



JURNAL PENGABDIAN MASYARAKAT DALAM KESEHATAN

Vol. 6 No. 1, April 2024

<https://e-journal.unair.ac.id/JPMK>

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TRAINING AND MENTORING ON EARLY DETECTION AND TREATMENT OF CHILDHOOD GROWTH AND DEVELOPMENT DISORDERS IN ABA 05 KINDERGARTEN STUDENTS

Nur Melizza¹, Anggraini Dwi Kurnia¹, Nur Lailatul Masruroh¹, Aslamiyah Cahyanti¹, Rika Yuni Kartika², Indah Ayu Trisna², Casumi Rosalina² and Qory Azlina²

¹ Department of Community, Faculty of Health Sciences, University of Muhammadiyah Malang, Indonesia

² Nursing Students of Faculty of Health Sciences, University of Muhammadiyah Malang, Indonesia

ARTICLE HISTORY

Received: February 12, 2024

Accepted: April 5, 2024

CONTACT

Nur Melizza

melizza@umm.ac.id

Department of Community,
Faculty of Health Sciences,
University of Muhammadiyah
Malang, Indonesia

ABSTRACT

Introduction: Early detection of growth and development is very important to be carried out to detect early deviations in growth and development in children. Independent monitoring of children's growth and development can be carried out by teaching staff at schools through various trainings in monitoring children's growth and development. This activity aims to provide training and assistance to students and teaching staff regarding the early detection and treatment of growth and development disorders so that if deviations are found, early intervention can be carried out so that growth and development return to normal or the deviations do not get worse.

Methods: The methods used are counseling, training, demonstrations, and discussions carried out face-to-face. This activity was carried out at ABA 05 Kindergarten, Malang City by involving teachers (n=5) and students (n=52) in implementing the activity

Results: The results obtained during the health examination were that 40% of students experienced dental caries and 2 students experienced growth and development disorders (speech delay). After being given training and assistance as well as practicing Early Detection of Child Growth and Development, participants were able to carry out early detection of child growth and development independently.

Conclusion: This activity can be used as a good step to detect a child's growth and development so that appropriate intervention for growth and development disorders can be carried out as early as possible through collaboration between the school and parents.

KEYWORDS

children; early detection; growth and development; training

Cite this as:

Melizza, N., Kurnia, A.D., Masruroh, N. L., Cahyanti, A., Kartika, R. Y., Trisna, I. A., Rosalina, C. & Azlina, Q. (2024). Training and Mentoring on Early Detection and Treatment of Childhood Growth and Development Disorders in ABA 05 Kindergarten Students. *J. Pengabdian Masyarakat dalam Kesehatan*. 6(1). 35-40. Doi: [10.20473/jpmk.v6i1.55074](https://doi.org/10.20473/jpmk.v6i1.55074)

1. INTRODUCTION

The future of a nation depends on the success of children in achieving optimal growth and development. The first years of life are a very important period in a child's growth and development. This period is a golden opportunity as well as a time that is vulnerable to negative influences. Good and sufficient nutrition, good health

status, correct care, and appropriate stimulation during this period will help children to grow healthily and be able to achieve their optimal abilities so that they can contribute better to society (Kementerian Kesehatan Republik Indonesia, 2016).

More than 200 million children under five worldwide are estimated to experience impaired cognitive and social-emotional development (Zhang

et al., 2018). The main problem of the country development in human resource development is the development of children who are late, where around 250 million children under 5 years of age are at risk of not being able to achieve development maximally throughout the world (De Onis, 2017). Growth and development an important points in the development of Indonesian children's human resources (Badan Pusat Statistik, 2018).

