

Community Empowerment of Mothers' Behavior in Overcoming the Occurrence of ISPA in Toddlers in Ladang Bambu Village, Medan Tuntungan District

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Article Info	ABSTRACT
Keywords: Mother Behavior ISPA Toddler	ISPA is an upper respiratory tract disease that often attacks children and is the number one cause of death in infants and toddlers in Indonesia. Community Empowerment is one way to involve the community so that they can play an active role, especially in overcoming ISPA cases in toddlers. This community service program focuses on educating mothers of toddlers, posyandu cadres to be empowered and independent, so that it is hoped that posyandu cadres can become the main pillars of the community in preventing and overcoming ISPA in families. Based on the results of a survey conducted on August 21, 2024 in Ladang Bambu Village, Medan Tuntungan District. This community service activity was carried out in Ladang Bambu Village, Medan Tuntungan District with a health education method for cadres and mothers who have toddlers. This community service activity is divided into three stages, namely the first stage is the preparation stage, which includes licensing, data collection, situation analysis, and brainstorming; the second stage is the implementation of education on how to overcome ISPA in toddlers. Evaluation is carried out to determine the level of success of community service activities by observing the activities that have been carried out. This activity contributes to increasing knowledge and behavior of mothers who have toddlers and integrated health post cadres, therefore the sustainability of this activity needs to be facilitated by cadres and health center officers.
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INTRODUCTION

ISPA is an upper respiratory tract disease that often attacks children, both asymptomatic, mild symptoms to fatal, depending on the pathogenesis of the cause,

environmental factors and host factors and almost four million people die every year (WHO, 2024). ISPA ranks first as a cause of death in infants and toddlers in Indonesia. Acute Respiratory Tract Infection (ARI) is a disease that often occurs in children, the mortality rate is very high in infants, children, and the elderly, especially in countries with low and middle per capita income (Simoes et al., 2020).

The incidence of ARI by toddler age group is estimated at 0.29 episodes per child/year in developing countries and 0.05 episodes per child/year in developed countries, there are 156 million new episodes in the world per year of which 151 million episodes (96.7%) occur in developing countries (Ministry of Health, 2022). The most cases occur in India (43 million), China (21 million), Pakistan (10 million), Bangladesh, Indonesia, Nigeria each with 6 million episodes and cough-cold episodes in toddlers in Indonesia are estimated at 2-3 times per year (Rudan, 2021).

ISPA is still the main cause of infant and toddler mortality in Indonesia and ranks first as a cause of death in infant and toddler groups, also included in the 10 most common diseases in hospitals. From several SKRT results, it is known that 80 to 90% of all ISPA deaths are caused by Pneumonia (Balitbangkes Depkes, 2020). The prevalence of ISPA in Indonesia based on Basic Health Research data is 35%, which is the disease with the highest prevalence in toddlers (children aged 1-5 years) (Ministry of Health of the Republic of Indonesia, 2024). In 2022, the number of cases of Pneumonia in Toddlers in South Sumatra Province was 13,031 cases or 44.86%. In Palembang City, ISPA still ranks top in the order of the most common diseases at the health center level (Palembang City Health Office, 2023).

Acute Respiratory Infection is a disease that cannot be ignored, in health services such as health centers. ARI is ranked at the top so this disease needs serious attention. Handling this disease requires cross-program and cross-sector collaboration and involves health cadres and the community. The results of the study showed that mothers in PHPT Muara Angke, North Jakarta had less knowledge about ARI (51.4%) and had less behavior (51.5%) (Silviana, 2023). The results of a study at the Bantul Health Center showed that parental knowledge about ARI in children was still lacking, especially regarding readiness in dealing with respiratory problems (Kusuma & Khusnal, 2022).

Most of the level of knowledge about ISPA in toddlers at the Paruga Bima Health Center was categorized as sufficient at 53.40% and lacking at 26.13% (Qiyaam, Furqani, & Febriyanti, 2020). The knowledge of mothers in Tosaren Village in preventing ISPA in children was 40% before counseling and after counseling increased to good at 70%, the rest had sufficient knowledge (Mayasari, Sari, Nikita, Prihartono, & Armelia, 2021).

The high incidence of ARI in the health center's work area and the lack of knowledge of mothers of toddlers in handling ARI cases, especially in toddlers, require appropriate steps to overcome and prevent the disease. Therefore, efforts to eradicate and prevent acute respiratory infections are very important because this disease is easily transmitted and can cause death. One effort to overcome this problem is by involving mothers of toddlers and health cadres to overcome and prevent ARI, especially in toddlers. Handling of ARI cases in toddlers needs to be carried out seriously and optimally through empowering cadres and the community in the health center's work area. Therefore, this

community service activity aims to increase the knowledge of mothers of toddlers and cadres in overcoming ARI, especially in toddlers.

METHODS

Community service counseling activities were carried out together with students of the Health Administration Bachelor's Program at Darmo Health College and the Community and cadres in Ladang Bambu Village, Medan Tuntungan District. There were 21 mothers with toddlers. Based on the results of a survey conducted on August 21, 2024 in Ladang Bambu Village, Medan Tuntungan District . The method used was to provide health education about maternal behavior in overcoming the occurrence of ISPA in toddlers in Ladang Bambu Village, Medan Tuntungan District, by involving cadres of the KIA program posyandu in the local area using lecture methods and discussion group forums.

RESULTS AND DISCUSSION

Based on the results of a survey conducted on August 21, 2024 in Ladang Bambu Village, Medan Tuntungan District and obtained results that there are many mothers who have toddlers towards preventing ARI in toddlers in Ladang Bambu Village, Medan Tuntungan District who do not understand ARI in toddlers, causes of ARI, environmental factors that cause ARI in toddlers, prevention of ARI in toddlers. With this problem, students of the S1 Health Administration Study Program, Darmo Health College provided health education about the behavior of mothers in overcoming ARI in toddlers. This community empowerment counseling activity is in the form of providing health education about the behavior of mothers who have toddlers towards preventing ARI in toddlers which was carried out on Wednesday, August 21, 2024 in Ladang Bambu Village, Medan Tuntungan District. With the number of mothers who have toddlers who participated in this health education activity as many as 21 people.



Figure 1. Counseling Committee and Participants Image Source: Personal Photo



Figure 2. Counseling Committee and Participants Image Source: Personal Photo

CONCLUSION

From the results of the study conducted in Ladang Bambu Village, Medan Tuntungan District, the priority problem was obtained, namely the lack of knowledge and behavior of mothers who have toddlers towards preventing ARI in toddlers. With this problem, the group provided health education to mothers who have toddlers on preventing ARI in toddlers in Ladang Bambu Village, Medan Tuntungan District with materials on ARI in toddlers, causes of ARI, environmental factors that cause ARI in toddlers, prevention of ARI in toddlers. After being given health education, mothers who have toddlers on preventing ARI in toddlers in Ladang Bambu Village, Medan Tuntungan District experienced an increase in knowledge and behavior of mothers who have toddlers towards preventing ARI in toddlers.

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