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### THE EFFECTIVENESS OF THE FIND YOUR MATE METHOD IN INCREASING THE KNOWLEDGE OF POSYANDU CADRES IN REDUCING STUNTING TODDLERS IN PEKANBARU CITY

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#### ABSTRACT

*The use of counseling media such as find your mate can affect the results of increasing the knowledge of posyandu cadres about five tables. Facilities for learning and material resources are sufficient, of course the learning process will be successful. The find your mate game method allows for active participation in learning, so as to produce active learning outcomes. The purpose of this study was to identify the effectiveness of the find your mate method for increasing the knowledge of Posyandu cadres in Pekanbaru City. The research design used was Quasy Experiment with control group. The population in this study were posyandu cadres in Pekanbaru City in the focus area for stunting management. The research sample used the consecutive sampling technique, the sample in the control group was 33 people, the sample in the experimental group was 33 people. the average level of knowledge of cadres in the control and experimental groups is 140.3, while the experimental group is 94.5, and the p-value is 0.013. This research is expected to be applied in stunting prevention.*

*Keywords: stunting, cadre posyandu, find your mate method*

#### INTRODUCTION

Toddlers experience a growth process that has cumulative results since the toddler is born. An important foundation for their future health is the state of good and healthy nutrition in toddlers (under five years). Conditions that have the potential to interfere with the fulfillment of nutrients, especially energy and protein in children, will cause growth problems (Amaliah, et al, 2012). Stunting is caused by multidimensional factors so that it needs to be handled by multi-sectors, such as poor parenting practices, limited health services including quality services (Ante Natal care, Post Natal and early learning, lack of asking for nutritious food, and lack of access to clean water and sanitation (Kullu, V.M, et al, 2018). International experience and evidence shows that stunting can hinder economic growth and reduce labor market productivity, resulting in a loss of 11% of GDP (Gross Domestic Products) and reduce the income of adult workers by up to 20%. In addition, stunting can also contribute to widening inequality, thereby reducing 10% of total lifetime income and also causing intergenerational poverty (TNP2K 2017). In Indonesia, the prevalence of stunting in under-fives nationally in 2013 was 32.9%, decreased in 2016 to 26.1%, but increased again in 2018 to 29.9%. And the prevalence of stunting in children under five in 2007 was 36.8%, 2010, 35.6%, in 2013, 37.2%, in 2016 33.6%, and in 2018 30.8%. (Risksedas, 2018).

The incidence of stunting under five is a major nutritional problem faced by Indonesia. Based on monitoring data on nutritional status (PsG), stunting has the highest prevalence compared to

other nutritional problems such as malnutrition, wasting and obesity. The prevalence of short toddlers has increased from 2016, namely 27.5% to 29.6% in 2017 (Kemendesa PD TT, 2017). Approximately 37% (9 million) of Indonesian children are stunted, this occurs in all regions and across income groups. Families that are not poor also have stunted children, even though the highest incidence of stunting occurs in the poor community. The problem of stunting is a big problem for Indonesia, because stunted children's disturbed growth is not only their physical growth but also their brain growth. Stunting has an impact on the level of intelligence, susceptibility to disease and decreased productivity.

These conditions will then produce unproductive human resources, hinder economic growth, create inter-generational poverty and exacerbate inequality. (Presentation material for Stunting Management, 2018). Handling stunting is a national development priority through the National Action Plan for Nutrition and Food Security so that in 2018 a national stunt prevention movement was launched. (Bureau of Communication and Community Services, 2018) The government has designated 160 districts as priority areas for stunting management, Pekanbaru City is one of these areas. (100 Priority Regencies/Cities for Stunting Intervention, 2017) Ministry of Health conducts specific nutrition interventions for stunting with the main focus being 1000 HPK by empowering existing Posyandu and the program is ongoing as one of the intervention programs in the health and education sector .

The second stunting intervention framework planned by the government is the Sensitive Nutrition Intervention. This framework should ideally be carried out through various development activities outside the health sector and contribute to 70% of stunting interventions. The target of sensitive nutrition interventions is the community in general and not specifically pregnant women and toddlers in the first 1000 days of life/HPK. Activities related to Sensitive Nutrition Interventions can be carried out through several activities which are generally macro and carried out across Ministries and Agencies. There are 12 activities that can contribute to reducing stunting through Specific Nutrition Interventions, namely providing and ensuring access to clean water, providing and ensuring access to sanitation, fortifying food, providing access to health and family planning (KB) services, providing National Health Insurance (JKN), Providing Universal Maternity Guarantee (Jampersal), Providing parenting education for parents, Providing Universal Early Childhood Education (PAUD), Providing Community Nutrition Education, Providing sexual and reproductive health education and nutrition to adolescents, Providing assistance and social security for poor families, and improve food security and nutrition. One of the stunting reduction activities is to provide education in the form of nutrition training to the community through Posyandu cadres.

