



Optimizing Growth And Development Of Toddlers Through Growth And Development Stimulation In RT 25 Sawah Lebar Urban Village, Bengkulu City

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Abstract. Kuliah Kerja Nyata atau KKN seeks to solve the problems faced by certain communities, Some of the effects of children's growth and development that are not in accordance with their age include inhibiting brain development, frequent pain / decreased immune system, excessive anxiety or fear, uncontrolled emotions, and cognitive disorders. Other long-term impacts are low reasoning ability and educational achievement as well as low work productivity. The purpose of this service is to increase mother's knowledge about growth and development stimulation for stunting prevention. The method of this activity is distributing leaflets, conducting counseling, and evaluating activities. This activity was held in rt 25 kelurahan sawah lebar kota Bengkulu, with the number of participants being 10 mothers with toddlers. The results of the implementation of the activities that we carried out, there was an increase in mother's knowledge after counseling about stimulation of growth and development., this could be seen from the mother's response in the question and answer session. It is hoped that with this service activity, mothers can understand the importance of stimulating growth and development for toddlers and can apply it to everyday life

Keywords: Rt 25 sawah lebar, child development detection, stimulation.

INTRODUCTION

Growth and development are two different things and cannot be separated. Every child is expected to have optimal growth and development, both physically, mentally, cognitively, and socially. A factor that can affect the growth and development of children is stimulation. Every child needs to get routine stimulation as early as possible and continuously. Lack of stimulation can cause deviations in child growth and development, even persistent disorders. Comprehensive and quality child development coaching is needed to achieve optimal growth and development. The World Health Organization (WHO) in 2018 reported that the prevalence of children under five who experienced growth and development disorders was 28.7%. The prevalence of malnourished toddlers was 7.3%, overweight was 5.9% and stunting (short) toddlers was 21.9%. Indonesia is the third country with the highest prevalence in the Southeast Asia region. Nationally in Indonesia, the prevalence of under-five nutritional status consists of 3.9% malnutrition, 13.8% under-nutrition, 79.2% good nutrition, and 3.1% over-nutrition. The WHO-reported prevalence of developmental deviations in children under 5 years of age in Indonesia in 2016 was 7.51%. About 5 to 10% of children are estimated to have developmental delays. Data on the incidence of developmental delay is not known with certainty, but it is estimated that around 1-3% of children under 5 years of age experience developmental delay.

Comprehensive child development guidance can be organized through stimulation, detection and early intervention of developmental deviations. DDTK is essential for early detection of growth, development and mental-emotional deviations in children. This can be overcome by intervention and stimulation as early as possible to prevent persistent growth, development and mental emotional deviations. The form of activities carried out is counseling on growth and development and the contents of my plate. The purpose of this community service activity is to increase mothers' knowledge about growth and development in children under five years of age. Therefore, KKN (Real Work Lecture) students provide counseling on growth and development, the contents of my plate, measuring height, weight in toddlers. Counseling is carried out in order to increase the mother's knowledge about growth and development in children under five years of age.

RESEARCH METHODS

This community service activity was carried out in RT 25, sawah lebar urban village, Bengkulu city. Activity implementation is divided into activities:

1. Health counseling activities "Growth and Development of Toddlers and Developmental Stimulation"
2. Growth and learning monitoring activities "fill my plate with toddler meals"
3. Height and weight measurement activities
4. Evaluation activities and discussion of the importance of "Mother Care for Child Growth and Development"
5. Activity participants were mothers of toddlers, posyandu cadres. children totaling 12 people.

Community service activities on preparing mothers of toddlers to be able to stimulate growth and development and be able to monitor the growth and development of toddlers. The activities carried out are

1. Health counseling for cadres and mothers of toddlers about "Growth and Development of Toddlers and Developmental Stimulation".
2. Monitoring the growth and development of toddlers and learning "contents of my plate toddler meal menu" for cadres and mothers of toddlers.
3. Play activities with toddlers (Developmental Observation) by conducting growth and development assessments
4. Evaluation and discussion of the importance of "Mother Caring for Child Growth and Development"
5. It is hoped that the activities carried out continuously can improve the knowledge, attitudes and motivation of the participants.

RESULTS AND DISCUSSION

Results Activity

The community service activities carried out are: counseling about the growth and development of toddlers; growth monitoring and learning activities "fill my plate for mothers of toddlers"; Playing activities with toddlers (Development Observation) by assessing growth and development; and Activities Evaluation of activities and discussions on the importance of "Mothers Care about Child Growth and Development. It is known that the implementation of this community service activity ran smoothly in the form of outreach activities regarding children's growth and development. This activity was attended by 12 children and a service team consisting of 1 teaching staff and 10 students from the Nursing (S1), Public Health (S1) and Midwifery (S1) Study Programs, Faculty of Health Sciences, Dehasen University, Bengkulu.

Table 1 Of The Number Of Toddlers In RT 25, Sawah Lebar Village, Bengkulu City

NO	Gender	Amount
1.	Woman	7
2.	Man	5

Based on the table above, the number of people who took part in the counseling, height and weight measurements were 12 children, 5 boys and 7 girls.

Tabel 2 Growth Of Toddler Ages

NO	Name	Age	Weight	Height
1.	Akbar	3.5 years	13.5kg	101 cm
2.	Yuni	4 years	13.5kg	92 cm
3.	salsa	6 years	21kg	102 cm
4.	Abiyan	3.5 years	17.3kg	102 cm
5.	Khalisa	4.5 years	21.3kg	101 cm
6.	Aisha	6 years	25kg	110 cm
7.	Mona	6 years	19.7kg	115cm
8.	Caliph	1.5 years	10kg	70 cm
9.	Fesya	4 years	13kg	112 cm
10.	Fatan	5 years	20kg	115cm
11.	Ikhram	6 years	19kg	100 cm
12.	Athar	4 years	12.5kg	105 cm

Table 3 Development Of Toddler Ages

NO	Name	Age	Fine motor skills	Rough motoric	Speech & Language	Communication & Socialization
1.	Akbar	3.5 years	In accordance	In accordance	In accordance	In accordance
2.	Yuni	4 years	In accordance	In accordance	In accordance	In accordance
3.	salsa	6 years	In accordance	In accordance	In accordance	In accordance
4.	Abiyan	3.5 years	In accordance	In accordance	In accordance	In accordance
5.	Khalisa	4.5 years	In accordance	In accordance	In accordance	In accordance
6.	Aisha	6 years	In accordance	In accordance	In accordance	In accordance
7.	Mona	6 years	In accordance	In accordance	In accordance	In accordance
8.	Caliph	1.5 years	In accordance	In accordance	In accordance	In accordance
9.	Fesya	4 years	In accordance	In accordance	In accordance	In accordance
10.	Fatan	5 years	In accordance	In accordance	In accordance	In accordance
11.	Ikhram	6 years	In accordance	In accordance	In accordance	In accordance
12.	Athar	4 years	In accordance	In accordance	In accordance	In accordance

CONCLUSION

Growth and development is a continuous process from conception to maturation (adulthood) which is influenced by congenital and environmental factors. Growth and development occurs from the time the baby is in the womb until after birth. Since birth, the child's growth and development can begin to be observed in certain periods, there are periods of acceleration or deceleration as well as different rates of growth and development between organs. There are three periods of rapid growth, namely during the fetal period, infancy and puberty, the growth of human organs. follows four patterns, namely general, lymphoid, neural and reproductive patterns.

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