



## JPM

Jurnal Pengabdian Mandiri

Volume 2 Issue 1, 2025 (1-4)

ISSN (*online*) : 3089-3070

Homepage : <https://jurnalunived.com/index.php/MANDIRI>

Doi : <https://doi.org/10.37676/mandiri>

# SEZ Counseling for Pregnant Women

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*Received [02-02-2025]*

*Revised [06-04-2025]*

*Accepted [12-06-2025]*

**Abstract.** Malnutrition in pregnant women, particularly Chronic Energy Deficiency (CED), remains a serious issue in Indonesia. CED can lead to various health complications for both the mother and the fetus, such as prolonged labor, preterm birth, postpartum hemorrhage, and congenital anomalies. Education and counseling on the prevention of CED are crucial to enhance pregnant women's knowledge about its risks and prevention methods. This community service program was conducted by KKN students from Universitas Dehasen Bengkulu in Kesambe Lama Village, Curup Timur District, Rejang Lebong Regency. The program included observation, interviews, preparation of educational materials, and implementation of counseling sessions. The results showed an increase in participants' knowledge about CED, as well as their ability to explain the risks and prevention methods.

**Keywords:** *CED, Pregnant Women, Counseling, Education, Maternal And Child Health.*

## INTRODUCTION

Nutrition is an important aspect that affects the health of pregnant women and the development of their unborn child. In Indonesia, malnutrition in pregnant women is still a significant problem, especially Chronic Energy Deficiency (CED). SEZ is a condition in which a person experiences chronic energy deficiency caused by inadequate food intake in terms of quantity and quality. This condition can have a serious impact on maternal and fetal health, as well as increase the risk of complications during pregnancy and childbirth (Arisman, 2018). Measurement of Upper Arm Circumference (LILA) is one method to detect the risk of SEZ in women of childbearing age, including pregnant women. In Indonesia, the LILA threshold used is less than 23.5 cm, which indicates a risk of SEZ (Angraini, 2018). Pregnant women who experience SEZ tend to weigh below normal standards and experience impaired productivity due to lack of energy. Other impacts include prolonged labor, preterm labor, postpartum hemorrhage, and increased rates of sectio caesaria. In addition, SEZ can also cause congenital abnormalities, low birth weight (LBW), anemia, intrauterine fetal death (IUFD), and intrauterine growth retardation (IUGR) (Malini, 2022). According to the World Health Organization (WHO) in 2016, approximately 73.2% of pregnant women worldwide experienced SEZ. Data from the 2018 Basic Health Research (Riskesdas) in Indonesia showed that 17.3% of pregnant women aged 15-49 years experienced SEZ. This shows that the problem of SEZ in pregnant women still needs serious attention to prevent adverse effects on the mother and fetus (Ministry of Health of the Republic of Indonesia, 2019). Some of the factors that influence SEZ in pregnant women include food intake, age, workload, disease/infection, knowledge about SEZ, and family income (Proverawati, 2017). People in rural areas often have low economic status, which

results in low levels of food consumption and nutrition, poor hygiene and sanitation, and increased health problems (Fathonah, 2016). Pregnant women's knowledge about nutrition greatly influences decision-making in meeting their nutritional needs and those of the unborn child. Therefore, education and counseling on the prevention of SEZ is very important to increase the knowledge of pregnant women about the risks and ways to prevent SEZ (Proverawati and Asfuah, 2009). Based on this background, community service activities in the form of counseling and education on SEZ were carried out by KKN students of Dehasen University Bengkulu in Kesambe Lama Village, East Curup Sub-district, Rejang Lebong Regency. This program aimed to increase pregnant women's knowledge about SEZ, as well as provide information on how to prevent and treat SEZ.

## **RESEARCH METHODS**

This community service method is designed through several stages and activities that aim to provide solutions to the problem of Chronic Energy Deficiency (CHD) in pregnant women in Kesambe Lama Village, as described by Arisman (2018) and Malini (2022). The first stage was planning, which involved observation and preliminary interviews to identify the problems and needs of pregnant women related to SEZ. This activity was conducted on July 09, 2024, by visiting Kesambe Lama Village to conduct direct interviews with pregnant women and collect data related to their nutritional conditions (Angraini, 2018; Fathonah, 2016).

The next stage was the preparation of counseling materials, which took place on July 10-11, 2024. At this stage, SAPs and leaflets were developed to ensure the educational materials on SEZ were easy to understand and effective in delivering information to participants (Proverawati & Asfuah, 2009; Supariasa, 2018). The preparation of this material aims to present information that is relevant and easy to understand, in accordance with the guidelines discussed in the relevant literature (Proverawati, 2017).

The second stage was implementation, which consisted of counseling and education activities on July 12, 2024. These activities included presentation of materials on SEZ, interactive discussions, distribution of leaflets, and question and answer sessions with participants. The third stage was evaluation, which was conducted after the counseling on July 12, 2024 to measure the improvement of pregnant women's knowledge about SEZ. This evaluation was conducted through interviews and simple tests to evaluate participants' understanding of the material that had been presented. This method is designed to ensure that community service activities can run effectively and achieve the desired goals, namely increasing pregnant women's knowledge about SEZ and providing solutions that are practical and easy to implement in everyday life.