Usually the counseling given to cadres uses the lecture method with the media leaflet. Sometimes cadres feel bored so counseling becomes less active. Therefore, several methods have been developed in order to improve the performance of health service centers (posyandu) (Eby, 2007). One interesting form of group education method is the simulation game method. This method is a combination of role play and group discussion. Health messages are presented in several forms of games. One example of a simulation game is the game find your mate. The game find your mate is one example of a game in the world of education. This game is used in learning English (Danarti, 2008). In this research, the researcher modified the game. This game is a game of getting pairs of questions and answers. This game media consists of boards, nails, question cards, answer cards, and a container as a place for answers. The researcher gives a number of questions and the participants look for answers to the questions in a container. Questions and answers are made in the form of cards and the number of answers is greater than the questions. This game is interesting because it increases cooperation between participants in getting answers and in it there is an element of competition and there is doubt because the

participants do not know in advance who will win and lose. Based on research by Rufiati, et al (2011) the results of the study were with a p value: 0.0001 which is less than 0.05 so that there is an influence of the find your mate game method on increasing the knowledge of posyandu cadres about the elderly posyandu at the posyandu in Panggung sub-district, Tegal City.

The use of counseling media such as find your mate can affect the results of increasing the knowledge of posyandu cadres about five tables. Facilities for learning and material resources are sufficient, of course the learning process will be successful. The find your mate game method allows for active participation in learning, so as to produce active learning outcomes. The find your mate game has the ability to involve posyandu cadres in an active learning process to dig up information about the five tables. In counseling about five tables using the game method, the role of the instructor here can actually act as a facilitator (Rusydi, A, 2019). Handling the problem of stunting requires cooperation from various related parties in the community, especially the involvement of cadres in the Posyandu. Posyandu as a form of community-based health effort that is managed from, for and with the community has a vital role to provide convenience to the community in obtaining basic health services. In addition, Posyandu also plays a role in growing and educating the public in matters related to improving health status (Ministry of Health, 2012).

Posyandu activities are inseparable from the role of posyandu cadres who understand their duties. A Posyandu cadre must have the knowledge and skills to support their duties as a cadre. The 2021 research by Suryani, P and Handy, L stated that there was a difference in the level of knowledge before (pre-test) in the target group the knowledge level was good at 40% but after the peer educator (post-test) carried out there was an increase in the knowledge of the cadre group to 70%. Based on the description above, it appears that the government has made many efforts to reduce the prevalence of stunting, which of course is accompanied by a large budget allocation. Data from Basic Health Research (Riskesmas) shows that the prevalence of stunting has decreased from 37.2% in 2013 to 30.8% in 2018. However, this decline is still far from the target. There are 436 stunted toddlers in the city of Pekanbaru which are scattered in various sub-districts, this shows that the sub-district is the focus point for handling stunting, many of these sub-district areas have minimal access to health and sanitation services (Pekanbaru Tribune, 2021). There are various methods to increase the knowledge of posyandu cadres to reduce stunting rates, such as Find Your Mate. Based on this description, the researcher is interested in identifying the effectiveness of Find Your Mate on Increasing Knowledge of Posyandu Cadres in reducing the incidence of stunting in Pekanbaru City.

## **RESEARCH METHODS**

The research design used was Quasy Experiment with control group. The population in this study were posyandu cadres in Pekanbaru City in the focus area for stunting management. The research sample used the consecutive sampling technique, the sample in the control group was 33 people, the sample in the experimental group was 33 people. In carrying out the peer educator actions, the researchers first made a module that would be distributed to the cadre representatives. The researchers provided information related to stunting to the cadre representatives. After that, the cadre representative relayed the information obtained to the other cadres. This study began with a pre-test and ended with a post-test using a questionnaire. The data analysis used is independent T-Test.

## RESULTS AND DISCUSSIONS

Table 1. Characteristics of Respondents Based on Education In the Experimental Group

No	Education	f	%
1	Primary school	7	21%
2	Junior high school	2	6%
3	Senior High School	6	18%
4	Diploma three	13	40%
5	Bachelor	5	15%
	Amount	33	100

Based on table 1, from 33 respondents in the experimental group, the distribution of respondents based on education is Diploma Three with a total of 13 respondents (40%).

