reduction in maternal and infant mortality and increase the nutritional status of the toddler (Indonesian Ministry of Health, 2011). Community elements who play a very important role in Integrated Health Post (Posyandu) are Integrated Health Post (Posyandu) cadres. Integrated Health Post (Posyandu) cadres are volunteer forces elected by the community and serve to develop the community and have a large role in increasing community skills helping the person achieve optimal health degree (Indonesian Ministry of Health, 2012). Integrated Health Post (Posyandu) cadres also serve as counseling, making house calls on the parents of toddlers, as a motivator, advocate for the community and helping build local skills in the community to increase the nutrition of Indonesian children (Iswarawanti, 2010).

The preliminary research showed there was a cadre Integrated Health Post (Posyandu) that participated in promotion of local natural substances as an appetite enhancer supplement to prevent malnutrition efforts of toddlers in the Bima regency. However, not all cadres participated, the participating cadres were only limited to a few active cadres. So researchers are interested in further research on the factors supporting factors for the participation of Integrated Health Post (Posyandu) cadres in promotion of local natural substances as an appetite enhancer supplement to prevent malnutrition efforts of toddlers in the Bima regency. The results of this study are expected to be

an input for the associated stakeholders as an effort to increase the role and participation of Integrated Health Post (Posyandu) in cadres in the Bima regency in the future, as well as in other areas that have the same problem background, culture, and natural resources.

METHODS

This study used a qualitative approach with phenomenological design. The focus of this research is to know in depth about the factors supporting the participation of Integrated Health Post (Posyandu) cadres in the promotion of local natural substances as an appetite enhancer supplement. The subjects of this study were Integrated Health Post (Posyandu) cadres who participated in promoting local natural substances as an appetite enhancer supplement in an effort to prevent malnutrition of toddlers.

The data collected in this study are primary data and secondary data. Primary data sources are determined by purposive techniques, namely selecting information wealth information. The initial informant was 1 (one) Public Health Center (Puskesmas) officer, with the criteria that the officer was considered the smarter knowledgeable about cadres, Integrated Health Post (Posyandu) activities and programs at the Integrated Health Post (Posyandu). Integrated Health Post (Posyandu) cadres, as many as 3 (three) people with the criteria of working more than 3 (three) years, are cadres who cadres Integrated Health Post (Posyandu) participated in promotion of local natural substances as an appetite enhancer supplement to toddlers, and are willing to become research informants. Furthermore, the informants were added with snowball techniques, making the total number of informants was 6 (six), consisting of 2 (two) becomes officers and 4 (four) Integrated Health Post (Posyandu) cadres. The data collection techniques by means of interviews, observation and documentation. Technique validity of data by triangulation of sources, triangulation of techniques. The data analysis technique used the Miles and Huberman analysis model, which is data

collection, data reduction, data presentation and deduction (verification).

RESULTS AND DISCUSSION

Of the four cadre informants, three of them have other jobs besides being a cadre. The average cadet's education is in senior high school. All of the cadre informants are over 50 years old and have served as cadres for over 10 years. Cadres do not have problems with knowledge and skills. This can be noted from the fact that cadres often win in various health competitions held both at the regency and regional levels. The cadres also admitted that they often attended training and health meetings held by the local Puskesmas.

From the results of interviews with the four cadre informers, all of them claimed that they participated in using appetite-enhancing supplements because of their knowledge of traditional supplements. The cadre describes details of the materials used, how to make them, and the measurements given to toddlers. Cadres also understand and know the roles, duties, and activities that must be in Integrated Health Post (Posyandu) This is in line with the research of Hidayat *et al*, (2019) that the knowledge and skills of cadres are related to the activeness of cadres in supporting family nutrition. Pakasi *et al*. (2016) also stated that the better the cadres' knowledge, the better the level of participation and services provided.

In a study conducted by Wilford *et al*. (2018) showed that much important health information that kader failed to pass on by cadres when conducting home visits was due to cadres inadequate knowledge. Knowledge is the result of knowing, and this occurs after people have attached a certain object. Knowledge is a very important domain for the formation of one's actions (Notoatmodjo, 2013).

