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Early Stimulation, Detection and Intervention for Growth and Development of Children (ESDIGDC) for Preschooler in Balowerti Health Center, Kediri

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ABSTRACT

Early Stimulation, Detection and Intervention for Growth and Development of Children (ESDIGDC) is an effort to monitor and collect and find early existence of irregularities and prevent the incidence of permanent disturbance through examination of growth, development and mental emotional condition of children. The objective of the study was to explore the implementation of ESDIGDC program in preschool children in Balowerti Health Center, Kediri. The study design used was qualitative research with phenomenology approach. Sampling technique in this research was purposive sampling with the sample size of 6 informants. Data were collected using in-depth interview technique with semi-structured question. The result of the research shows that the implementation of ESDIGDC program influenced the development of ESDIGDC program in every year and will cause positive impact for both health worker and preschooler. The process of ESDIGDC program implementation was influenced by several factors. Based on the research, further research on the implementation of ESDIGDC program is needed.

Keywords: ESDIGDC; preschooler; growth; development

INTRODUCTION

An important period in a child's development is the toddlerhood, as this period is a basic growth that influences and determines subsequent development. In the toddler age there is the development of speech and language skills, creativity, social awareness, emotional and intelligence that runs very fast and is the foundation of the next development.⁽¹⁾ Early Stimulation, Detection and Intervention for Growth and Development of Children (ESDIGDC) is an effort to monitor and collect and find early existence of irregularities and prevent the occurrence of permanent disturbance through examination of growth, development and mental emotional condition of children.

Based on the examination of growth and development of children under five and preschool children of 3,657,353 children who experienced problems of growth delay in East Java in 2010 amounted to 2,321,542 (63.48%) tended to decrease compared to 64.03% in 2009 and still below target 80%.⁽²⁾ In 2015, from 9 health centers in Kediri city, there is still low infant coverage of 5-10% growth test (0-11 months) and the low infant coverage of 15.17% growth test (12-59 months). The coverage of health services for children at Balowerti Health Center reaches 85.1%.⁽³⁾

This study aims to explore the implementation of the ESDIGDC program for preschoolers in Balowerti Health Center, Kediri city. The focus of this research was to explore the supporting factors in the implementation of ESDIGDC, exploring ESDIGDC inhibiting factors, exploring the implementation of ESDIGDC, and exploring the benefits of ESDIGDC for preschool at Balowerti Health Center, Kediri city.

METHODS

This study used qualitative methods with phenomenology approach, with a focus of research directed to determine the implementation of ESDIGDC program in Balowerti Health Center, Kediri City. In addition,

qualitative approach was expected to be disclosed the implementation of ESDIGDC program, supporting factors and strategies of ESDIGDC program in Balowerti Health Center, to reduce incidence of growth and development abnormalities.

The location of this research was working area of Balowerti Health Center, Kediri City and conducted in December 2017. Sampling technique in this research was purposive sampling. Researcher acts were the instruments and data collection. Other supporting instrument was questionnaire containing semi-structured questions. Other tools used were friends, field notes, mobile phones, and then documented in the form of transcript (note book field). Data were analyzed using contents analysis technique. Furthermore, it was reported and presented descriptively. The presence of the researcher explicitly illustrated the research report. Researcher's role was full participant.

RESULTS

This research got the theme include:

1. The implementation of ESDIGDC program at Balowerti Health Center was conducted every month at health center, supporting health centers and *posyandu* (integrated service post); and every 6 months in kindergarten and early childhood education.
2. The development of ESDIGDC program implementation process at Balowerti Health Center was good (from year to year had increased).
3. Factors that support the implementation of ESDIGDC program at Balowerti Health Center were education, knowledge and cross sector colaboration.
4. The strategies used in order to support the ESDIGDC program at Balowerti Health Center were cooperation with cadres; training for medical officers, teachers, and cadres; and cooperation with the schools.
5. Inhibiting factors of ESDIGDC at Balowerti Health Center were training, demography factor, lack of knowledge and small number of staff.
6. Efforts to reduce obstacles in the course of ESDIGDC program at Balowerti Health Center were this program can develop and run well, the implementation according to procedure, and routinely implemented in *posyandu*, so that can facilitate officer in detection early and intervention well if there is a deviation of growth and development of children.
7. Benefits of ESDIGDC program was to prevent increased growth abnormalities at Balowerti Health Center,
8. The expectations of the ESDIGDC program were: 1) the parents are aware and enthusiastic about the implementation of the program, 2) the coverage of ESDIGDC increases, 3) the competence of human resources increases, 4) the growth of monitored children, 5) the quick and proper handling of infants with abnormalities of growth and development, 6) the existence of facilities and infrastructure that support.

