

“MOZILLA” (Monopoli Gizi Luar Biasa) as Innovation Media Nutrition Education for Mothers in Posyandu Work Region Puskesmas Klampis Ngasem Surabaya

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Abstract: Children are a source of national assets that must be considered the future. The lives of children who are active in their growth and physical and mental development greatly affect their health status. The many big problems and the main concern faced by children is the state of nutritional status is still low, especially for poor families. The nutritional status of children under five in Indonesia in 2013 shows an increase in malnutrition and malnutrition prevalence less than in 2007. Nationally, the underweight prevalence of under-fives in Indonesia is 12.1 percent, whereas it is considered a serious public health problem when the skinny prevalence is between 10 -14 percent (RISKESDAS: 2013). The data is supported by secondary data on the profile of Klampis Ngasem Public Health Center in 2016, that there are 529 children under the age of less than 1370 children under five. The cause of under-nutrition is poor diet and unhealthy behavior. The result of in-depth interview method and metaplan found the factors that influence the nutritional status of children under five is the low level of knowledge of the mother. These factors trigger the cause of undernourishment. Less nutrition problems can be handled with good nutrition management. Therefore, the author initiated MOZILA (Monopoli Gizi Luar Biasa) consisting of MOZILA On Training, MOZILA On The Spot, The Cheap Market and MOZILA Cooking Class. MOZILA as an innovative nutrition educational media designed like a monopoly game to increase the interest of toddlers in receiving education. Interest in receiving education makes it easy for toddlers to understand nutrition information. Increasing knowledge of nutrition of mother of balita at Posyandu work area of Klampis Ngasem Public Health Center Surabaya can prevent malnutrition incident in toddler.

1 INTRODUCTION

Nutrition problem is individual or society disorders caused by unmet needs for nutrients from food. The number of children suffering from malnutrition in Indonesia is still high when compared to the threshold set by the World Health Organization (WHO). Ministry of Health Based on 2013 Basic Health Research (Riskesdas), there are still many Indonesian people who do not consume fruits and vegetables. Of course, reluctant to consume fruits and vegetables will have an impact on the lack or poor nutrition itself. As a result, cases of malnutrition or malnutrition in Indonesia are quite high.

Health development is one of the goals of the SDGs (Sustainable Development Goals) and a major investment for the development of Indonesia's

human resources. Health development is essentially an effort to raise awareness, willingness and ability of each person to be able to behave in a healthy life to achieve community health status as high. To achieve this, it needs a systematic health development plan, focused, comprehensive and integrated, and required the involvement of various sectors and all components of the nation in its implementation (Ministry of Health, 2017).

The World Health Organization (WHO) estimates that 55% of child deaths in the world are caused by malnutrition and the risk of death will increase sharply in children with malnutrition. Nutritional status of children in Indonesia in 2013 showed an increase in the prevalence of malnutrition and undernourishment of 2007. Nationally, the prevalence of underweight in children under five in Indonesia by 12.1%, while it is already considered a health problem serious community if the prevalence

is thin between 10-14 percent (RISKESDAS: 2013). The data is supported by secondary data on the profile of the Klampis Ngasem Health Center in 2016, that there were 529 infants with less nutrition than 1370 children under five.

One effort that needs to be done to overcome this problem is nutrition and health education with a media. Nutrition education should be given to mothers of children under five because the knowledge of mothers greatly influences the nutritional conditions and development of children under five who are included in the nutrition-prone group. Nutrition education is done to change behavior. Mother's knowledge about nutrition will help make balanced nutritious foods that are varied and interesting for toddlers. Great attention in this case aims to improve the quality of human resources from an early age.

Efforts to improve maternal nutrition knowledge that have been carried out in Indonesia, one of which is counseling every month at the Posyandu. The implementation of counseling is often not as expected because it still conducts conventional counseling through lectures. Other efforts need to be done to increase maternal interest in receiving nutritional materials by providing educational media, one of which is with MOZILA (Extraordinary Nutrition Monopoly) media that can be applied to Posyandu in the working area of Klampis Ngasem Surabaya Health Center. The concept of MOZILA brought by the author is an innovation in nutritional education media designed like a monopoly game with a series of activities including MOZILA On Training, MOZILA Cooking Class, MOZILA On The Spot, and Cheap Market MOZILA.

1.1 Formulation Problem

- a. How is the educational media mechanism with MOZILA?
- b. How to empower cadres as facilitators on MOZILA?
- c. How MOZILA can help realize Sustainable Development Goals (SDGs)?

1.2 Objective

- a. Increase the interest of mothers of toddlers to receive nutritional information through the MOZILA media.
- b. Make it easier for mothers to understand the nutritional information obtained from MOZILA.

- c. Prevent the occurrence of malnutrition in children under five as an effort to realize the Sustainable Development Goals.

2 LITERATURE REVIEW

2.1 Nutrition

According to the Republic of Indonesia Ministry of Health 2014 balanced nutrition is a daily food composition that contains nutrients in the type and amount that suits the needs of the body, by observing the principle of food diversity, physical activity, hygienic behavior and maintaining normal weight to prevent nutritional problems.

Nutrients are chemicals found in food ingredients that the body needs to get energy, build and maintain networks and to run the life cycle. Nutrients by function are divided into 3 groups, namely regulating substances, building agents, and energy substances, all of which must be balanced to meet the needs in the body.

