

## The Importance of Changing People's Mindset About Stunting Reduction Rates Through Community Counseling at Posyandu Kemuning VIII Cilegon City

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### ABSTRACT

Posyandu Kemuning VIII is one of the community health service centers in Cilegon City that provides a range of basic health services, including antenatal check-ups, immunizations, and child growth monitoring. This study aims to explore the role of Posyandu Kemuning VIII in improving the health and well-being of the community, as well as to identify factors that influence the success and challenges faced by this posyandu. The research methods used included in-depth interviews with posyandu cadres, participatory observation of posyandu activities, and document analysis related to posyandu activities and community health. The results showed that Posyandu Kemuning VIII succeeded in improving community access to basic health services, increasing community health knowledge and awareness, strengthening community involvement in health maintenance efforts, and empowering women through their roles as posyandu cadres. However, the study also identified some challenges faced by Posyandu Kemuning VIII, such as limited resources and lack of support from the government and related parties. The conclusions highlight the important role posyandu plays in improving community health and well-being, and the need for greater efforts in providing adequate support to ensure the sustainability and effectiveness of this posyandu.

**Keywords:** *Templates; Posyandu, public health, empowerment, health access.*

### INTRODUCTION

Child stunting has become one of the major health issues faced by many countries, including Indonesia. Stunting, which is characterized by a child's height far below their age standard, is not just a matter of physical growth, but also has far-reaching impacts on a child's cognitive development and future learning ability. Cilegon City in Banten Province, with its various socio-economic dynamics, is not exempt from this challenge. Based on recent data, the stunting rate in this city still requires serious attention. Posyandu Kemuning VIII in Perumnas BCK, Block D, RT 03, RW 08, Cibeber, Cilegon, plays an important role in overcoming this problem through various community empowerment programs that focus on maternal and child health.

Posyandu, which functions as a basic health service center, is one of the most effective forms of direct intervention to address public health issues, including stunting. Activities at Posyandu Kemuning VIII include a range of maternal and child health services such as immunization, growth and development monitoring of under-fives, as well as counseling on balanced nutrition and environmental hygiene. These are all crucial steps in preventing and reducing stunting. However, the success of these programs relies heavily on the active participation of the community and, equally important, a change in their mindset regarding the importance of stunting prevention through a more conscious and proactive approach to health.

One of the critical success factors in reducing stunting is the role of posyandu cadres. These cadres, who are usually volunteers from local community leaders, play a dual role as health educators and community motivators. They are not only tasked with providing basic health services, but also delivering important information on child nutrition, good health practices, and the importance of immunization. At Posyandu Kemuning VIII, for example, posyandu cadres are actively involved in

educating mothers on the importance of providing a balanced nutritious diet to their children as well as the importance of environmental hygiene to prevent diseases that can stunt children's growth.

However, the biggest challenge faced is how to change the mindset of people who often do not realize or underestimate the importance of stunting prevention. Many mothers still do not understand the link between an unhealthy diet and the risk of stunting. Most of them may also not have access to or adequate knowledge about good nutrition for children. Therefore, changing the mindset of the community through continuous counseling and education is very important. Counseling conducted by posyandu cadres should emphasize the importance of early detection and treatment of stunting with a holistic and sustainable approach.

In addition, low community participation in posyandu activities is also an obstacle that needs to be overcome. Many residents still feel unnecessary or reluctant to bring their children to the posyandu, either for reasons of busyness, disbelief in the effectiveness of the program, or lack of awareness of the long-term benefits of posyandu services. To overcome this, more intensive and creative strategies are needed to invite and engage the community, such as more vigorous health awareness campaigns and door-to-door counseling by posyandu cadres.

Thus, the importance of changing people's mindsets in reducing stunting rates through counseling at Posyandu Kemuning VIII in Cilegon City cannot be ignored. This effort requires not only the active involvement of all elements of the community, but also the full support of related parties such as the local health office. By increasing public awareness and strengthening the role of posyandu, it is hoped that a healthier, smarter and more productive future generation can be created, free from the threat of stunting that can limit their potential in the future.

## RESEARCH METHODS

The research method is the main foundation that determines the validity and reliability of the results in a scientific study. In the research that focuses on the role of posyandu in community empowerment at Posyandu Kemuning VIII, Cilegon City, the research method applied is a qualitative approach. This approach was chosen to deeply understand complex and dynamic phenomena related to posyandu activities and their impact on the local community. Qualitative methods are used because they allow researchers to explore perspectives, experiences, and social dynamics that exist in a particular context, which in this case is the role of posyandu cadres and beneficiaries in the community.

