

Analysis of the Youth Posyandu Program and Family Assistance Team in Efforts to Reduce Stunting in Tayu District, Pati Regency

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ABSTRACT

Education is held to equip the community, especially the less fortunate, with the ability to maintain health that can be used to improve their quality of life. This case study research was conducted to analyze the Youth Posyandu and Family Assistance Team programs and to examine the impact of the implementation of the program. The research conducted in Tayu District, Pati Regency from September to November 2023 is a qualitative research. Data collection was carried out by the researcher himself as a research instrument using interview, observation, and documentation guidelines. Data analysis was carried out using qualitative data analysis techniques. To achieve data validity, triangulation and observation extension were carried out. The results of the study showed that there was a positive impact on the target group, although it was still at the individual level. Therefore, the Youth Posyandu and Family Assistance Team that will be developed need to emphasize their sustainability and accountability in community empowerment efforts.

Keywords: program analysis, youth posyandu, family assistance team, non-formal education, impact

INTRODUCTION

Indonesia's demographic bonus is expected to occur in 2020-2035, when the dependency ratio reaches its lowest point (Adioetomo, 2020). Adioetomo (2020) stated that the prerequisite for reaping the benefits of the demographic bonus is the development of educated, healthy, competent, and productive human resources that need to be built from an early age, even while still in the womb. A number of challenges in the health sector are still faced by Indonesia in efforts to improve the quality of human resources. One of them is the problem of malnutrition in children or stunting. Stunting conditions can inhibit physical growth, increase children's vulnerability to disease, and cause obstacles to cognitive development that reduce children's intelligence and productivity in the future. Stunting will also increase the risk of degenerative diseases in adulthood. Economic losses due to stunting in the workforce in Indonesia are currently estimated to reach 10.5% of gross domestic product (GDP), or equivalent to 286 trillion rupiah.

The prevalence of stunting in the last 10 years shows that stunting is one of the biggest nutritional problems in toddlers in Indonesia. The results of the 2018 Basic Health Research (Riskesdas) showed that 30.8% of toddlers suffered from stunting.

Other nutritional problems related to stunting that are still a public health problem are anemia in pregnant women (48.9%), Low Birth Weight or LBW (6.2%), toddlers with poor nutritional status (17.7%) and anemia in toddlers.

Pati Regency has become one of the stunting loci since 2020. The number of stunting cases in toddlers in Pati Regency in 2018 was 4038 toddlers (5.31% of 76,116 toddlers), in 2019 there were 3134 toddlers (4.2% of 74,599 toddlers), in 2020 there were 3997 toddlers (5.68% of 70,388 toddlers) and in 2021 there were 4281 toddlers (6.10% of 70,150 toddlers). The results of the 2020 Pati Bappeda Research and Development survey stated that the causes of stunting problems in 12 locus villages in Pati Regency were: lack of food intake (100%), parenting patterns (83.33%), not receiving PAUD services (66.67%), not exclusive breastfeeding (58.33%), not receiving health insurance (50%), Low Birth Weight (LBW) (50%), lack of food availability at home (33.33%), pregnant women with Chronic Energy Deficiency (KEK) (16.67%), no Early Initiation of Breastfeeding (IMD) (16.67%), poor households (16.67%), sanitation (16.67%), pregnant women with anemia (16.67%), and pregnant women with preeclampsia (8.33%) (Ernawati et al., 2020).