The Cadre's informer also claims that they often participated in training and meetings held by Public Health Center (Puskesmas) and had participated in competitions such as toga competitions, Clean and Healthy Lifestyle

competition (PHBS) competitions, quiz competitions, Integrated Health Post (Posyandu) competitions and others. This was confirmed by health center officers, that it was true that cadre informants often attended training and participated in competitions that were held. According to Lubis et al. (2015) and Fitri et al. (2011), training affects the knowledge and skills of cadres. This is in line with Simanjuntak, (2014) and Wirapuspita, (2013) that the extent to which a cadre is trained has been affected by the increased performance of Cadre Integrated Health Post (Posyandu).

According to Cadre's information, they understand appetite-enhancing supplements made from local natural substances and a traditional recipe for ancestral heritage. The cadre trusts that the local natural-based supplement is no better than the one in pharmacies and strongly believes in efficacy because it was often used by ancient parents to overcome feeding difficulties in toddlers and to prove beneficial.

"... Ancient People in the past used to give only traditional potions for appetite enhancer... and they proved to be efficacious..." (01)

"... Our habit used to be if children lost appetite enhancer, we just made potions traditional..." (02)

The behavior of Integrated Health Post (Posyandu) cadres to participate in utilizing local natural substances as an appetite enhancer supplement is because it is a culture, habit and there is a custom and belief and trust that the appetite-based appetite-enhancing supplement to nutrition in toddlers of Integrated Health Post (Posyandu). This is in line with Jumilia, (2011) research which states that there is a significant relationship between socio-culture and nutritional status of toddler. According to Soedirham, (2012) that Integrated Health Post (Posyandu) organized by cadres is basically a socio-cultural approach to public health services as a strategy to increase the health status of the Indonesian people. The prevention of health problems by using traditional substances remains used by Indonesian people because of Indonesian cultural factors which remain have a trust in traditional medicine (Utami & Harahap, 2019).

This is in line with research conducted by Burtscher & Burza, (2015) that Traditional health practitioners care is more frequently consulted and considered more accessible to parents of malnourished children, so that older family members and village role models have a significant influence on the health seeking behavior of parents of severely malnourished children in rural Bihan, India.

Of all the cadres who participated in the study, they had a positive attitude about appetite-enhancing supplements made from local substances. This is reflected in their answers when asked about supplements made from local substances.

"... Why should we buy? There are so many substances here, easy to make, natural substances without harmful chemicals" (01)

"... Instead of buying it at a pharmacy, it's already expensive, there are chemicals, it's better to use traditional substances, which are safer and proven to be effective..." (03)

According to Wijaya, (2013) that health cadres with good attitudes have the possibility to be active eight times greater than less attitudes. In the research of Agustinawati et al. (2017) also found that there was a significant relationship between attitudes and cadre participation in conducting classes for pregnant women. Attitude is a reaction or response of someone who remains closed to a stimulus or object, attitude is a reaction to an object in a certain environment as an appreciation of the object (Notoatmodjo, 2013).

An attitude is not yet fully realized in action. For an attitude to manifest as a deed requires supporting factors or enabling conditions (Notoatmodjo, 2013). Contributing factors for Integrated Health Post (Posyandu) is participation in appetite-enhancing supplements are the deserve of medicinal plants. Medicinal herbs, appetite-enhancing supplements, and medicinal herbs, are very easy to find in home yards, in people's gardens and are found to grow wild in the research area.