DISCUSSION

Based on the results of the research, all informants provide services in this ESDIGDC program by disseminating information about ESDIGDC, providing counseling. Counseling can also be done by the midwife to parents who have children under five so parents know about ESDIGDC. This is in line with the theory presented by MoH-RI, that the activities of early stimulation, detection and intervention coordinated multiply budgets developed in the form of partnerships between families (parents, caregivers and other family members) cadres, community leaders, non-governmental organizations) and professionals.

ESDIGDC activities are not only performed on children suspected of having problems, but should be performed on all toddlers and preschoolers on a regular basis. Growth monitoring includes measurements of body weight per height, developmental monitoring includes assessment of the development of gross motoric, fine motoric, speech and language, socialization and independence, hearing and visual acuity.

This activity is one of the main programs of health center which is done thoroughly and coordinated, held in the form of partnership between family (parents, caregivers and other family members), community (cadres, professional organization, non-governmental organization) with professional staff⁽⁴⁾. This is in accordance with the results of research conducted

The results of this study are informed that the strategies used to support the ESDIGDC program are to cooperate with cadres of toddlers, training the program for medical officers, teachers, cadres, and cooperating with parties school. The existence of this strategy is big hope of health officer especially the cadre of toddler to be able to invite parents of toddler come to *posyandu*, so inspection of ESDIGDC can be done every month.

Health workers play a role in stimulation, early detection and early intervention to prevent the development of children under five development, so as to improve the optimal health status. In essence, the scope of midwives in providing services to the community is very broad, midwives should know what exactly is needed by the parents mother of the toddler so as to provide the right service in accordance with the needs. Midwives are recognized as accountable and accountable professionals, working as parent partners of toddlers

to provide support, care and counseling in stimulation, early detection and early intervention in the developmental deficiency of children under five.

Based on the results of research conducted that explains that efforts can be made to reduce the inhibiting factors of ESDIGDC program is to provide counseling routinely, improve knowledge and skills of medical personnel and procurement of infrastructure and training

Growth and development during the first few years of the child is an important health indicator, because the problem of growth will relate to morbidity and mortality in children under the age of five, whereas developmental delay will have an impact on psychosocial issues and intellectual development and learning.

From the results of this study hope is this program can continue to run well, so the growth and development of children can be monitored every month. Therefore, officers assisted by cadres of toddlers and teachers of kindergarten / early childhood should provide counseling-counseling for parents of children under five and the community related to this program and invite to come to posyandu to get ESDIGDC examination. So if there are abnormalities of growth and development of children will be easily detected and can do early intervention and follow-up appropriate.

CONCLUSION

The implementation of ESDIGDC program at Balowerti Health Center is conducted every month at health center, supporting health centers and *posyandu* (integrated service post); and every 6 months in kindergarten and early childhood education. A strategy is needed to support the ESDIGDC program and efforts to reduce the barriers of the ESDIGDC program. ESDIGDC program can be developed and run well, implementation according to procedure, and routinely implemented in posyandu, so it can facilitate the officers in early detection and intervention well if there is deviation of growth and development of children.

From the ESDIGDC program implementation process and the benefits of the ESDIGDC program, the health center hopes that the parents are aware and enthusiastic in the implementation of this program, the ESDIGDC coverage is increased, the competence of human resources increases, the growth of monitored children, the quick and precise handling of children under five when experiencing growth disorders, the existence of facilities and infrastructure that support.

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