The update of the strategy to accelerate the reduction of stunting is a family approach through mentoring families at risk of stunting with targets starting from adolescent girls, prospective brides (catin)/prospective Fertile Age Couples (PUS), pregnant and breastfeeding mothers up to postpartum, and children aged 0-59 months. For adolescent girls, intervention can be carried out through the Youth Posyandu. While the rest is mentored by the Family Assistance Team consisting of Midwives, TP PKK Cadres and KB cadres. Of the 21 sub-districts in Pati Regency, Tayu Sub-district, Pati Regency is one of the sub-districts that has good concern for efforts to reduce stunting. Among the examples are the establishment of Integrated

Posyandu in each village, routine stunting discussion activities, the establishment of the Youth Posyandu program and budgeting for efforts to reduce stunting, both prevention and handling efforts. Margomulyo Village, Tayu Sub-district, Pati Regency is one of the most interesting villages in efforts to reduce stunting. One of them is the stunting recovery activity by moving the Healthy Kitchen to Overcome Stunting (DASHAT) activity. This activity was created as an effort to handle stunting through community empowerment activities in an effort to fulfill balanced nutrition for families at risk of stunting such as pregnant women, toddlers, especially from underprivileged families by providing support for healthy food processed by Health Cadres through the Village Fund budget. Including the implementation of the Youth Posyandu program and the Family Assistance Team where many sub-districts have not yet implemented the Youth Posyandu program.

Youth Posyandu and Family Assistance Team are Community-Based Health Efforts (UKBM) that can be categorized as non-formal education or out-of-school education. Based on Law of the Republic of Indonesia Number 20 of 2003 concerning the National Education System, article 26 paragraph 3, non-formal education includes life skills education, early childhood education, youth education, women's empowerment education, literacy education, skills education and job training, equivalency education, and other education aimed at developing students' abilities. Out-of-school education is every effort to provide educational services outside of school that lasts a lifetime and is carried out intentionally, regularly, planned and aims to actualize human potential in the form of attitudes, actions and works, towards the formation of whole humans who love to learn and teach in order to improve the quality and standard of living (Napitupulu, 1982).

The central government has set a target of reducing stunting by 2024 to 14%. Among

the integration of stunting reduction programs are the Youth Posyandu and the Family Assistance Team (TPK). However, both of them need to conduct program analysis efforts. For what? as a form of identification whether the program being run has been implemented properly or there are still many shortcomings. Starting from planning, implementation, monitoring, evaluation and reporting of the program. Analysis can also be interpreted as an activity to find new findings on an object that will be studied or observed by researchers, by finding accurate evidence on certain objects.

There are many studies on Posyandu Remaja, Family Support Teams or stunting. However, there is no specific research on the Analysis of the Posyandu Remaja Program and the Family Support Team (TPK) in efforts to reduce Stunting in Tayu District, Pati Regency. Therefore, the researcher is interested in conducting research in Margomulyo Village, Tayu District, Pati Regency with the title "Analysis of the Posyandu Remaja Program and the Family Support Team (TPK) in Efforts to Reduce Stunting in Tayu District, Pati Regency". With this research, it is expected to provide recommendations as well as evaluations in the implementation of the Youth Posyandu program and the Family Assistance Team in efforts to reduce stunting in Tayu District, Pati Regency so that Village SDGs 1,2,3,4,5,6 and 11 can be realized, namely Villages without poverty, Villages without hunger, Healthy and Prosperous Villages, Quality Village Education, involvement of Village Women, Villages with clean water and sanitation and safe and comfortable Village residential areas so that every program planned and implemented by the government is not only project-oriented but the implementation of the program can provide maximum impact through cross-stakeholder collaboration.

METHODS

The research conducted used a qualitative case study research approach. According to

Lewis & Jane (2009) qualitative research is an effort to present a world perspective in terms of concepts, behavior, perceptions and problems about the subject being studied. While a case study is a study that aims to examine "how" and "why" an activity or phenomenon occurs or takes place (Yin, 2014:4). This study is intended to describe and analyze the results of research on the Analysis of the Adolescent Posyandu Program and Family Assistance Team in efforts to reduce stunting in Pati Regency. This research was conducted from September to December 2023.

