

Original Article

## COMMUNITY EMPOWERMENT PROGRAM THROUGH STIMULATION OF THE GROWTH AND DEVELOPMENT OF PRE-SCHOOL CHILDREN

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### ABSTRACT

**Background.** Children's social development begins to be rather complex when children reach the age of 3 years, because children have begun to enter the most basic educational realm, namely kindergarten. Children's social development is obtained from maturity and learning opportunities from various environmental responses to children. Early childhood education is one form of effort to stimulate pre-school social development. Children's development is influenced by various factors that influence each other, including: stimulation received by children since infancy, the maturity of children when receiving stimulation, the innate characteristics of children, the attitude of parents towards children or babies and interactions between parents and children. Community purpose was to increase knowledge, insight and skills regarding stimulating growth and development in parents and pre-school age children.

**Implementation Method.** The community service method is pre and post test, counseling on stimulation of growth and development of preschool children, training (training on how to stimulate growth and development of preschool children) for parents and teachers. The number of respondents targeted in this community service activity was 30 people at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency.

**Findings.** The results of community service based on observation and evaluation are an increase in the knowledge and skills of parents and kindergarten teachers regarding the stimulation of the growth and development of preschool children.

**Conclusion.** Community service provides benefits to parents of toddlers and kindergarten teachers. Parents and kindergarten teachers have the knowledge and skills to stimulate the growth and development of preschool children.

**Keywords:** Growth and Development Stimulation, Preschool Children, Training.

### BACKGROUND

Childhood is an important period in the development process of human life. Children at an early age are a golden age of development where there is a surge in development in children that did not occur in previous years [1,2]. Based on the research results, the level of intelligence capability of children reaches 50% at the age of 4 years. At the age of 8 years it reaches 80%, and the rest is obtained when the child is 8 years old and above [3,4]. To optimize children's development, stimulation is needed that is in accordance with the child's development. The success of each stage of development becomes the foundation for the next stage of development. The good and bad experiences in childhood will determine the child's

mental attitude after he becomes an adult, therefore it is necessary to pay attention to his behavior and mental attitude or habits, so that unwanted things can be avoided [1].

A child aged 3-5 years is included in the pre-school age category, which usually grows with high curiosity and is more independent. This is because they already have new experiences and friends and feel a new environment such as school. With the various things they have, a mother must pay more attention to the stages of child development at the age of 3-5 years. The current phenomenon at the partner location was that 75% of parents, especially mothers, out of 30 people, did not know and understand the stages of growth and development of pre-school children. The mother said that for child growth and development, it was only limited to knowledge based on experiences that had been experienced or from the surrounding environment. Based on information from teachers at Dharma Wanita Kindergarten, Ngadisuko Village, the school was still limited to routine growth and development checks of height and weight, while other growth and development checks had been carried out but not periodically.

Early childhood is in a period called the golden age. This is because at that age human growth and development are occurring rapidly [5,6]. Stimulation of child growth and development, especially preschool age, must be understood by a mother, but when they already know and understand, it must be accompanied by paying attention to the child's nutritional intake. Many factors affect growth and development, one of which is good nutritional intake. By fulfilling the right nutrition, it can help prevent diseases that can inhibit the growth and development of children. This is still not understood by the mothers of Dharma Wanita Kindergarten students in Ngadisuko Village, this is proven by the statement of 4 mothers who were asked about balanced nutrition, it turned out that the important thing was that the child wanted to eat without paying attention to the nutritional content. The teacher at Dharma Wanita Kindergarten, Ngadisuko Village said that when students were asked to bring provisions, they had to meet the requirements for good nutrition, there had to be vegetables, they were not allowed to bring instant noodle side dishes and so on, but there were still parents who provided their sons and daughters with instant noodles.