2.2 Nutritional Status

Nutritional status is a reflection of the size of the fulfillment of nutritional needs (Sandjaja, 2009). Nutritional status can be partly measured by anthropometry (measurement of certain parts of the body) or clinical biochemistry. Nutritional status is usually in good or sufficient category, but due to an imbalanced consumption pattern, poor nutrition and over nutrition status arise.

2.3 Sustainable Development Goals 2030 (SDGs)

The SDGs are a continuation of the Millennium Development Goals (MDGs) agreed upon by UN member states in 2000 and ended at the end of 2015. But both have fundamental differences, both in terms of substance and process of preparation. MDGs agreed upon more than 15 years ago only contained 8 Goals, 21 Goals, and 60 Indicators. The goal is only aimed at halving each of the development problems contained in the goals and objectives.

SDGs accommodate development problems in a more comprehensive manner, both qualitative (by accommodating development issues that do not exist in the MDGs) and quantitative targets for a complete

settlement of each goal and target. SDGs are also universal giving a balanced role to all countries both developed and developing countries. In this case the two SDGs objectives related to MOZILA are 1) Good Health and Well-being which ensures healthy living and improves welfare for people of all ages and 2) Quality Education ensures the quality of inclusive and fair education and increases lifelong learning opportunities for the community.

2.4 Metaplan

Metaplan is a discussion activity to explore people's ideas or opinions about an individual problem and build an opinion commitment on individual results as a group decision gradually. In addition, metaplan is a system of gathering ideas or opinions from a group of people who work together. This method was started by Eberhard Schnelle in Hamburg. Very experienced moderators are able to overcome the complexity of solving an organization's problems and innovations. (Adiningsih, 2015).



Figure 1. Metaplan

2.5 Puskesmas

Regulation of the Minister of Health of the Republic of Indonesia number 75 years 2014 regarding the Community Health Center stated that the Puskesmas is a health service facility that organizes public health efforts and first-rate individual health efforts, by prioritizing promotive and preventive efforts to achieve the highest level of public health in its working area.

2.6 Posyandu

According to the Indonesian Ministry of Health's Health Promotion Center, Posyandu is a form of Community Resource Health Efforts (UKBM) which is managed from, by, for, and with the community, in order to empower and provide convenience to the community to obtain health services for mothers, infants and children toddler.

Posyandu activities consist of main activities and development activities or choices. Some of the main activities carried out include maternal and child health, family planning, immunization, nutrition and prevention and control of diarrhea

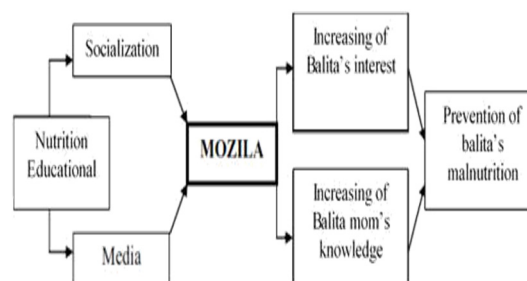


Figure 2. Conceptual Framework

Nutrition Education Nutritional education is able to improve the knowledge and feeding of maternal practices even though child growth does not increase directly. Nutrition education to mothers is one of Unicef Indonesia's recommendations to alleviate nutritional problems in Indonesia. Nutrition education can be done individually or in groups. From the research that has been carried out, the nutrition counseling intervention method has been proven to be able to improve the knowledge, attitudes and behavior of mothers of children under five. Counseling or socialization is one of the media that is applied by health workers in general in providing education or knowledge about health to the target. Conventional counseling is monotonous and boring so it is not effective to be used in the delivery of nutritional education because it is only giving material with the lecture method.

MOZILA here is an idea of media to deliver nutrition education to mothers of toddlers. The MOZILA program has a variety of activities including MOZILA On Training, MOZILA On The Spot, MOZILA Cheap Market and MOZILA Cooking Class. MOZILA as an innovation in nutritional education media designed like a monopoly game to increase the interest of mothers of toddlers in receiving education. Interest in motherhood is one of the changes in behavior. Behavioral change begins with a person's interest in the program, then increased knowledge will change the behavior pattern that has been received by the person.

make it easier for mothers of toddlers to understand information about nutrition.

Nutrition education aims to change behavior, especially for mothers of children under five. Increased understanding of mothers regarding toddler nutrition can make it easier for mothers to regulate balanced, varied, and attractive nutritional intake for toddlers.

If mothers of toddlers have understood and implemented balanced, varied and interesting nutritional education for toddlers on an ongoing basis, it will be able to prevent the occurrence of malnutrition in children under five in the working area of Klampis Ngasem Surabaya Health Center and to realize the goals of Sustainable Development Goals, namely Good Health and Well-being and Quality Education

SUGGESTION

a. For Puskesmas

- 1) Realizing the MOZILA program as a development program for the Klampis Ngasem Surabaya Health Center with a budget from the Puskesmas BOK which is expected to prevent the occurrence of under-five children with poor nutritional status.
- 2) Posyandu cadres should be empowered as peer educators or facilitators who are committed and actively participate to improve the knowledge of under-fives' maternal nutrition as a peer group.

b. For Toddlers

- 1) Mothers should understand the details of the mechanism of MOZILA so information can be understood easily.
- 2) The mother of a toddler as a peer group creates two-way communication with Posyandu cadres as peer educators and mutual interaction (brainstorming or discussion) to use MOZILA as a forum for learning to improve understanding. In addition, aspects that need to be considered to improve understanding are intelligence capacity, special talents, motivation, need achievement, and maturity

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