“... Several people here plant in their yard and garden, no need to buy. Even if someone asks us, we will give it...” (04)

“... if I'm in the yard full of toga plants...” (02)

According to a cadre informant, communities in Bima Regency, especially mountainous areas, are used to growing medicinal plants in their respective gardens which are harvested every dry season for sale. In addition to being sold, people use these plants as medicinal substance for their personal consumption. The cadres also planted various medicinal plants including substance for making appetite-enhancing supplements in the yard of the house and the yard of the Integrated Health Post (Posyandu). From the observation, there are various medicinal plants in the residents' gardens which are located close to the village. In addition, medicinal herbs were also found growing wild along the road to the residents' farms. Likewise with the cadre's home page, there are various medicinal plants, including plants as ingredients for appetite-enhancing supplements for toddlers. This is in line with the research of Jennifer & Saptutyingsih, (2015) that the area of residence has an effect on the use of traditional medicine, namely people who live in villages prefer to use traditional medicine because the availability of medicinal plants as raw material for medicinal herbs is still widely found in rural areas as well as in rural areas. the village area has land for growing medicinal plants or medicinal plants to grow wild.

Of the four cadre informers claimed that they are all active and involved in activities of the Educate Women on Various aspects of Family Welfare (PKK) mobilizing team. In Educate Women on Various aspects of Family Welfare (PKK) activities, informants are always invited and encouraged to participate in promoting and utilizing traditional medicinal plants to maintain and maintain health in the community, including as an effort to increase appetite enhancer for toddlers. The informant also claimed that the Educate Women on Various aspects of Family Welfare (PKK) activating team also encouraged cadres to plant family medicinal plants in the yard and at the

Posyandu because cadres are examples for the community.

“... The chairman of the Educate Women on Various aspects of Family Welfare (PKK) likes to walk in front of the house, often says that the cadre's mother's house has to have a lot of leaves, so that it becomes an example, heheh”. (03)

“... The Educate Women on Various aspects of Family Welfare (PKK) always encourages communities to promote family medicinal plants to protect and keep health, including promoting appetite-enhancing supplements for toddlers...” (01)

This is in line with the duties and functions of the Educate Women on Various aspects of Family Welfare (PKK), which are listed in the Central Driving Team, (2015) which states that Educate Women on Various aspects of Family Welfare (PKK) serves to promote Posyandu performance by increasing the quality and quantity of cadres posyandu, and is in charge of providing independent care for the family through the use of garden product management. family medicine (toga). In a study conducted by Nafisah et al. (2016) there is a relationship between the participation of cadres in other organizations and the level of participation of cadres. Similarly, research conducted by Suhut & Hasanah (2014) revealed that cadres who are active in participating in organizational activities in the community have more access to information and tend to be more responsible.

In this study, it was also found that the participation of cadres in promoting local substances as an appetite enhancer supplement was due to the role of health center officers. Cadre informants stated that Puskesmas officers also encourage family medicinal plants to be planted in the yard and Integrated Health Post (Posyandu), as well as encourage the promotion of medicinal plants in an effort to prevent and treat diseases that can be prevented with traditional medicinal plants. Furthermore, the medical center also covered socializing activities on traditional medicine, but the cadres who participated were only limited as representatives.

From the results of interviews with health workers who are responsible for Integrated Health Post (Posyandu) activities, there is no special program in the use of appetite enhancer supplements based on local natural ingredients carried out from the Public health center (Puskesmas). However, the role played by public health center (Puskesmas) officers is to motivate cadre women so that the Integrated Health Post (Posyandu) yard is planted with family medicine even though there are many medicinal plants in residents' gardens. Health workers also invite cadres to promote family medicinal plants to be used as first aid for people experiencing health problems. In addition, according to the health officer informants that the cadres had been given training on traditional medicine, but the number of cadres who participated remained limited to represent the Public health center (Puskesmas) because the training activities were carried out at the district level by the Bima regency health office.

The results of interviews with the second health worker informant stated that the public health center (Puskesmas) also performed of socialization activities for traditional medicine at the village level whose participants included representatives from Integrated Health Post (Posyandu) Cadres. The activity aims to introduce traditional medicines and their benefits and invite invited participants to promote them to the community.