Proper stimulation will stimulate the toddler's brain so that the development of movement, speech, and language skills, socialization, and independence in toddlers takes place optimally according to the child's age. Early detection of deviations in growth and development needs to be done to detect any deviations in growth and development in toddlers so that if deviations are found, early intervention can be carried out so that growth and development return to normal or the deviations do not get worse (Kementerian Kesehatan Republik Indonesia, 2016)

World Health Organization (WHO) in 2021 through meetings with various countries in the world formulated eight quality health policies, one of which is community empowerment (World Health Organization (WHO), 2021). This is in line with the Vision and Mission of the Indonesian Government through the fifth Nawacita program, namely improving the quality of life for Indonesian people. The Ministry of Health of the Republic of Indonesia (Kemenkes RI) in 2016 launched the Healthy Indonesia program with one of the concrete steps of this program being to strengthen families and health cadres in the community as an early effort to handle health problems at the grassroots level. Monitoring children's growth and development can be carried out by parents, school teachers, and health cadres in the area where the child lives through various trainings in monitoring children's growth and development.(Kementerian Kesehatan Republik Indonesia, 2016).

As a form of effort to support the Vision and Mission of the Indonesian government, training, and assistance will be provided for the early detection and handling of child growth and development disorders for ABA 05 Kindergarten students. ABA 05 Kindergarten is a Muhammadiyah charity that was founded in 1971. ABA 05 Kindergarten is on Jalan Bareng Tenes 4A Number 637, Bareng, Klojen District, Malang City with private school status. TK ABA 05 has 1 school principal, 4 teachers actively teaching, and 28 students in the 2023/2024 school year.

However, school principals and playgroup/kindergarten teachers, especially at Kindergarten ABA 05, have never attended training related to the implementation of Stimulation for Early Detection and Intervention of Child Growth and Development. So far, if a toddler experiences delays, the teacher says he will immediately refer them to the community health center. This can occur due to a lack of knowledge of parents and teachers regarding the stages of children's growth and development, causing them to be less sensitive to delays that occur in children.

One of the methods used is the lecture and demonstration method. The choice of this method was based on the large number of student respondents, so it was more effective if done using the lecture method. Meanwhile, to complement the effectiveness of this method, a demonstration was carried out to focus participants' attention and be more active in participating in the learning process.

TK ABA 05 is a private kindergarten that has educational facilities to help students learn. Because of its small size and being located in a sub-district area close to each other, TK ABA 05 has high social value. The relationship between teachers, guardians, and students is very close. ABA 05 Kindergarten students have good cultural values, which makes them not only good at class but also able to tolerate and socialize with other students. ABA 05

Kindergarten students are educated about religious habits from childhood, such as learning to pray every Friday and praying at every activity.

This activity aims to provide training and assistance to students and teaching staff regarding the early detection and treatment of growth and development disorders so that if deviations are found, early intervention can be carried out so that growth and development return to normal or the deviations do not get worse.

2. MATERIAL AND METHODS

The method of implementing this community service is in the form of counseling, training, demonstrations, and discussions carried out offline or face-to-face. Participants in this activity consisted of 4 teachers and school principals, as well as 28 students. This activity consists of 4 sessions, in the first session the activity carried out is a health check on students including weight, height, and cleanliness of ears, teeth, and hands. In the second session, dental hygiene education and tooth brushing role play were carried out. Each child is given equipment that has

been prepared in the form of a toothbrush and toothpaste. The third session provided counseling to ABA 05 Kindergarten students and the teachers about washing hands using the 6 correct steps, students were allowed to practice them one by one. Apart from that, in the third session, observations were also made of the supplies brought by the students. In the fourth session, Early Detection of Growth and Development (DDTK) training was carried out and the Module was given to ABA 05 Kindergarten Teachers with material about DDTK and the practice of carrying out DDTK examinations.

The method of implementing this community service is through lectures and demonstrations. Meanwhile, the media used in this activity are power points, teaching aids, and modules.

