



## The Community Services Activities of Group Mother to Increase Knowledge about Toddler Growth and Development

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**Abstract. Background :** Child's physical, mental, social, emotional growth and development are influenced by nutrition, health and education. Based on data from the Profile of the Bandung City Health Office, that there are still problems that occur in groups of children who are experiencing growth (Toddlers). The problem is among others, there are still cases of low birth weight (LBW), which is equal to 2.31% and cases of malnutrition which is equal to 4.91%. These problems if not addressed will affect the quality of life of children, especially experiencing delays in terms of development of intelligence. Only in-depth interviews with several cadres and mothers of children under five, there are still many under-five mothers who do not understand about toddler growth, toddler nutrition, appropriate contraception. The purpose of this activity is to increase the knowledge, attitudes and behavior of toddler mothers so that the growth and development of children under five increases.

**Methods :** The method used is forming a toddler mother group through activities: counseling with group discussion methods, brainstorming, roleplay about toddler growth, factors that influence toddler growth and how to monitor it, toddler nutrition and family planning so that the toddler mother group becomes a health motivator group.

**Results :** The activities that have been carried out are forming 2 groups of mothers of children under five in RW 01 and RW 13 in Pasteur Village, Sukajadi Subdistrict with a total of 5 groups of mothers of children under five. The activity was carried out through counseling, group discussions, roleplay and demonstrations which were held every 2 weeks within 8 months.

**Conclusion :** The post-test results showed increased knowledge in both partner groups about growth and development of children under five, nutrition of children under five and family planning.

**Keywords:** Growth, development, toddlers

### Introduction

Breast cancer (Carcinoma Mammariae) is a malignant neoplasm that occurs in breast tissue (Barbara C. Long, 1996). 125), breast cancer is the most cancer in women in Indonesia with an incidence of 26 per 100,000 followed by cervical cancer with an incidence of 16 per 100,000. According to the Hospital Information System (SIRS) (in Rasjidi, 2010: 125), in the period 2004-2007 breast cancer took the first place.

The thing that underlies the high mortality due to breast cancer in developing countries is that patients are often diagnosed at an advanced stage. This situation is caused by as many as 95% of women never undergo early detection of breast cancer. This will happen if screening is felt as a

necessity by the community and carried out with full awareness that the incidence of breast cancer can decrease significantly.

Early breast cancer detection activities in Indonesia in 2013 only reached 1.75% of the 80% target set by the government. Among the reasons often raised are ignorance of examinations, lack of information, feeling of having no symptoms of gynecological abnormalities and no advice from health professionals to undergo an examination (Badulescu et al., 2011). Awareness of the importance of understanding what and how breast cancer is so important that women are able to detect each symptom early so that the cancer can be treated early. If the cancer is detected early, the

treatment is effective and efficient so that it is not too dangerous and can even be handled thoroughly (Diananda, 2009).

To detect breast cancer can be done in an easy way and can be done alone at home with Self Breast Examination (BSE). This action is very important because almost 85% of breast lumps are found by sufferers themselves (Dyayadi, 2009). Marisa (2008) recommends breast self examination (BSE) in all women, because only 20% of breast cancers can be detected by mamografy examination.

## Methods

### Materials

Counseling, module, BSE video sets, breast models for BSE

### Methods

Forming a group of mothers and cadres to be able to solve their health problems independently, becomes a group of maternal health motivators.

