



INNOVATION TO PREVENT KEK (Chronic Energy Deficiency) IN PREGNANT WOMEN WITH ROTTAYAM

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Abstract

Based on the results of a preliminary survey in Tanjung Anom Village, Mauk District, Tangerang Regency, the prevalence of KEK (Chronic Energy Deficiency) in pregnant women in October was 10.6%, where the RPJMN target in 2024 was 10%. Of the 66 pregnant women, 7 pregnant women experienced KEK. SEZ is a condition in which a person suffers from an imbalance in nutritional intake (energy and protein) that lasts for a long time. Pregnant women who experience KEK will have problems in pregnancy, childbirth, and postpartum. In addition, it will also have an impact on fetal development.

The government has made efforts to help reduce the incidence of SEZs in pregnant women by providing regular supplementary food to pregnant women. However, these efforts still need to achieve the expected target. The purpose of community service is to increase the knowledge of pregnant women, cadres, and community leaders about the impact of pregnant women experiencing KEK and how to handle it. Participants in this activity were 15 pregnant women who experienced SEZs, Posyandu Cadres, and community leaders. This activity began by conducting a preliminary survey and a forum discussion group (FGD) to determine the priority of problems and interventions to be given. The intervention implementation was carried out through pretest and post-test assessments to see the effectiveness of the counseling provided. The evaluation results found an increase in knowledge in pregnant women with an average score of 62 from the pretest results and 98 postes results. So, it can be concluded that pregnant women understand the impact of SEZs during pregnancy. We advise pregnant women to be able to meet a balanced nutritional intake during pregnancy by consuming foods that are high in calories and protein, by the innovation given, namely GUDEK ROTTAYAM, which means Movement of bUmil with Cakes, Rolade Tofu, Eggs, Chicken and baYAM.

Keywords: SEK, ROTTAYAM, pregnant women

INTRODUCTION

The National Six-Term Development Plan and the 2020-2024 Strategic Plan aim to increase quality and competitive human resources. One of the main focuses is the acceleration of community nutrition improvement. The target to be achieved by the end of 2024 is the incidence of Chronic Energy Deficiency (SEZ) in pregnant women as much as 10%; until now, the incidence rate of KEK is still at 16.9% in 2023. (RPJMN, 2020-2024)

SEZ is a condition where a person suffers from an imbalance in nutritional intake (energy and protein) that lasts for a long time. The SEZ is characterized by an upper arm circumference (LILA) of less than 23.5 cm. Pregnant women with chronic malnutrition have a greater risk of giving birth to babies with Low Birth Weight (BBLR), death during childbirth, bleeding, and difficulty postpartum because they are weak and prone to health problems. In addition, it will result in anemia in newborns,

easy to get infected, abortion, and inhibition of fetal brain growth. The nutritional status of pregnant women is one of the indicators used to measure the nutritional status of the community. If the nutritional input for pregnant women from food is not balanced with the body's needs, there will be a nutrient deficiency. (Ministry of Health of the Republic of Indonesia, 2023).

Managing pregnant women with SEZs at the community level involves cooperation between midwives, health cadres, and families. Midwives provide nutritional counseling, nutritional supplementation (such as blood supplement tablets and food supplements), and regular monitoring of maternal and fetal health (Hariyanti et al., 2021). Health cadres can help identify pregnant women with SEZs, motivate them to participate in nutritional supplementation programs, and conduct home visits to ensure pregnant women's compliance with consuming nutritious foods and blood-boosting tablets (Susanti et al., 2020).

Based on the results of a preliminary survey in Tanjung Anom Village, out of 66 pregnant women, there were 7 people (10.6%) pregnant women who experienced SEZs. Information obtained from Village Midwives shows that hami mothers who experience KEK occur before pregnancy. The cause of KEK experienced by mothers is a lack of nutritional intake due to the mother's irregular diet and lack of attention to the nutrition of the food consumed.

The purpose of community service is to increase the knowledge of pregnant women, cadres, and community leaders about the impact of SEZs on pregnant women and how to handle them. This activity has the benefits of positively impacting increasing knowledge, especially in healthy living behaviors, and can motivate other families to pay attention to family nutritional intake so that the incidence of KEK in pregnant women does not recur.

The Innovation of the Pregnant Women's Movement with SEZs, Rolade Tofu, Eggs, Chicken, and Spinach (GUDEK ROTTAYAM) is a creative idea to improve the nutritional intake of pregnant women because it has a calorie content of 25 kcal and 2.5 grams of protein in 1 medium piece. We hope this innovation can be used as an example of food variety in the family to improve nutrition, especially in pregnant women and toddlers.