The main focus of this study is the analysis of the Adolescent Posyandu program and the Family Assistance Team (TPK) in an effort to reduce stunting in Margomulyo Village, Tayu District, Pati Regency, which includes program stages in planning, implementation, evaluation and reporting activities including the impact of the program. The subjects of the study were adolescents, Adolescent Posyandu cadres, pregnant women, prospective brides and toddlers aged 0-59 months who were indicated as stunting and the Family Assistance Team cadres of Margomulyo Village, Tayu District, Pati Regency.

The key informants in this study were (1) 2 Adolescent Posyandu administrators (Cadres) and 2 Family Support Team administrators, (2) 3 Adolescent Posyandu program targets and 4 Family Support Team program targets including 1 pregnant woman, 1 postpartum mother, 1 prospective bride and 2 mothers of toddlers indicated as stunting (3) Margomulyo Village Head, (4) Village Midwife, (5) and the Coordinator of the Tayu District Family Planning Extension Worker, Pati Regency. The data collection process regarding the research object in the form of stages of the Adolescent Posyandu non-formal education program and the Family Support Team was carried out using interview, observation and documentation methods, where the data obtained was then analyzed qualitatively (Miles and Huberman, 2007). Primary data was obtained using the interview method

while secondary data was obtained through observation and documentation. Data analysis was carried out using qualitative data analysis techniques. According to Miles & Huberman (1992: 16) analysis consists of three activity flows, namely data reduction, data presentation, and finally drawing conclusions or verification. To achieve data validity, triangulation and observation extension are carried out.

RESULT AND DISCUSSION

Based on the above considerations, it is deemed necessary to conduct research on the analysis of the Youth Posyandu program and the Family Assistance Team in Margomulyo Village, Tayu District, Pati Regency in order to produce useful

information to be used as input for program development which is expected to have a positive contribution to the success of education in the future and produce effectiveness in the empowerment program. Analysis of the Youth Posyandu program and Family Assistance Team in Margomulyo Village, Tayu District, Pati Regency, reviewed from the development stages including planning starting from input of facilities, namely coordination, socialization, formation of administrators, planning the budget, division of tasks, identification of resources and needs, design of activity implementation activities, monitoring, evaluation of activities and reporting of activities. With the following explanation:

Table 1. Efforts to Reduce Stunting through the Youth Posyandu Program and Family Support Team in Margomulyo Village, Tayu District, Pati Regency

Information	Youth Posyandu	Family Assistance Team
1. Goals	<ul style="list-style-type: none"> - To provide closer access and increase coverage of health services for adolescents in order to improve the quality of adolescent health, one of which is to prevent stunting. 	<ul style="list-style-type: none"> - To prevent and handle stunting through mentoring activities including counseling, referral services, facilitating the social assistance to prospective couples in fertile age, pregnant women, postpartum mothers, children 0-59 months and conduct surveillance of families at risk for stunting.
2. Formation	<ul style="list-style-type: none"> - May 2023 	<ul style="list-style-type: none"> - SK TPK once a year.
3. Officer	<ul style="list-style-type: none"> - 6 Youth Posyandu Cadres with their respective roles 	<ul style="list-style-type: none"> - Midwives, TP PKK cadres
4. Division of roles	<ul style="list-style-type: none"> - Table I Elina Andriani - Table II Nour Afny Fitriansyah dan Nur Sabilla Fitri V - Table III Mareta Dwi Hidayati - Table IV Ninik Ria Ningsih - Table V Ninik Indrati 	<ul style="list-style-type: none"> - Village Midwife Health services and counseling - KB and TP PKK cadres, counseling and recording results
5. Budget	<ul style="list-style-type: none"> - APBDes Margomulyo District Tayu Pati Regency which is sourced from Village Funds 	<ul style="list-style-type: none"> - APBN
6. Time of implementation	<ul style="list-style-type: none"> - Once a month - On the third week between Friday/Saturday - 15.30-17.00 WIB 	<ul style="list-style-type: none"> - Once a month, between the second/third/fourth week to adjust targets
7. Place of activity	<ul style="list-style-type: none"> - Village Hall 	<ul style="list-style-type: none"> - Target home visits
8. Facilities and infrastructure	<ul style="list-style-type: none"> - Tables, chairs, height measuring instruments, weight measuring instruments, LILA measuring instruments, blood pressure, registration books and recording books 	<ul style="list-style-type: none"> - Blood pressure - Report form - Mobile phone
9. Target	<ul style="list-style-type: none"> - Adolescents aged 10-18 years, male and female, still in school or dropped out of school. 	<ul style="list-style-type: none"> - Pregnant women, postpartum mothers, breastfeeding mothers, female prospective brides aged 0-59 months
10. Number of targets	<ul style="list-style-type: none"> - 20-30 Teenagers 	<ul style="list-style-type: none"> - Toddlers are at risk, as are pregnant women, postpartum mothers and prospective
Implementation of Activities	<ul style="list-style-type: none"> - Registration - Measurement of height, weight and LILA - Recording - Blood pressure check and counseling - Counseling and provision of PMT - Referrals for those in need. 	<ul style="list-style-type: none"> - Blood pressure checks for pregnant women, postpartum women, catin - Counseling for catin, pregnant women, postpartum women, breastfeeding mothers and toddlers. - Counseling for catin, pregnant women, postpartum women