Thus it is seen how important it is to give special attention to children who are experiencing the first phase in their development into adults. Child development is influenced by various factors that influence each other, including: stimulation received by children since infancy, maturity of children when receiving stimulation, innate characteristics of children, attitudes of parents towards children or babies and interactions between parents and children [2,4]. Stimulation is a stimulus given to children by the

environment, especially their mothers, so that children can grow and develop optimally. Stimulation can be given every opportunity with children through household activities or outside the household. Nursing as part of health services plays an important role in efforts to improve child development according to developmental tasks. Various health services can be provided by nurses, both general and specialist services provided by psychiatric nurses, to help improve child development. Services are also starting to be directed not only at hospital settings that are more oriented towards curative efforts but at all levels of service, especially in community settings that are more oriented towards promotive and preventive efforts. In community settings, nurses provide services not only in health centers but also in institutions such as early childhood service centers mentioned earlier, such as Kindergartens, Raudathul Athfal, Playgroups, Children's Education Centers, Integrated Health Posts, and families. Based on this description, the service team will carry out Community Service regarding the stimulation of growth and development of preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency.

#### **METHOD OF ACTIVITIES**

This community service uses several methods in its implementation. Training on stimulation of growth and development of preschool children in achieving the objectives of this activity involved 30 respondents, namely parents and kindergarten teachers. Respondents were given a pretest-posttest on knowledge and skills of stimulation of growth and development of preschool children. Parents and kindergarten teachers were given activities to stimulate the growth and development of preschool children. Activities include health counseling, socialization of growth and development stimulation, growth and development stimulation training and assistance in growth and development stimulation. Community service activities targeting parents of preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. Activities carried out include counseling on growth and development stimulation. Counseling on growth and development stimulation is expected to increase knowledge and insight for making the right and quick decisions if there are children who experience growth and development problems, to prevent an increase in stunting rates in the area. Community service activities in this period are a continuation of community service in the previous period. Community service activities begin with a pre-test for student parents using a paper-based test or offline. Next, the activity continued with socialization or health education to parents and teachers about stimulating growth and development in children. This activity takes 3 hours along with a

question and answer discussion related to the material provided. At the next meeting the activities continued with training and mentoring to stimulate growth and development in children. Training is given not only to parents but also kindergarten teachers there. In the following month, community service activities are monitored by the Community Service team, monitoring is carried out every month for 3 consecutive months

All community service activities are carried out for 1 (one) year. Community service activities begin with the licensing process by the community service implementation team. The permit letter that has been issued is used as a basis for carrying out community service activities, to carry out socialization of activities to be carried out to school principals and teachers at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. Furthermore, the Community Service team collaborated with the Principal of Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. The school principal facilitates the community service implementation team to carry out activities in accordance with the proposals that have been submitted. Community service activities ran smoothly according to the plans prepared in the activity proposal, Community service participants were very enthusiastic about the activities that had been carried out.

## RESULT OF ACTIVITIES

The implementation of six community service activities reached 100% attendance. During theoretical and practical activities, the participants' attention to the speakers was good. The level of activeness in asking questions and carrying out practical work was good.

- 1) Information About Stimulation of Growth and Development of Preschool Children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency

Table 1 Level of Knowledge about Stimulation of Growth and Development of Preschool Children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency

Category	Before		After	
	Frequency	%	Frequency	%
Good	0	0	26	86.6
Enough	7	31.8	4	13.3
Not enough	23	76.7	0	0
Total	30	100	30	100

Based on the table above, it shows an increase in the knowledge of parents of preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan

District, Trenggalek Regency. Parents of preschool children at Dharma Wanita Kindergarten from before the delivery of material on growth and development stimulation at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency, were 76.7% in the poor category to 86.6% of participants in the good category.

2) Level of Stimulation Skills for Preschool Children's Growth and Development at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency

Table 2 Level of Stimulation Skills for Preschool Children's Growth and Development at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency.

Category	Before		After	
	Frequency	%	Frequency	%
Good	0	0	0	0
Enough	0	0	26	86.7
Not enough	30	100	4	13.3
Total	30	100	30	100

Based on the table above, it shows that as many as 26 people (86.7%) have increased skills in the sufficient category among parents of Pre-School Age Children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. The following is documentation of community service activities.