The data collected in this study came from primary and secondary sources. Primary data sources involved in-depth interviews with posyandu cadres as well as surrounding communities who actively participate in posyandu activities. These in-depth interviews were designed to obtain rich and in-depth information about the respondents' perceptions, experiences and views on the role of posyandu in improving community health and welfare. Meanwhile, secondary data was obtained through a literature study that included a literature review of various reference books, journals, previous research reports, and related documents relevant to the research topic. This literature study aims to provide a strong theoretical foundation and enrich the analysis with broader contextual information.

The data collection process was conducted through several comprehensive techniques. In-depth interviews used a pre-prepared interview guide to ensure consistency and regularity in data collection. In addition to interviews, participatory observations were also conducted to directly understand the activities and dynamics that occurred at Posyandu Kemuning VIII. Researchers were directly involved in posyandu activities to observe interactions between cadres and the community, as well as to see firsthand how posyandu activities were carried out and how beneficiaries responded to existing programs. These observations allowed researchers to collect data holistically, see the reality in the field, and validate information obtained through interviews.

Documentation is also an important part of the data collection techniques in this study. Researchers collected various documents related to posyandu activities, such as monthly reports, photos of activities, attendance records, and counseling materials. These documents not only provided additional information that supported the findings from interviews and observations, but also helped researchers to understand the posyandu administration and management process in more depth.

The collected data was analyzed using the thematic analysis method. The first step in the analysis was the transcription of the interview data and initial coding to identify the main themes that emerged from the data. This coding was done by grouping the data based on certain categories relevant to the research questions. Subsequently, the data was further categorized to find patterns and relationships between the various themes that had been identified. This process helped in understanding how various aspects of the posyandu's role in community empowerment are interrelated and influence each other.

This analysis was conducted iteratively, with the researcher constantly returning to the data to deepen understanding and ensure the accuracy of interpretations. The researcher also used data triangulation, by comparing information obtained from various sources and methods, to ensure the validity and reliability of the research findings. This triangulation helps to reduce bias and increase confidence in the research results.

The final results of the data analysis are presented in a comprehensive narrative, describing in detail the role of posyandu in community empowerment, the challenges faced, and the real impact felt by the community. The narrative is also supplemented with direct quotes from the interviews that provide an authentic voice from the respondents and strengthen the research arguments.

Overall, this research method is designed to provide an in-depth and holistic understanding of the dynamics and contributions of posyandu in improving community health. The qualitative approach used allows researchers to capture nuances and complexities that might be missed in a quantitative approach, resulting in richer and more contextualized insights into the role of posyandu in the context of community empowerment in Cilegon City.

## RESULTS

This research highlights the significant role of Posyandu Kemuning VIII in community empowerment in Cilegon City. Based on the findings obtained from various data collection methods, such as in-depth interviews, participatory observation, and document analysis, this study reveals a number of important points related to the role of Posyandu in improving community health and welfare.

### Improved Access to Basic Health Services

One of the main outcomes of this research is improved community access to basic health services. Posyandu Kemuning VIII provides a range of health services, such as antenatal check-ups, immunizations, child growth monitoring, and vitamin A administration. These services are welcomed by the community, especially by mothers and children. The study found that prior to the posyandu, many residents had difficulty accessing health services due to the long distance to the puskesmas or limited funds. With the posyandu nearby, people can easily get basic health services without having to travel far or incur high costs. This is especially important for low-income families who tend to neglect their health due to limited access and cost.

### Increased Health Knowledge and Awareness

Another important finding is the increase in community knowledge and awareness about health. Posyandu Kemuning VIII is active in providing counseling on various health topics, such as

nutrition, the importance of immunization, reproductive health, and disease prevention. This counseling is delivered through various media, including lectures, group discussions, and distribution of brochures. These activities not only provide useful information, but also encourage people to care more about their own and their family's health. From interviews with mothers who regularly attend posyandu activities, it is known that they are now more aware of the importance of maintaining health, both for themselves and their children. They also better understand how to prevent diseases and the importance of regular health checks.

### **Strengthening Community Engagement**

The research also shows that posyandu plays an important role in strengthening community engagement. Through various activities that involve the active participation of residents, such as gotong royong, posyandu activities succeed in building a sense of togetherness and solidarity among residents. These activities create a space for communities to share knowledge and experiences, and to work together to solve common health problems. Posyandu cadres, who are volunteers from the community itself, act as liaisons between the community and health facilities, creating more effective and efficient communication. This strengthening of community engagement not only results in improved health, but also in increased social cohesion and community self-reliance.