## **RESULTS AND DISCUSSION**

### **Activity Results**

The results of community service activities carried out by KKN students at Dehasen University Bengkulu in Kesambe Lama Village show a significant increase in pregnant women's knowledge about Chronic Energy Deficiency (KEK). Observations and interviews conducted on July 9 2024 revealed that the majority of pregnant women in the village did not have adequate knowledge about KEK and its impact on maternal and fetal health (Arisman, 2018; Angraini, 2018). This finding is in accordance with research which shows that KEK is a serious problem that is poorly understood by people in various regions, especially in rural areas (Fathonah, 2016). On July 12 2024, outreach activities were carried out using presentation methods, interactive discussions and distribution of leaflets. This method is designed to facilitate a better understanding of KEK, as well as to provide clear and practical information to pregnant women (Proverawati & Asfuah, 2009). During the education session, pregnant women showed increased understanding of CED. They were able to explain the material that had been

presented and show increased awareness of the importance of adequate nutritional intake during pregnancy (Supriasa, 2018).

This increase in knowledge is in accordance with literature which emphasizes the importance of education and counseling in increasing awareness about nutritional health (Proverawati, 2017). The outreach program carried out shows the effectiveness of educational methods in increasing public knowledge about CED, which contributes to efforts to prevent and treat CED among pregnant women (Malini, 2022). The results of the counseling carried out showed that pregnant women who took part in this activity not only experienced an increase in their understanding of KEK but also began to apply the information obtained in their daily lives. Interactive discussions and question and answer sessions allow pregnant women to ask questions and get direct clarification regarding the issues they face, which is an effective method in the learning process (Proverawati & Asfuah, 2009). The distribution of leaflets as additional educational material also plays an important role in strengthening their understanding of appropriate nutritional intake and the impact of KEK, in line with the guidelines published by the Ministry of Health of the Republic of Indonesia (Ministry of Health of the Republic of Indonesia, 2019).

Increasing awareness and knowledge of pregnant women about KEK reflects the importance of community-based education that is tailored to local needs (Fathonah, 2016). With better understanding, pregnant women can be more aware of the importance of maintaining adequate nutritional intake during pregnancy to prevent CED and related complications, which can directly improve maternal and fetal health (Malini, 2022; Supriasa, 2018). However, despite this significant increase, this activity also identified that there are still challenges in reaching all pregnant women in remote rural areas. Therefore, planning future outreach programs must consider more integrated and sustainable methods, such as regular outreach and training for local health cadres to ensure that information about KEK can be spread more widely and accepted by more pregnant women (Proverawati, 2017). Overall, the results of this activity confirm that good counseling and education can contribute greatly to increasing knowledge and awareness about KEK, as well as encouraging positive behavioral changes among pregnant women in Kesambe Lama Village.

### **Problem solving**

The results of this community service activity effectively resolved the problem of pregnant women's lack of knowledge about Chronic Energy Deficiency (KEK) in Kesambe Lama Village, which is reflected in several key indicators. The main indicator of the success of this program is increasing understanding and awareness of pregnant women regarding CED, which is measured through their ability to explain the risks of CED and methods of preventing it after following the education. Research by Arisman (2018) and Malini (2022) confirms that increasing knowledge about KEK can contribute significantly to preventing nutritional problems in pregnant women. Internal strengths that support this activity include the readiness and ability of the KKN team in compiling and delivering outreach materials in an effective way. Interactive and communicative approaches during outreach sessions, such as interactive discussions and questions and answers, play an important role in increasing participant involvement and their understanding of KEK (Proverawati & Asfuah, 2009). The readiness of extension materials adapted to local needs is also an internal strength, as recommended by Proverawati (2017) in a study on the importance of relevant educational materials. External opportunities that support this activity include support from the Kampung Delima Community Health Center, which provides facilities and assists in organizing participants. This support is very important for the smooth running of activities, as stated by Fathonah (2016) in research regarding the role of support from health institutions in outreach programs. However, several internal weaknesses and external obstacles also influenced program implementation. The main internal weakness is

the limited time for the extension, which is only one day, so the material presented must be condensed and may not cover all important aspects in depth. This is in line with findings in the literature regarding time limitations in educational programs (Supariasa, 2018).

External obstacles include the geographical condition of Kesambe Lama Village which is quite remote, which results in difficulties in access and a limited number of participants who can attend. This access problem can hinder the maximum achievement of extension programs, in accordance with the challenges identified in research by Angraini (2018). Although there are several weaknesses and obstacles, overall, this outreach activity was successful in increasing pregnant women's knowledge about CED and providing useful information about how to prevent and treat it. It is hoped that with this increase in knowledge, pregnant women in Kesambe Lama Village will pay more attention to their nutritional intake during pregnancy, so that they can prevent CED and related complications, as expected by research results from Proverawati (2017) and the Indonesian Ministry of Health (2019).

## **CONCLUSION**

Community service activities carried out by KKN students at Dehasen University Bengkulu in Kesambe Lama Village succeeded in increasing pregnant women's knowledge about Chronic Energy Deficiency (KEK). Through interactive and informative counseling, pregnant women can understand the risks and ways to prevent CED, which is demonstrated by their ability to explain the material presented. These results show that effective education and counseling can contribute significantly to increasing awareness and knowledge of pregnant women regarding nutritional health.

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