Figure 1. Preparation and Pre-test of Community Service





Figure 2. The Module of Community Service



Figure 3. The Stimulation of Growth Card For Children after Post-Test

## DISCUSSIONS

Community service activities targeting parents of preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. Activities carried out include counseling on growth and development stimulation. Counseling on growth and development stimulation is expected to increase knowledge and insight for making the right and quick decisions if there are children who experience growth and development problems, to prevent an increase in stunting rates in the area. Based on the

results of community service activities carried out at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency, it shows that there is a change in the knowledge of parents and kindergarten teachers about stimulating the growth and development of preschool children as shown by the results of the pre- and post-test evaluations. In addition, there is an increase in the skills of parents and kindergarten teachers in stimulating the growth and development of preschool children. Parents and kindergarten teachers feel that the training is very helpful and important to increase insight in stimulating the growth and development of preschool children [7].

According to the theory, it is explained that one way to increase a person's knowledge is through counseling [8,9]. Health counseling is identical to health education, because both are oriented towards changing knowledge, attitudes and behavior. Counseling in midwifery is a process of providing more objective and complete information that is carried out systematically based on interpersonal communication skills guidance, guidance techniques, mastery of clinical knowledge, which aims to help clients recognize their conditions, problems faced by clients and help them determine solutions and ways out in an effort to overcome their problems[10]. The general purpose of counseling is to change the behavior of individuals and communities in the health sector. This goal is to make health something valuable in society, to help individuals to be able to independently or in groups carry out activities to achieve a healthy life[7.] Counseling has an important goal to improve knowledge and skills as criteria for the success of the overall health program. By holding counseling on discomfort in pregnancy, it will be able to improve the knowledge of pregnant women about discomfort in pregnancy, so that it will have an impact on better attitudes and different behaviors between before being given counseling and after being given counseling about discomfort in pregnancy for the better [11-13].

In this community service after conducting counseling and training on stimulation of growth and development of preschool children for parents and kindergarten teachers, almost all respondents have good knowledge about stimulation of growth and development of preschool children and almost all respondents have sufficient skills in conducting stimulation of growth and development of preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. This shows that community service in the form of counseling and training carried out by health workers as people who are trusted in the health sector is very useful in increasing the knowledge and skills of parents and kindergarten teachers about stimulation of growth and development of preschool children[14-17].

Research conducted by Rahayu and Purnamasari (2019) found that there is an influence of SDIDTK application training on knowledge of SDIDTK applications [16]. Factors that influence the success of training can be seen from the selection of methods used, methods also greatly influence the success of training and seeing targets who have different or diverse backgrounds, training here uses lecture and projector methods, providing pre-screening development questionnaires, and providing SDIDTK books, so that respondents can receive material with various senses, both hearing and sight. Meanwhile, research by Nurbaya et. al (2022) found that training activities to increase the capacity of posyandu cadres through education and simulation methods can increase the knowledge and skills of posyandu cadres in monitoring toddler growth and development and conducting health education in the community [11,17,18]. This will support the optimal implementation of posyandu and can contribute to efforts to prevent stunting in toddlers. Training activities like this are still very much needed by cadres to improve their services at posyandu. Furthermore, in Pakpahan's research (2020) it was found that the increase in skills of training participants in the very good category increased by 27.1%, the good category by 20.8% and the sufficient category by 47.9%. So it can be concluded that the knowledge and skills of the participants increased due to the training [13]. The training in this activity was carried out to improve the knowledge and skills of the participants related to how to stimulate and detect deviations that occur in the child's growth and development process during the golden period, namely the first 1000 days of life [19]. After the increase in knowledge, it is expected that there will be an awareness of the importance of the Golden Age Period or the golden period of growth, and for health cadres it is expected that they can apply the knowledge received in the training in everyday life and it is expected that there can be a transfer of knowledge from health cadres to the surrounding community.

## **CONCLUSION & SUGGESTION**

Knowledge and skills of parents and kindergarten teachers regarding stimulation of growth and development in preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency have increased and can apply the skills of stimulating growth and development of preschool children. After monitoring and evaluation, the output of the training activities, parents became aware and understood and could also apply it to preschool children at Dharma Wanita Kindergarten, Ngadisuko Village, Durenan District, Trenggalek Regency. It is recommended to conduct training and counseling on stimulation of growth and development of preschool children in each kindergarten to



improve the skills of stimulating growth and development of preschool children in parents and kindergarten teachers.

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