“There is no special program from the public health center (Puskesmas) for the use of appetite-enhancing supplements made from local natural substances, but we always remind cadres to plant the Integrated Health Post (Posyandu) yard and promote it to citizens so that their toga plants can be used as first aid if there are health problems that can be treated with traditional herbal ...” (05)

“... There is no special program for the use of supplement substances locally made for appetite enhancers, but yesterday the public health center (Puskesmas) held a socialization on traditional medicine at the sub-district level where the participants are also Integrated Health Post (Posyandu) cadres... We invite

participants to help promote traditional medicine in the community...” (06)

This coincides with the research by Hermiyanty & Nurdiana (2016) that one of the factors related to the participation of Posyandu cadres is the role of health workers. This is also reinforced by research Agustinawati et al. (2017) which states that the support from health workers is closely related to the level of cadre participation in organizing classes for pregnant women.

Thus, the schematic obtained from the results of this study are:

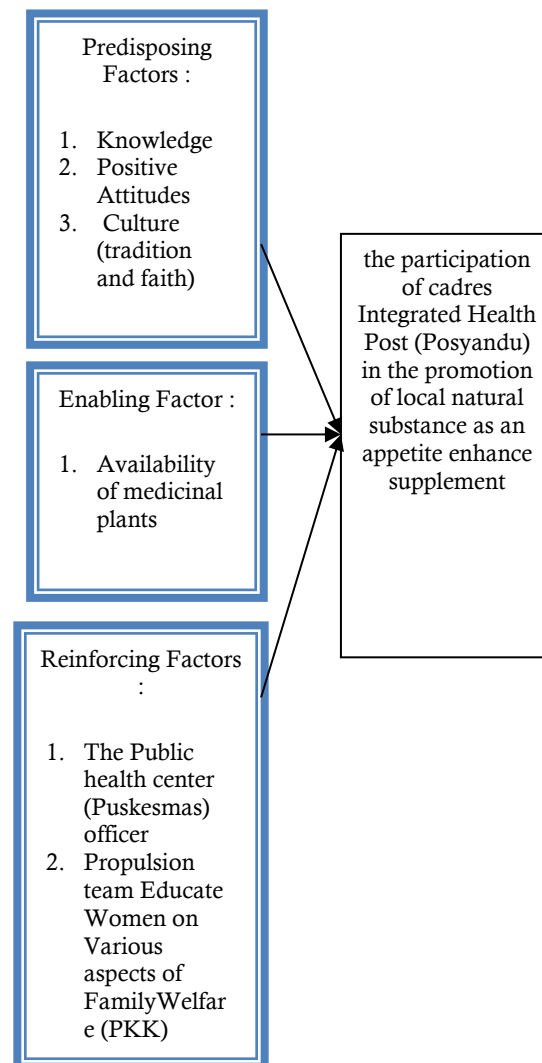


Figure 1. Research Results Scheme

The results of this study show a scheme of factors encouraging the participation of Integrated Health Post (Posyandu) cadres in the promotion of local natural substance as an appetite enhancer supplement in an effort to prevent malnutrition in children toddlers (Figure 1), so that it can be considered as a solution in an effort to increase the role and participation of Integrated Health Post (Posyandu) cadres to handle nutritional problems in Bima regency.

In this case, it is important for the Puskesmas or related health office to be able to perform special empowerment by giving training or seminars to posyandu cadres who have not participated in promoting local natural substances as appetite enhancing supplements in an effort to increase the knowledge and attitudes of cadres so that they are able to participate in prevention efforts malnutrition in toddlers. In addition, it is important to involve all posyandu cadres in the activities of the Educate Women on Various aspects of Family Welfare (PKK) mobilizing team, so that cadres are motivated to participate in promoting local substances.

CONCLUSION

The motivating factor for the participation of Integrated Health Post (Posyandu) cadres in the promotion of local natural substances as an appetite enhancer supplement to prevent malnutrition efforts of toddlers is the cadres' knowledge of local natural-based appetite enhancer supplements and basic knowledge of plant, positive attitudes, traditions and trust (reinforcing factors), availability of medicinal plants (enabling factors). Reinforcing factors, namely the motivating of the Educate Women on Various aspects of Family Welfare (PKK) activator team, and health center officers. The results of this study can be considered as a solution in an effort to increase the role and participation of Integrated Health Post (Posyandu) cadres in solving nutritional problems in Bima regency, so it can be recommended for the activities plan for the associated stakeholders.

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