The stages of program development in Table.1 above in terms of implementation are like the program management approach, but in theory like program development based on the development theory of Boyle's

development program and information program in the Planning Better Programs Book (1981). So in the Youth Posyandu and Family Assistance Team programs, in Boyle's theory (1981) can be divided into 2

(two) namely development programs and information programs (counseling).

Table 2. Analysis of the Youth Posyandu Program and Family Support Team in Margomulyo Village, Tayu District, Pati Regency Based on Boyle's Theory in the Book Planning Better Programs (1981)

Analysis	Youth Posyandu	Family Support Team
Development Program		
Stage 1 identify programming objectives	√	√
Stage 2 analyze community and client situations	√	√
Stage 3 identify desired outcomes	√	√
Stage 4 identify resources and support	√	√
Stage 5 design learning plans	√	√
Stage 6 action programs	√	√
Stage 7 resource accountability	√	√
Stage 8 communicate program values	√	√
Information Programs		
Stage 1 determine content needs	√	√
Stage 2 provide information or knowledge	√	√
Stage 3 determine breadth of content distribution	√	√

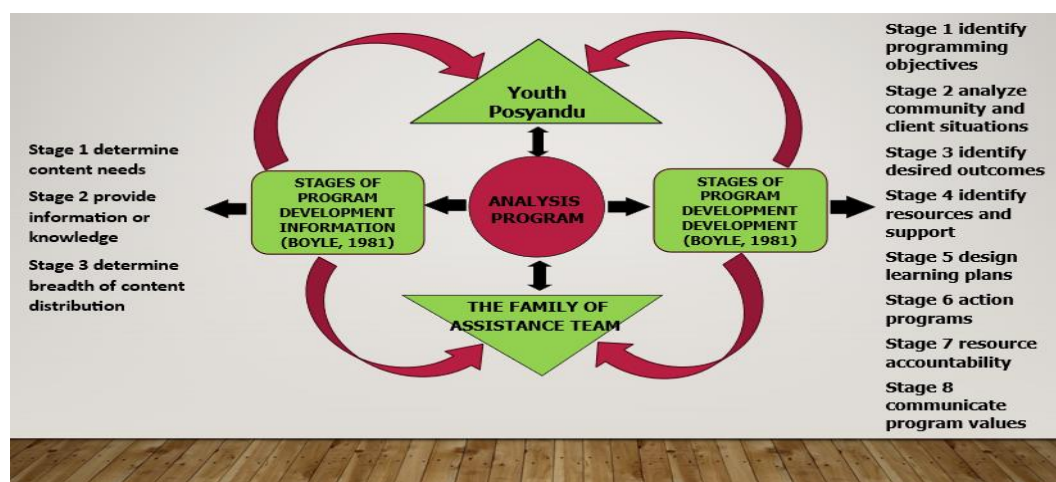


Figure 1. Program Development Stages for Development and Information Programs (Boyle, 1981)

