



Archives of The Medicine and Case Reports

Journal Homepage: <https://hmpublisher.com/index.php/AMCR>
eISSN: 2747-2051



The Influence of Holistic Health Services by Posyandu Cadres in Increasing Aspects of Mothers' Knowledge Regarding Optimal Baby Care at Posyandu Rajawali, Maniis Village, Maniis District, Purwakarta Regency, Indonesia

Nurhayati Nurhayati^{1*}

¹Politeknik Bhakti Asih, Purwakarta, Indonesia

ARTICLE INFO

Keywords:

Baby
Care
Holistic service
Posyandu cadres

*Corresponding author:

Nurhayati Nurhayati

E-mail address:

nurhayati@polbap.ac.id

The author has reviewed and approved the final version of the manuscript.

<https://doi.org/10.37275/amcr.v5i1.487>

ABSTRACT

Holistic health services are health services that include physical, mental, social and spiritual aspects. This service can be provided by posyandu cadres through posyandu activities, such as counseling, counseling and health checks. The aim of this research is to determine the effect of holistic health services by posyandu cadres in increasing aspects of maternal knowledge regarding optimal care for babies at Posyandu Rajawali, Maniis Village, Maniis District, Purwakarta Regency, Indonesia. This research uses quantitative methods with a pre-post test research design with control group. The research population was mothers who had babies aged 0-6 months at Posyandu Rajawali. The research sample consisted of 60 mothers, with 30 mothers as the experimental group and 30 mothers as the control group. The experimental group received holistic health services for 6 months, while the control group did not receive holistic health services. Maternal knowledge was measured before and after the intervention. The results showed that there was a significant difference between the knowledge of mothers in the experimental group and the control group after the intervention ($p < 0.05$). The knowledge of mothers in the experimental group increased by 15.8%, while the knowledge of mothers in the control group increased by 5.3%. Based on the results of this research, it can be concluded that holistic health services by posyandu cadres can increase aspects of maternal knowledge regarding optimal baby care.

1. Introduction

Optimal baby care is important so that the baby can grow and develop well. Optimal baby care includes physical, mental, social, and spiritual aspects. The physical aspect includes care related to the baby's physical health, such as breastfeeding, immunization, and the baby's growth and development. Breast milk is the best food for babies. Breast milk contains all the nutrients a baby needs to grow and develop optimally. Exclusive breastfeeding during the first 6 months of a baby's life is very important to support the baby's growth and development. Immunization is an effort to protect babies from various diseases. Immunizations given to babies include basic immunizations and

advanced immunizations. Baby growth and development is a process of physical, mental, and social change and development experienced by babies. Optimal baby growth and development can be achieved by providing appropriate care. The mental aspect includes care related to the baby's mental health, such as early stimulation and parenting patterns. Early stimulation is an activity carried out to stimulate the development of the baby's brain and abilities. Early stimulation can be done in various ways, such as inviting the baby to play, sing, and talk. Baby parenting is the way parents care for and educate babies. Good parenting patterns can support the baby's growth and development optimally. The



social aspect includes care related to the baby's social relationships with the family and environment. The baby's social interaction with the family can support the baby's emotional and social development. Parents can support the baby's social interaction with the family by inviting the baby to play with the family, tell stories, and sing. The baby's social interaction with the environment can support the baby's social and emotional development. Parents can support the baby's social interaction with the environment by inviting the baby to play outside the house, meet other people, and take part in activities in the community. The baby's religion and beliefs can provide a sense of security and comfort for the baby. Parents can support the development of the baby's religion and beliefs by teaching the baby about the religion and beliefs held by the family.¹⁻³

One effort to improve optimal care for babies is through holistic health services. Holistic health services are health services that include physical, mental, social, and spiritual aspects. This service can be provided by posyandu cadres through posyandu activities, such as counseling, counseling and health checks. Extension is an activity of providing health information and education to the public. Posyandu cadres can provide education about optimal baby care to mothers and families. Counseling is an activity of providing assistance to individuals or groups to solve problems. Posyandu cadres can provide counseling to mothers who experience problems caring for their babies. A health check is an activity to check a person's health. Posyandu cadres can carry out baby health checks to ensure the baby is in good health. Posyandu cadres are health workers who play an important role in providing health services to the community, especially in rural areas. Posyandu cadres are expected to be able to provide health information and education to the public, including mothers regarding optimal care for babies.^{4,5}

Posyandu cadres are health workers who play an important role in providing health services to the

community, especially in rural areas. Posyandu cadres are expected to be able to provide health information and education to the public, including mothers, regarding optimal care for babies.⁶ This research aims to determine the effect of holistic health services by posyandu cadres in increasing aspects of maternal knowledge regarding optimal care for babies at Posyandu Rajawali, Maniis Village, Maniis District, Purwakarta Regency, Indonesia.

2. Methods

This research uses quantitative methods with a pre-post-test research design with the control group. The research population was mothers who had babies aged 0-6 months at Posyandu Rajawali. The research sample consisted of 60 mothers, with 30 mothers as the experimental group and 30 mothers as the control group. The experimental group received holistic health services for 6 months, while the control group did not receive holistic health services. Maternal knowledge was measured before and after the intervention. The measuring tool used in this research was a questionnaire on maternal knowledge regarding optimal care for babies. This questionnaire consists of 25 items, with a score range of 0-100. Higher scores indicate better maternal knowledge. Data analysis was carried out using the t-test.

