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Analysis of the Effectiveness of Midwifery Care in Health Observations of 24-Month-Old Toddlers: Study in Kute Rayang Village, Central Aceh, Indonesia

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A B S T R A C T

Toddler health is an important indicator of public health and nation development. Midwifery care plays an important role in maintaining the health of toddlers, including observing the health of toddlers aged 24 months. This study aims to analyze the effectiveness of midwifery care in observing the health of 24-month-old toddlers in Kute Rayang Village, Central Aceh, Indonesia. This study used a cross-sectional observational design with a sample of 100 toddlers aged 24 months who were selected at simple random. Data was collected through interviews, observation, and physical examination. Data analysis was carried out using Chi-square and T-test. The results showed that midwifery care in observing the health of 24-month-old toddlers in Kute Rayang Village, Central Aceh, Indonesia was quite effective. As many as 80% of toddlers have undergone complete health observation by midwives. Observation of toddler health has increased complete immunization coverage ($p<0.05$), nutritional status of toddlers ($p<0.05$), and maternal knowledge about toddler health ($p<0.05$). Midwifery care in health observations for 24-month-old toddlers in Kute Rayang Village, Central Aceh, Indonesia is quite effective, but can still be improved. Increasing the effectiveness of midwifery care can be done through various efforts, including increasing the knowledge and skills of midwives, increasing community access to health services, and increasing community participation in maintaining the health of toddlers.

1. Introduction

Toddler health is a fundamental foundation for quality national development. The toddler years, defined as ages 0-5 years, are a critical period in human life. In this period, toddlers' brains and bodies experience rapid growth and development. The survival and health of children under five are the key to ensuring they have optimal potential to achieve a bright future. Children's health is not only an individual problem, but also an important indicator of public health and national development. Healthy toddlers will grow into the nation's next generation who are productive, intelligent, and able to contribute to the nation's progress. On the other hand, unhealthy toddlers will experience various health and educational problems, which in the end can hinder the nation's progress. Healthy toddlers will experience optimal growth and development, both physically, mentally and socially. Optimal physical growth is characterized by an increase in body weight, height, and head circumference appropriate to age. Optimal mental development is characterized by cognitive, language, and motor skills appropriate to age. Optimal social development is characterized by the ability to interact with other people, socialize, and adapt to one's environment.[1-3]

Efforts to improve the health of children under five must be carried out comprehensively and sustainably. Various parties, from the government, and civil society organizations, to families, must work together to realize optimal toddler health. One important effort is through midwifery care. Midwifery care is a health

service provided by midwives to pregnant, maternity, postpartum, and newborn babies and toddlers. Midwifery care includes a variety of services, including health checks, providing immunizations, providing education about maternal and child health, and observing the health of toddlers. Observing the health of toddlers is an important component of midwifery care. Toddler health observations aim to monitor the growth and development of toddlers, detect early abnormalities or diseases, and provide appropriate intervention. Health observations of toddlers must be carried out routinely and periodically, at least every month for toddlers aged 0-6 months and every 3 months for toddlers aged 7-24 months.[4-6]

Research on the effectiveness of midwifery care in observing the health of toddlers is very important to find out the extent to which midwifery care can improve the health of toddlers. The results of this research can be used to improve the quality of midwifery care and provide scientific evidence about the importance of observing toddlers' health for toddlers' health. This research was conducted in Kute Rayang Village, Central Aceh, Indonesia, which has a low level of toddler health. This study aims to analyze the effectiveness of midwifery care in observing the health of toddlers aged 24 months in Kute Rayang Village, Central Aceh, Indonesia.

2. Methods

This study used a cross-sectional observational design. This design was chosen because it allows researchers to observe the relationship between toddler health variables and midwifery care at one point in time. The research sample consisted of 100 toddlers aged 24 months living in Kute Rayang Village, Central Aceh, Indonesia. This sample size is considered sufficient to obtain representative research results and have adequate statistical power. The research sample was selected at simple random. This sampling technique was carried out by including all toddlers aged 24 months in Kute Rayang Village in the sample list and then selecting 100 toddlers randomly from that list. This simple random sample selection aims to ensure that every toddler has the same opportunity to be selected as a sample. The inclusion criteria are toddlers aged 24 months, living in Kute Rayang Village, Central Aceh, Indonesia, and mothers of toddlers who are willing to participate in the research. Meanwhile, the exclusion criteria are toddlers with chronic illnesses or physical disabilities and mothers of toddlers who are not willing to participate in the research.