The implementation of the Youth Posyandu program and the Family Assistance Team in Margomulyo Village, Tayu District, Pati Regency in each target group can be achieved even though at different levels of achievement. The impact of the Youth

Posyandu program in Margomulyo Village, Tayu District, Pati Regency can be divided into 2 (two), namely short-term impacts and long-term impacts. The details are as follows:

Table 3. Impact of the Youth Posyandu Program in Margomulyo Village, Tayu District, Pati Regency

Target	Impact of the Youth Posyandu Program in Preventing Stunting in Margomulyo Village, Tayu District, Pati Regency					
	Knowledge Aspect	Behavioral Aspects	Skills Aspects	Social Aspects	Health Aspects	Economic Aspects
Teenage girl	Increased knowledge about health.	Willing to attend the Youth Posyandu	Increased skills in measuring height, weight and LILA. Skills to improve health levels are not yet visible because there is no assistance	Sharing information Not ashamed to come to the integrated health post. Can interact with other teenagers	No KEK No anemia	The impact cannot be seen yet because it takes a long time.

Table 4. Impact of the TPK Program in Margomulyo Village, Tayu District, Pati Regency

Target	Impact of the Family Companion Team Program to Prevent Stunting in Margomulyo Vill District, Pati Regency				
	Knowledge Aspect	Behavioral Aspects	Skills Aspects	Social Aspects	Health Aspects
Pregnant mother	<ul style="list-style-type: none"> Increased knowledge about health. 	<ul style="list-style-type: none"> Increased attendance at prenatal classes. Routine pregnancy check-ups. Taking iron tablets regularly. 	<ul style="list-style-type: none"> Pregnant women can maintain their health so they don't get anemia. 	<ul style="list-style-type: none"> Share information with each other. Don't be ashamed to come to the pregnancy class. 	<ul style="list-style-type: none"> No KEK No anemia
Postpartum mother, breastfeeding with toddler	<ul style="list-style-type: none"> Increased knowledge about health. 	<ul style="list-style-type: none"> Mothers perform Early Initiation of Breastfeeding (IMD). Mothers exclusively breastfeed babies aged 0-6 months. Mothers provide complementary foods after 6 months and local foods while continuing to breastfeed until the child is 2 years old. Routinely participate in toddler posyandu activities. 	<ul style="list-style-type: none"> Mothers can do Early Initiation of Breastfeeding (IMD). Mothers can make the right local complementary menu for breast milk. 	<ul style="list-style-type: none"> Share information with each other. Don't be ashamed to come to the integrated health post. 	<ul style="list-style-type: none"> No KEK, no anemia (postpartum mothers and toddler mothers) Toddlers experience weight and height increases (although less significant)
Female Catin	<ul style="list-style-type: none"> Increased knowledge about health. 	<ul style="list-style-type: none"> Conduct a LILA examination Conduct an anemia examination Consume iron supplements 	<ul style="list-style-type: none"> Can maintain body condition 	<ul style="list-style-type: none"> Share information with each other. 	<ul style="list-style-type: none"> No KEK No anemia