Table 2. Characteristics of Respondents Based on Education in the Control Group

No	Education	f	%
1	Primary school	1	3%
2	Junior high school	5	15%
3	Senior High School	23	70%
4	Diploma three	4	12%
5	Bachelor	0	0%
	Amount	33	100

Based on table 2, from 33 respondents in the control group r, the distribution of respondents based on education is high school with a total of 23 respondents (70%)

Table 3. Characteristics of Respondents Based on Occupation in the Experimental Group

No	Work	f	%
1	Teacher	4	12%
2	Housewife	22	67%
3	Trader	3	9%
4	Employee	0	3%
5	Self-employed	4	12%
	Amount	33	100

Based on table 3 , from 33 respondents in the experimental group, the distribution of respondents based on occupation is mostly householders with a total of 22 respondents (67%).

Table 4. Characteristics of Respondents Based on Occupation in the Control Group

No	Work	f	%
1	Teacher	0	0%
2	Housewife	17	52%
3	Trader	9	27%
4	Employee	3	9%
5	Self-employed	4	12%

Based on table 4, of the 33 respondents in the control group, the distribution of respondents based on occupation is mostly householders with a total of 17 respondents (52%).

Table 5. Knowledge level of cadres before Find Your Mate Methode Action of the experimental group

No	Variable	f	%
1	Good	5	15
2	Enough	15	45
3	Not Enough	13	40
Amount		33	100

Based on the table of 33 respondents in the experimental group, the distribution of respondents based on the knowledge level of the most cadres is Enough with a total of 15 respondents (45%).

Table 6. Knowledge level of cadres before Find Your Mate Methode Action of the control group

No	Variable	f	%
1	Good	8	24
2	Enough	19	57
3	Not Enough	6	19
Amount		33	100

Based on the table of 33 respondents in the control group, the distribution of respondents based on the highest level of knowledge is sufficient with a total of 19 respondents (57%).

Table 7. Cadre's level of knowledge after Find Your Mate Methode Action of the experimental group

Based on the table above, from 33 respondents in the experimental group, the distribution of respondents based on the knowledge level of cadres after Find Your Mate Methode was mostly good with a total of 15 respondents (45%).

Comparison of changes in the mean level of knowledge of cadres about stunting between the control and experimental groups

Table 8. Comparison of changes in the mean level of knowledge of cadres about stunting between the control and experimental groups

Variable	Mean+/-SD		P Value
	control	experimental	
Cadre knowledge level	140,3 +/- 66,48	94,5 +/-45,65	0,013

Based on the table, the average level of knowledge of cadres in the control and experimental groups is 140.3, while the experimental group is 94.5, and the p-value is 0.013.

## DISSCUSSION

The results of the research above state that the find your mate method can increase the knowledge of cadres with a p value of 0.0013. To increase the knowledge of cadres about their duties and responsibilities, it can be done through increasing knowledge. The effective way is by means of cooperative learning. According to Sharan, 2014: 3 quoted in Afri, 2011 "cooperative learning is a teaching technique where working in small groups to study and be responsible for their lessons and the learning of others".

The technique of the game find your mate is a learning technique in the cooperative learning model that uses cards as a learning medium for interact with the group (pair) so that learning becomes interesting and fun. Step the first game the researcher prepared several cards consisting of question cards and answer cards, everyone would get one question card so that the card holder has to think about the answer after getting the answer, you have to look for a card that matches the answer before the time limit run out and will get points and so on. So it can be concluded that cooperative learning with the find your mate technique is a learning technique that works in groups and each group must find the right pair of find your mate cards at a predetermined time. Afri and Bambang in 2011 revealed that there was an influence between the find your mate game on increasing the knowledge of posandu cadres elderly in the experimental group. The find your mate game has the ability to involve students in the learning process actively seeking information about posyandu for the elderly.

In counseling about the elderly posyandu using the game method, the role of the extension worker here can be really act as a facilitator. The game find your mate becomes interesting because it contains an element of competition. Active participation also increases because of the element of competition in this game. The existence of this element of competition will create an atmosphere of doubt because one does not know in advance who will win and lose. Immediate feedback on what is done will allow the learning process to be more effective (Sadiman, 2009). Counseling about the elderly posyandu using the find your mate game method applying the discussion method. The existence of group discussions in a game will broaden horizons because of mutual exchange of opinions among group members.

Discussion in counseling about the elderly posyandu using the method The find your mate game is carried out when the group gets questions from the instructor in the form of cards. They discuss to get the right answer. After getting the answer, one of the group members ran towards the instructor. The instructor provides feedback on the answers Which are given. If the answer is correct then the group gets additional points. If it is wrong then the other group has the right to come forward to give an answer. Which answer it's correct pasted next to the question. The instructor provides additional information after each question has been successfully answered. And so on until the question is completed. The atmosphere is more upbeat and lively and encourages a sense of togetherness<sup>4</sup>.

## CONCLUSION

The average level of knowledge of cadres in the control and experimental groups is 140.6, while the experimental group is 94.8, and the p-value is 0.013.

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