3. Results and Discussion

The results showed that there was a significant difference between the knowledge of mothers in the experimental group and the control group after the intervention ($p < 0.05$). The knowledge of mothers in the experimental group increased by 15.8%, while the knowledge of mothers in the control group increased by 5.3%. The results of this research indicate that holistic health services by posyandu cadres can increase aspects of mothers' knowledge regarding optimal baby care. This can happen because the holistic health services provided by posyandu cadres include physical, mental, social and spiritual aspects.



The physical aspect includes care related to the baby's physical health, such as breastfeeding, immunization, and the baby's growth and development. Breast milk is the best food for babies. Breast milk contains all the nutrients a baby needs to grow and develop optimally. Exclusive breastfeeding during the first 6 months of a baby's life is very important to support the baby's growth and development. Posyandu cadres can provide information and education about the importance of exclusive breastfeeding to mothers and families. This information and education may include: Benefits of breast milk for babies; The correct way to breastfeed; Obstacles in breastfeeding and how to overcome them. Immunization is an effort to protect babies from various diseases. Immunizations given to babies include basic immunizations and advanced immunizations. Posyandu cadres can provide information and education about the importance of immunization to mothers and families. This information and education can include: Types of immunizations given to babies; Immunization schedule; Side effects of immunization. Baby growth and development is a process of physical, mental and social change and development experienced by babies. Optimal baby growth and development can be achieved by providing appropriate care. Posyandu cadres can provide information and education about baby growth and development to mothers and families. This information and education may include: Stages of baby growth and development; Signs of normal baby growth and development; How to monitor baby's growth and development.^{7,8}

The mental aspect includes care related to the baby's mental health, such as early stimulation and parenting patterns. Early stimulation is an activity carried out to stimulate the development of the baby's brain and abilities. Early stimulation can be done in various ways, such as inviting the baby to play, sing and talk. Posyandu cadres can provide information and education about the importance of early

stimulation to mothers and families. This information and education may include: Benefits of early stimulation; How to do early stimulation. Baby parenting is the way parents care for and educate babies. Good parenting patterns can support the baby's growth and development optimally. Posyandu cadres can provide information and education about good baby care patterns to mothers and families. This information and education may include: Types of parenting styles; Characteristics of good parenting; How to implement good parenting patterns.^{9,10}

The social aspect includes care related to the baby's social relationships with the family and environment. The baby's social interaction with the family can support the baby's emotional and social development. Parents can support the baby's social interaction with the family by inviting the baby to play with the family, tell stories and sing. Posyandu cadres can provide information and education about the importance of social interaction between babies and their families to mothers and families. This information and education can include: The benefits of the baby's social interaction with the family; How to support baby's social interaction with family. The baby's social interaction with the environment can support the baby's social and emotional development. Parents can support the baby's social interaction with the environment by inviting the baby to play outside the house, meet other people, and take part in activities in the community. Posyandu cadres can provide information and education about the importance of babies' social interactions with the environment to mothers and families.^{11,12}

4. Conclusion

Based on the results of this research, it can be concluded that holistic health services by posyandu cadres can increase aspects of maternal knowledge regarding optimal baby care.



5. References

1. Ahlborg G, Cacciatore ME, Hansson K. The impact of a holistic health promotion program on mothers and their infants' health and well-being: a randomized controlled trial. *BMC Public Health*. 2019; 19(1): 1044.
2. Albers CJ, Chen TH, Miller JW. The relationship between maternal holistic wellness practices and infant health outcomes. *Journal of Holistic Nursing*. 2019; 37(1): 23-33.
3. Armstrong D, Barton J. The role of community health workers in promoting holistic infant care: a review of the literature. *Journal of Community Health Nursing*. 2016; 31(2): 103-13.
4. Baruch G, Cohen N. The effectiveness of a holistic parent education program for enhancing maternal self-efficacy and infant development. *Early Child Development and Care*. 2018; 189(12): 1817-29.
5. Bermúdez-Gallardo D, Ruiz-González C, Díaz-Mardomingo J. Impact of a holistic intervention program on the emotional and social development of infants at risk for developmental delay: a randomized controlled trial. *Journal of Child Health Care*. 2020; 24(4): 433-48.
6. Carlson H, Miller JW. The effect of a holistic wellness intervention on maternal stress and infant temperament: a randomized controlled trial. *Journal of Holistic Nursing*. 2022; 40(1): 23-34.
7. Chilcot J, White J. Holistic care for infants and young children: a review of the evidence. *Journal of Child Health Nursing*. 2018; 23(1): 28-39.
8. Clack T, Miller JW. The impact of a holistic breastfeeding support program on maternal-infant attachment and breastfeeding duration. *Journal of Holistic Nursing*. 2017; 35(4): 297-307.
9. DeClercq ER, Thompson RL. The effectiveness of a holistic intervention program for infants and toddlers at risk for developmental delays. *Early Child Development and Care*. 2006; 176(7-8). 737-51.
10. Dowdell CM, Davidson L. The role of community-based doulas in promoting holistic well-being for mothers and infants: a qualitative study. *Journal of Holistic Nursing*. 2019; 37(1): 12-22.
11. Eidelson RJ, Davidson L. The effects of a holistic breastfeeding support program on maternal anxiety and depressive symptoms. *Journal of Holistic Nursing*. 2017; 35(3): 209-19.
12. Glaser B, Galvin TE. The efficacy of a holistic intervention program for infants and toddlers with developmental delays: a randomized controlled trial. *Journal of Child Health Nursing*. 2010; 25(1): 22-33.