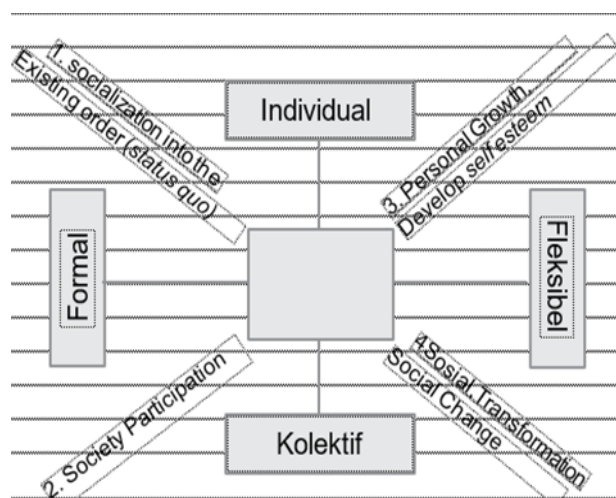


Figure 2. Impact of education (Prece, 2010)

Non-formal education provides benefits to society both in terms of individual and collective growth (Preece, 2010). As in Figure 2. At the individual level outcome, non-formal education provides benefits of (1) socialization into the existing order of life (status quo) although it can also contribute to community growth as a secondary factor, and (2) developing individual growth and self-esteem and at the community level where education is more collective in nature aimed at collective change and social transformation, which also contributes to individual growth and community participation (Tohani, 2015).

The implementation of the Youth Posyandu and Family Support Team programs that have been developed are still less able to provide benefits for positive social change or transformation, meaning that the benefits of the Youth Posyandu and Family Support Team programs achieved are limited to individual functioning. It is indeed recognized that the implementation of Youth Posyandu and Family Support Teams as investment activities in human resource development does not automatically linearly bring benefits to related parties. This shows that the impacts resulting from the activities of the Youth Posyandu and Family Support Team programs are greatly influenced by several factors that influence them, for example, the difficulty of changing the mindset and behavior of the target group. As Cross (1991) in Mutayanjulwa (2010) provides an illustration that obstacles in the implementation of educational activities include: a) situational obstacles such as lack of funds/money, lack of time due to work or domestic responsibilities, and transportation difficulties; b) institutional obstacles include practices or procedures that limit the target group from participating in the program determination process, are less relevant to the needs of the target group, and study time that is too full or rigid; and c) dispositional barriers related to attitudes and perceptions about themselves, for example, being too old to learn, lacking self-confidence due to minimal education previously achieved,

boredom with school and cultural/traditional aspects. It can be said that in order to produce a big impact for both individuals and society, the Youth Posyandu and Family Support Team that will be held need to consider that it is not only merely considering the realization of the Youth Posyandu and Family Support Team programs that are considered appropriate for the target group, but also considering the existence and functioning of social energy that can be a determinant of the success of the program both at the target group and community levels.

CONCLUSION

The Youth Posyandu Program and Family Assistance Team in Margomulyo Village, Tayu District, Pati Regency, in terms of program implementation, uses program management which includes planning, implementation, monitoring, evaluation and reporting. However, for the development theory, it can be said to use Boyle's theory (1981) in the book "Planning Better Programs" which includes 1) identification of programming bases 2) analysis of community and client situations 3) identification of desired outcomes 4) identification of resources and support 5) design of learning plans 6) action programs 7) accountability of resources 8) communication of program values. These are the stages for the development program, while for the information program or extension activities in the program include 1) determining what content is available, needed, or desired 2) providing information or knowledge 3) determining the breadth of content distribution.

The implementation of the Youth Posyandu program and the Family Support Team in Margomulyo Village, Tayu District, Pati Regency in each target group can be achieved even though at different levels of achievement. The impact of the Youth Posyandu program in Margomulyo Village, Tayu District, Pati Regency can be divided into 2 (two), namely short-term impacts and long-term impacts. At the individual and

short-term levels, the benefits include: 1) knowledge aspects 2) behavioral aspects 3) skills aspects 4) health aspects. At the community level, 5) social aspects, the existence of the Youth Posyandu program and the Family Support Team has not been able to cause positive social transformation in community life, for example the emergence of other community empowerment activities. 6) economic aspects. The economic aspect has also not been able to cause positive transformation in community life because it takes a long time.

Declaration by Authors

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