### **Women's Empowerment**

Posyandu Kemuning VIII has also had a significant impact on women's empowerment. Many posyandu cadres are women who have received training and knowledge about health. Through their role as cadres, they not only contribute to improving community health, but also increase their own confidence and capacity. This study found that women's involvement in posyandu activities helped them to be more confident and courageous in taking on leadership roles in their communities. In addition, they also gain recognition and appreciation from the community for their contributions, which in turn improves their social status in the community.

### **Challenges and Obstacles Faced**

Despite the many benefits of posyandu, the study also identified some challenges. One of the main challenges is the issue of limited resources, both in terms of manpower and facilities. Posyandu often lacks active cadres, resulting in a heavy workload for existing cadres. In addition, the facilities available at posyandu are often inadequate to support the implementation of all necessary activities. For example, limited medical equipment and medicines are often an obstacle in providing optimal health services.

Another challenge faced is the lack of support from the government and related parties. Although posyandu is an important part of the national health system, the support provided is often inadequate. Many posyandu have to operate on a very limited budget, which prevents them from providing all the services required by the community. In addition, posyandu cadres are often inadequately incentivized, which reduces their motivation to continue participating.

### **Discussion: Impact and Implications**

The results of this study underscore the importance of posyandu as an institution that plays a role in community empowerment and health improvement. Posyandu serves not only as a place to get basic health services, but also as a platform for health education, community strengthening, and women's empowerment. The accessible and self-managed nature of posyandu makes it an effective tool in achieving sustainable health development goals.

This finding is consistent with the literature that posyandu can serve as a vehicle for community empowerment, especially in the context of developing countries where access to health services remains a major challenge. Previous studies have also shown that posyandu can play a role in improving community health knowledge and awareness, as well as in increasing community involvement and self-reliance in their own health care efforts.

However, to ensure the sustainability and effectiveness of posyandu, greater efforts are needed from the government and related parties to provide adequate support. This support could be in the form of increased budgets, training and capacity building of posyandu cadres, and provision of adequate facilities and equipment. In addition, efforts are also needed to increase community participation, particularly in terms of posyandu development and management, so that posyandu can continue to function as an institution that is relevant and responsive to community needs.

The research also shows that women's empowerment through posyandu has significant positive impacts, both for the individual women themselves and for the community as a whole. Women's empowerment not only improves their health and well-being, but also strengthens their role in decision-making and leadership in their communities. Therefore, efforts to strengthen women's roles in posyandu should continue to be encouraged as part of a broader community empowerment strategy.

Overall, the results of this study provide important insights into the role of posyandu in community empowerment and provide recommendations for policies and practices that can improve the effectiveness of posyandu as a community empowerment institution. With adequate support and active participation from the community, posyandu can continue to function as an effective tool in improving community health and well-being and in achieving sustainable development goals.

## CONCLUSIONS

The conclusion of this study highlights the important role of Posyandu Kemuning VIII in improving the health and welfare of the community in Cilegon City. Based on the findings obtained from various research methods, including in-depth interviews, participatory observation, and document analysis, it can be concluded that the posyandu has a significant impact in several aspects.

First, Posyandu Kemuning VIII has successfully improved community access to basic health services. By providing services such as antenatal check-ups, immunizations, and child growth monitoring, Posyandu helps to overcome the access and cost constraints often faced by the community. This is especially important for lower-middle-income families who tend to have limited access to health services.

Second, posyandu also plays an important role in increasing community health knowledge and awareness. Through regular counseling and education activities, posyandu helps increase community knowledge about various health issues and the importance of maintaining good health. Thus, the community becomes more aware of the importance of taking preventive measures and regular health care.

Third, Posyandu Kemuning VIII has also succeeded in strengthening community involvement in health care. Through participatory activities such as gotong royong and group discussions, the posyandu creates a space for the community to share knowledge and experiences, and to work together to solve common health problems. This not only improves the overall health of the community, but also strengthens social cohesion and solidarity among residents.



Fourth, posyandu also has a significant impact on women's empowerment. Many posyandu cadres are women who have received training and knowledge about health. Through their role as cadres, women get the opportunity to contribute to improving community health, as well as to increase their own confidence and capacity.

However, this study also identified some challenges faced by Posyandu Kemuning VIII, such as the problem of limited resources and lack of support from the government and related parties. Therefore, to ensure the sustainability and effectiveness of the posyandu, greater efforts are needed in providing adequate support, both from the government and from the community itself.

Overall, this study concludes that Posyandu Kemuning VIII has a very important role in community empowerment and health improvement in Cilegon City. With adequate support and active participation from the community, Posyandu can continue to function as an effective tool in achieving sustainable health development goals.

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