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Providing Health Counseling On The Introduction Of “ISI PIRINGKU” At Nurul Ikhsan Mosque RT 24, Kel. Sawah Lebar, Bengkulu City

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Abstract. Isi Piringku is a program for the community to understand how to eat the right portion to meet nutritional needs. The contents of my plate are a replacement for the concept of 4 Healthy 5 Perfect. The old concept no longer accommodates the fulfillment of balanced nutrition. The portion of My Plate consists of staple foods, namely carbohydrate sources with a portion of 2/3 of 1/2 of a plate. Then it comes with side dishes with a portion of 1/3 of 1/2 plate. For the other half of the plate, it is filled with a proportion of vegetables with a portion of 2/3 and fruits with a portion of 1/3 (Ministry of Health 2022). Balanced nutrition with the composition of the contents of my plate is a reference for people in consuming food and drinks in a balanced manner. It can reduce the fatality of covid-19 infection, because patients exposed to covid-19 are prone to malnutrition. There is a synergistic relationship between malnutrition and infections that can increase in the conditions of the Covid-19 pandemic (Permatasari et al., 2020).

Keywords: *Hypertension, Education Health*

INTRODUCTION

Nutrition is a basic human need that is very important, nutrition is needed to maintain survival and provide fuel for various body processes in achieving quality of life. Nutrition is also seen as an important determinant in maintaining health and preventing disease. Everyone should eat foods that are diverse and meet nutritional requirements. According to the general guidelines for balanced nutrition (PUGS), the composition of dishes should consist of rice, side dishes, vegetables and fruits which are naturally very high in value, namely staple foods as a source of energy, side dishes as a source of protein and fat, vegetables and fruit as a source of minerals and vitamins (Hoffman et al., 2020). Knowledge is the initial stage in changing attitudes and behaviors. Lack of knowledge about nutrition will have an impact on the onset of nutritional problems, namely nutrient deficiencies or even excess nutrients. (Yuniarti & Susanto, 2021). In terms of the age of vulnerability of children affected by disease, counseling is mainly aimed at groups prone to health problems. Many factors influence the occurrence of nutritional status deficiencies, including socio-economic parents in terms of parents' work, the state of the surrounding environment, parents' ignorance about providing good nutrition for children, parents' perceptions through the stimulation received and based on the knowledge they have then to monitor the growth of toddlers and take steps to overcome the nutritional status of balta. Counseling is an example of an effort to prevent health problems in children's nutritional status, because this activity can increase public knowledge and awareness to maintain health and improve health status (Handayani, 2017). The slogan Contents of my plate refers to PUGS (General Guidelines for Balanced Nutrition) consisting of staple foods: 2/3 of 1/2 plate, Side

dishes: 1/3 of ½ plate, Vegetable: 2/3 of ½ plate, fruit: 1/3 of ½ plate, Water: 8 glasses a day, physical activity, and hand washing with soap (Rahmy et al., 2020). Many community service activities about the contents of my plate, such as in community service conducted by (Wahyuni, 2019) show that Health education contents of my plate can determine maternal behavior in fulfilling nutrition in pre-school children (3-5 years). So that in this activity, it was conveyed to the participants about the slogan of the contents of my plate.

RESEARCH METHODS

The research method at least describes the approach used in the research, the population and research sample, explains the operational definition of variables along with data measurement tools or how to collect data, and data analysis methods. If the data measurement tool uses a questionnaire, it is necessary to include the results of the validity and reliability tests of the research instrument.

RESULTS AND DISCUSSION

This service was carried out in Kel. Sawah Lebar Bengkulu City where in Kel. Sawah Lebar this is where students carry out real work activities (KKN) Study Program Faculty of Health Sciences, Dehasen University Bengkulu. The target is the community in Sawah Lebar Rt 24, especially mothers. The method of work begins with this activity starting with filling out a questionnaire as a pre-test, then providing counseling, after that filling out a post-test questionnaire in the community of Kel. Sawah Lebar Rt 24 Bengkulu City. This community service activity was carried out on July 12, 2024 at the Nur Ikhsan Mosque, Sawah Lebar Rt 24 Bengkulu City.

The community filled in the attendance

1. Filling out the questionnaire
2. Providing counseling
3. At the end of the activity, a question and answer session was conducted

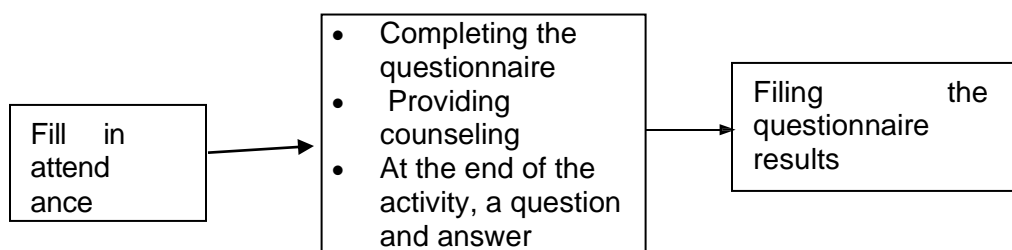


Figure 1. Activity Flow

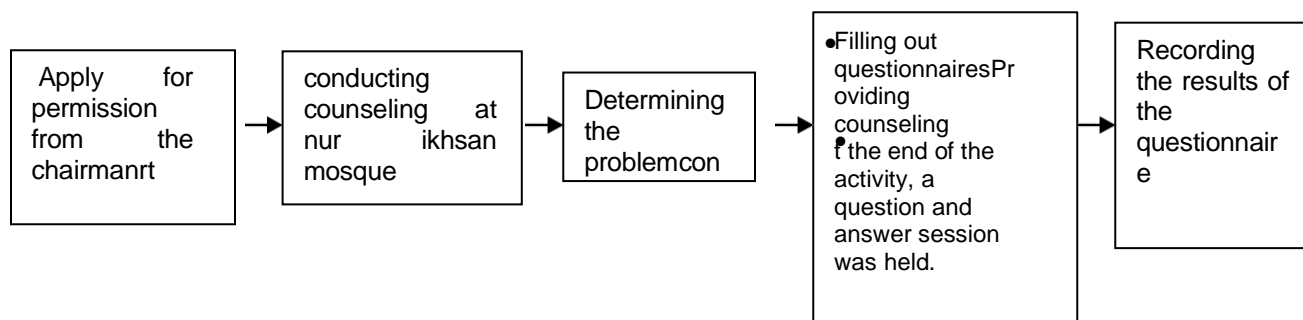


Figure 2. Activity Schematic

Community service was carried out on July 12, 2024. The activity was carried out at the Nur Ikhsan Mosque, Sawah Lebar Rt 24 Bengkulu City. The target is the community of Kel. Sawah Lebar rt 24, especially mothers, using several documents including:

1. Leaflet Sheet
2. Attendance Sheet
3. Activity documentation
4. News Event

Problem solving

The benefits of health education include increasing knowledge, understanding and benefits of the role of balanced nutrition with the composition of the contents of my plate. The purpose of this health education is for the community to understand the importance of maintaining balanced nutrition during the growth of children

CONCLUSION

From the results of this community service activity, the participants can understand the material provided. And there was an increase in participants' nutritional knowledge related to the material provided to 100%. Participants were enthusiastic and received the material well. One of the factors to change the behavior of balanced nutrition in the community can be through education or providing balanced nutrition material. So that the chain of disease can be prevented by always consuming balanced nutritious foods and drinks with the composition of the contents of my plate. (Gunawan, 2020).

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