METHODS AND PROCEDURES

Community service was conducted in Tanjung Anom Village, Mauk District, Tangerang Regency, for two weeks. The facilities and infrastructure used are learning media in the form of power points and focuses, leaflets, and innovative products that have been prepared. The activity was held on Thursday, October 24, 2024, at TPMB Bdn Siti Maryam. The work step began by conducting a preliminary survey, examining seven pregnant women who experienced KEK, conducting FGD together with the community, which was attended by lecturers, students of the National University, village midwives, Posyandu Cadres, and the Head of Tanjung Anom Village to determine the priority of the problem and prepare an activity plan to carry out the intervention. The intervention was implemented by providing educational counseling about the impact of pregnant women in SEZs and

demonstrations on how to make ROTTAYAM. The evaluation was carried out by providing a pretest and post-test to determine the increase in knowledge from the counseling results. The implementation of the activity took place according to the plan and was carried out by a solid team so that there were no obstacles during the implementation.

RESULTS AND DISCUSSION

Participants in the intervention were pregnant women with KEK, totaling 15 people. Participants were very enthusiastic about participating in counseling activities. The participants were asked many questions so that the activity ran effectively. Participants' curiosity about the impact of KEK increases their understanding for the better, thus motivating them to make changes in consuming nutritious food during pregnancy.

Based on the pretest results, the average score of 15 participants was 62, and the average score of the post-test was 98. Thus, we can conclude that there is an increase in pregnant women's knowledge about the impact of KEK. If there is an increase in knowledge, it is hoped that there will be a change in the attitude and behavior of KEK pregnant women to improve their nutritional intake (calories and protein) according to their needs.

Gudek ROTTAYAM innovation is a creation that helps fulfill the nutrition needs of pregnant women in KEK. Where the composition contained in it is tofu, eggs, chicken meat, and spinach leaves. The four components have 25 kcal and 2.5 grams of protein/medium piece. The contents of the four components are as follows:

1. Tofu: 100 grams contains 76 kcal of energy, 8 grams of protein, and 5.4 mg of iron
2. Eggs: 100 grams of eggs (2 eggs) contain 154 kcal of energy, 12.4 grams of protein and 3 mg of iron
3. Chicken meat: 100 grams contains 164 kcal of energy, 31 grams of protein, and 1 mg of iron
4. Spinach: 100 grams contains 23 kcal of energy, 2.9 grams of protein, and 2.7 mg of iron. (USDA, Food Data Central)

From the content above, it can be concluded that the four ingredients have high energy and protein content. We know that tofu has a high amount of iron in its composition. Therefore, to meet the nutritional needs of pregnant women, it can be obtained at an affordable price; it is just that creativity is needed to utilize food ingredients so that the taste of food can vary in taste and shape.

Photos of Community Service Activities



Figure 1. Zoom FGD

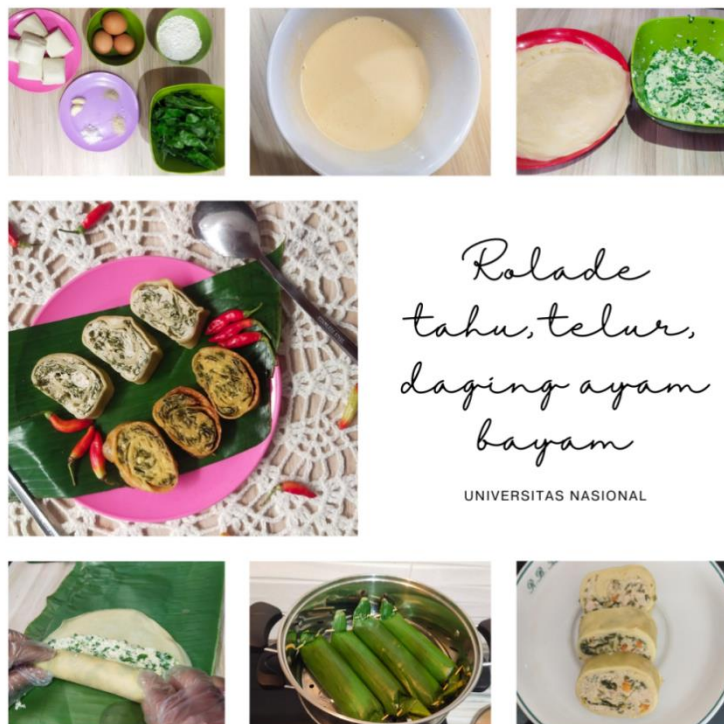


Figure 2. Manufacturing Process





Figure 4. Extension Activities



Figure 6. Pretest-Posttest



Figure 7. ROTTAYAM Innovation Theater



Figure 8. Post Activity

CONCLUSION

Based on the results of counseling activities and the introduction of innovations, it can be concluded that participants have increased knowledge about the impact of pregnant women experiencing KEK. They are providing innovations in foods that contain high energy and protein levels to handle pregnant women who are KEK. We hope this community service's results can help reduce the prevalence of KEK incidence in pregnant women in Tanjung Anom Village, Mauk District, Tangerang Regency.

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