## Results and Discussion

IbM activities have been carried out in two places. Counseling about early detection of breast cancer in women of childbearing age in RW 08 Cipedes Village as many as 20 people, a total of 14 activities. While the training to provide counseling for cadres was carried out in RW 13, Pasteur village, on 20 cadres, there were 14 activities. The activity was carried out through counseling in both groups with the same theme, namely early detection of breast cancer which was continued by coordinating with the puskesmas for monitoring and evaluating the sustainability of the Ibm program. The activities carried out were to coordinate with the Sukajadi Community Health Center for planning the Ibm program activities, coordinate with the chairman of RW 13 Pasteur Village and RW 8 Cipedes Village Sukajadi District, and to determine partners with 20 WUS groups and 20 cadres, conducted education on breast cancer early detection to partners with lectures, group discussions, WUS groups were given intervention through counseling activities with lecture methods, demonstrations equipped with leaflets and videos, groups of cadres will be given an intervention in the form of training providing counseling about early detection of breast cancer. counseling and training in early detection of breast cancer is about the definition of breast cancer, causes, risk factors and factors that influence, handling and how to prevent breast cancer, how to detect breast cancer early (BSE) and steps to treat breast cancer, before being given counseling , pre-test on understanding, causes, risk factors, signs and symptoms, role of cadres in the community and use of counseling

media, giving material about definitions, causes, risk factors, signs and symptoms of breast cancer, the role of cadres in the community and the use of counseling media, post tests on definitions, causes, risk factors, signs and symptoms of breast cancer, the role of cadres in the community and use of counseling media, evaluating the ability to provide counseling by cadre teams to groups of mothers with activities such as microteaching seen and assessed by a coordinating implementation team with a team from the puskesmas, do monit regular oring and evaluation per month, quarterly and semester, coordinating with the health center for the sustainability of the Ibm program

From the results of community service conducted in RW 08, Cipedes and RW 13, Pasteur, activities have been carried out in the form of counseling about early detection of breast cancer (understanding breast cancer, causes, risk factors and factors that influence, treat and prevent breast cancer, how to early detection of breast cancer (BSE) and measures for handling breast cancer) to the WUS group, as well as counseling training activities on how to carry out counseling on early detection of breast cancer to groups of cadres.

The activity was carried out starting in March. October 2017 for partners 1 and 2 partners. The target was quite enthusiastic and WUS groups were formed which were motivated to make early detection of breasts early every month, and the ability of cadres in conducting counseling increased.

The activity was carried out by the Ibm lecturer by involving students. In this activity the students helped the Ibm team prepare the modules and assist in the implementation of counseling at WUS in RW 08, Cipedes Village.

The monitoring results show that WUS can practice correctly how to detect breast cancer early with BSE technique. In addition, WUS's knowledge of early detection of breast cancer has increased which can be seen from the results of the pre test compared to the results of the post test. The pre test results showed that the knowledge scores of both WUS and cadres about breast cancer early detection averaged 65, but the post test results showed different scores. The WUS group post test knowledge score averaged 74 and cadres averaged 78. WUS knowledge score increased by 9% and 13% cadres. From the results of Ibm, this indicates that there was an increase in knowledge in both groups.

The results of the pre and post test can be seen in the table below:

Table 1 Results of pre-test and post-test Activity

| Partner Nama | Average |          | Increase percentage |
|--------------|---------|----------|---------------------|
|              | Pre Tes | Post Tes |                     |
| 1. Partner 1 | 65      | 74       | 9%                  |
| 2. Partner 2 | 65      | 78       | 13 %                |

The results of monitoring the BSE technique demonstration in the two groups in the second semester found that all participants were able to re-practice independently correctly. The good ability of the two groups of participants is in accordance with the increase in knowledge. Increased knowledge will underlie the improvement of the participants' skills.

Breast cancer screening by each participant was evaluated at each meeting. Each participant conducts BSE examinations regularly every month after menstruation. Before the implementation of this lbM, all of them did not conduct BSE examinations, after the lbM activities were carried out all participants both WUS and Cadre conducted regular BSE examinations every month, so that breast cancer screening activities in both groups increased.

## Conclusion

1. The implementation of this lbM program can be implemented 100% in 8 months, from March dd. October 2017
2. lbM results show that the WUS group and cadre groups were declared capable of carrying out detection of breast cancer
3. WUS's knowledge increased after being educated with counseling and demonstration methods, as much as 9%
4. The level of knowledge of cadres increased after being given training, as much as 13%

## Competing Interest

it is expected that this lbM program will continue and cadres can continue their role as WUS health motivators

## Acknowledgement

This activity can be developed elsewhere which begins with sharper partner analysts, so that activities can be applied more realistically

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