3. RESULTS

This community service activity will be carried out in October – November 2023. Starting with a location survey, coordination with partners, agreement on implementing activities, and evaluating activities. This activity was attended by 4 teachers and school



Figure 1. Session 1: Medical Examination



Figure 2. Session 2: Dental Hygiene Education



Figure 3. Session 3: Washing Hand Counseling



Figure 4. Session 4: Early Detection of Growth and Development Training

Table 1. Results of Community Service Activities

Activity	Target	Results	Follow-up
Medical examination	ABA 05 Kindergarten students	40% (n=11) of students experienced dental caries, 2 students experienced growth and development disorders (speech delay)	Brush teeth together and simulate children's growth and development
Counseling about washing hands using the 6 correct steps and observing students' food supplies	ABA 05 Kindergarten students and the teachers	80% (n=22) of students practice washing their hands properly and 60% (n=16) of students bring healthy supplies	re-teaching students who don't understand and conveying unhealthy supplies to the teacher to their parents
Providing Early Detection Training on Child Growth and Development	Principal and teacher of Kindergarten ABA 05	Participants understand the training provided and actively ask questions during the activity	Practical Planning for Early Detection of Child Growth and Development
Practice of Early Detection of Child Growth and Development	Training participants	Participants can carry out Early Detection of Child Growth and Development	Application for Early Detection of Growth and Development for New Students

principals from Kindergarten ABA 05. Students in this kindergarten consist of 24 people in Kindergarten A and 4 people in Kindergarten B, average age 5-6 years, and 4 teachers who are competent in their fields.

Based on Table 1, there are 40% (n=11) of students experience dental caries, and 2 students experience growth and development disorders (speech delay). After providing training and practice in the early detection of children's growth and development, participants understood and were able to carry out early detection of children's growth and development, participants also actively asked questions during the activity

4. DISCUSSION

Health education is an activity to convey health messages to the community, groups, or individuals, with the hope of gaining better knowledge about health. It is hoped that the knowledge that has been provided can influence behavior change (Utario et al., 2022).

Implementation of these community service activities using lecture and practical methods is still considered traditional. However, this method is effectively able to provide understanding to participants through learning experiences that are

seen and heard (Melizza et al., 2022). This is also in line with the service carried out by Masrurroh et al., (2021), which states that counseling is one of the important strategies that can be implemented.

Increasing the capacity of a health cadre can be enhanced with educational activities, simulations, and mentoring so that the cadre can directly practice the knowledge that has been given. This method can increase the knowledge and skills of posyandu cadres in monitoring the growth and development of toddlers and providing health education in the community(Nurbaya et al., 2022).

These results are also in line with research by Indrayani et al. (2019), which states that there is an increase in mothers' knowledge and skills in stimulating the growth and development of toddlers with a p-value <0.05. Respondents who took the mother's class experienced an increase in knowledge of 15.8% compared to before taking the class for mothers of toddlers, while the increase in skills was 33.52%. Where the methods used in this research are lectures, discussions, exchange of opinions, exchange of experiences as well as demonstrations and re-demonstrations. The learning process with a class of toddler mothers relies on learning resources from participants' experiences and the role of facilitators in

expressing experiences as learning resources is an effective method in increasing knowledge and skills.

Besides that, the lecture method has several advantages, including a wide range of dissemination of teaching material information, can be used by a larger number of students, and does not require a lot of money and teaching aids (Tiwery, 2021).

The demonstration method is a teaching method by demonstrating objects, events, rules, and sequence of carrying out activities, directly or using teaching media that is relevant to the subject discussion or material being presented. Demonstration methods have several advantages: (a) Students' attention is easier to focus in the learning process and not focusing on irrelevant things, (b) can reduce errors when compared with activities only listening to lectures or reading a book, because students get a clearer picture of the results of his observations, (c) if students participate actively, then he will get practical observations to develop skills and expectations from social environment, and (d) several problems that raise questions on students can be answered more thoroughly in demonstration processing time (Situmorang & Situmorang, 2013).

5. CONCLUSION

Training and mentoring activities for students and teachers at Kindergarten ABA 05 can provide significant benefits development of community resources to support the health sector in its efforts to improve the level of public health. Educators can do it carry out early detection of child growth and development independently. This is a good step to detect problems with children's growth and development so that if deviations are found, early intervention can be carried out so that their growth and development return to normal or the deviations do not get worse. In this way, teaching staff are also able to carry out monitoring together with staff health and parents regarding children's growth and development. This activity is only carried out on children registered in the kindergarten and with a

limited number of teachers, so it has not been able to identify the majority of children who may experience growth and development problems. so it is hoped that the next activity can involve more participants

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N. MELIZZA ET AL

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