

PENGARUH EDUKASI KESEHATAN TERHADAP PENGETAHUAN KADER KESEHATAN POSYANDU TENTANG PEMANTAUAN PERKEMBANGAN BALITA

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Abstrak

Latar Belakang : Perkembangan balita merupakan periode krusial yang menentukan kualitas tumbuh kembang anak dimasa depan. Data WHO melaporkan bahwa secara global, tercatat 149,2 juta balita mengalami gangguan perkembangan pada tahun 2020. Prevalensi di Indonesia anak balita mengalami gangguan perkembangan sebanyak 13 – 18 %. Salah satu deteksi dini gangguan perkembangan dapat dilakukan melalui Kuesioner Pra-Skrining Perkembangan, namun pelaksanaannya di posyandu belum optimal akibat keterbatasan pengetahuan kader kesehatan dalam memahami dan menggunakan vnstrument tersebut. sehingga kondisi ini dapat berdampak pada kurang optimalnya deteksi dini gangguan perkembangan balita. **Tujuan :** untuk menganalisis pengaruh edukasi Kesehatan terhadap pengetahuan kader Kesehatan posyandu tentang pemantauan perkembangan balita menggunakan KPSP. **Metode :** Desain kuasi eksperimen melalui pendekatan *pre-test and post-test control group design* pada 36 orang kader. Data dianalisis menggunakan uji *Wilcoxon* dan uji *Mann-Whitney*. **Hasil :** Penelitian ini menunjukkan peningkatan yang signifikan dalam pengetahuan kader tentang pemantauan perkembangan balita, dengan nilai *p-value* 0,017 atau ($<0,05$). **Kesimpulan :** Ada pengaruh edukasi kesehatan terhadap pengetahuan kader kesehatan posyandu tentang pemantauan perkembangan balita. **Saran :** Edukasi kesehatan diharapkan dapat dilaksanakan secara berkelanjutan sebagai bagian dari upaya peningkatan kapasitas kader kesehatan posyandu. Penelitian lebih lanjut disarankan untuk mengembangkan berbagai metode dan media edukasi guna meningkatkan pengetahuan

Kata Kunci : Edukasi Kesehatan, Pemantauan Perkembangan Balita, Pengetahuan Kader, Posyandu, KPSP.

***THE EFFECT OF HEALTH EDUCATION ON THE
KNOWLEDGE OF POSYANDU HEALTH CADRES
REGARDING MONITORING THE DEVELOPMENT OF
CHILDREN UNDER FIVE YEARS OF AGE***

Yenti Nazar

Abstract

Background: Early childhood development is a crucial period that determines the quality of a child's future growth and development. WHO data reports that globally, 149.2 million toddlers experienced developmental disorders in 2020. The prevalence of toddlers with developmental disorders in Indonesia is 13-18%. One method of early detection of developmental disorders is through the Developmental Pre-Screening Questionnaire, but its implementation in health posts has not been optimal due to the limited knowledge of health workers in understanding and using this instrument. This situation can result in suboptimal early detection of developmental disorders in toddlers. **Objective:** To analyze the effect of health education on the knowledge of posyandu health cadres regarding infant development monitoring using the KPSP. **Methods:** A quasi-experimental design was used through a pre-test and post-test control group approach. There were 36 participants. Data were analyzed using the Wilcoxon test for paired groups and the Mann-Whitney test for unpaired groups. Results: This study showed a significant increase in cadres' knowledge about monitoring infant development, with a p-value of 0.017 (<0.05). **Conclusion:** Health education has an effect on the knowledge of posyandu health cadres about monitoring infant development. **Suggestions:** Health education is expected to be implemented continuously as part of efforts to improve the capacity of posyandu health cadres. Further research is recommended to develop various educational methods and media to improve knowledge.

Keywords: Cadre Knowledge, Posyandu, KPSP, Toddler Development Monitoring, Health Education,