The independent variable in this study is midwifery care in toddler health observations which is measured by a questionnaire asking mothers of toddlers about the frequency and scope of toddler health observations carried out by midwives. The dependent variable in this study is the health status of toddlers which is measured by various indicators, including complete immunization coverage, nutritional status of toddlers (weight, height, head circumference, chest circumference), and mother's knowledge about toddler health. This study also observed demographic factors (maternal age, maternal education, family income) as well as environmental factors (access to health services, sanitation, and clean water). Data was collected through three methods, namely: 1. Interview: Interviews were conducted with mothers of toddlers to obtain information about the toddler's health status, parenting patterns, access to health services, and demographic factors. 2. Observation: Observations are carried out to monitor the growth and development of toddlers, including weight, height, head circumference, and chest circumference. 3. Physical examination: Physical examination is carried out to detect early abnormalities or diseases in toddlers. Data were analyzed using Chi-square and T-tests. Chi-square was used to analyze the relationship between categorical variables, such as toddler health status and midwifery care in toddler health observations. The T-test is used to analyze the average difference between two groups, such as the group of toddlers who have undergone complete health observation by a midwife and the group who have not undergone complete health observation by a midwife.

3. Results and Discussion

Based on Table 1, there were 100 respondents consisting of mothers with toddlers aged 24 months in Kute Rayang Village, Central Aceh, Indonesia. The majority of mothers (60%) are in the productive age range, namely between 25-39 years. This shows that the majority of mothers of toddlers in Kute Rayang Village are still relatively young and have the potential to increase their knowledge and skills in caring for and maintaining the health of toddlers. Around 70% of mothers have at least a junior high school education. This shows that the level of maternal education in Kute Rayang Village is classified as moderate. Higher maternal education can increase maternal knowledge and awareness about the importance of toddler health and midwifery care. As many as 55% of families have an income of less than IDR 3,000,000 per month. This shows that the majority of families in Kute Rayang Village belong to the lower-middle economic category. Low family income can be an inhibiting factor in accessing health services and meeting the basic needs of toddlers. As many as 80% of respondents have access to health services. This shows that the majority of mothers of toddlers in Kute Rayang Village have access to health services for their toddlers. Access to adequate health services is an important factor in improving the health of toddlers. As many as 90% of respondents have their own toilet. This shows that the sanitation conditions in Kute Rayang Village are relatively good. Good sanitation can help prevent the spread of disease and improve the health of toddlers. As many as 90% of respondents consume water whose quality is guaranteed, namely PDAM water and well water. This shows that access to clean water in Kute Rayang Village is relatively good. Clean water of guaranteed quality is an important factor in maintaining the health of toddlers. In general, the characteristics of study respondents show that the educational level of mothers in Kute Rayang Village is moderate, and most families have low incomes. However, access to health services, sanitation, and clean water in Kute Rayang Village is relatively good. This can be a supporting factor in improving the health of toddlers in Kute Rayang Village.

Table 1. Characteristics of respondents.

Variable	Frequency	Percentage (%)
Mother's age		
20-24 years	20	20%
25-29 years	30	30%
30-34 years	25	25%
35-39 years	15	15%
40 years and over	10	10%
Mother's education		
Primary school	30	30%
Junior high school	40	40%
Senior high school	20	20%
Diploma/bachelor's degree	5	5%
Master and above	5	5%
Family income		
Less than IDR 1,000,000	20	20%
IDR 1,000,000 - IDR 2,000,000	30	30%
IDR 2,000,000 - IDR 3,000,000	25	25%
More than IDR 3,000,000	25	25%
Access to health services		
Yes	80	80%
No	20	20%
Sanitation		
Has its own toilet	90	90%
Does not have its own toilet	10	10%
Clean water		
Consume PDAM water	60	60%
Consume well water	30	30%
Consume other water	10	10%

Based on Table 2, complete health observations by midwives show a significant positive impact on various aspects of toddler health in Kute Rayang Village, Central Aceh, Indonesia. The complete observation group had a much higher complete immunization coverage (90%) compared to the incomplete observation group (60%). This shows that health observations by midwives can increase mothers' awareness and compliance in immunizing their toddlers. The proportion of toddlers with normal weight in the complete observation group (88%) was almost double compared to the incomplete observation group (50%). This shows that health observations by midwives can help monitor the growth and development of toddlers, thereby detecting and preventing nutritional problems early on. A similar trend was seen in the height status of toddlers, where the complete observation group had a higher proportion of toddlers with normal height (85%) compared to the incomplete observation group (60%). This shows that health observations by midwives can help ensure optimal physical growth of toddlers. About 83% of toddlers in the complete observation group had normal head circumference, compared with 70% in the incomplete observation group. This shows that health observations by midwives can help detect potential brain development problems in toddlers. The proportion of toddlers with normal chest circumference in both groups showed a positive trend. This shows that health observations by midwives can help maintain the health of toddlers' lungs and hearts. Almost all mothers in the complete observation group (95%) had good knowledge about toddler health, compared to 70% in the incomplete observation group. This shows that health observations by midwives can increase mothers' education and awareness about the importance of maintaining the health of their toddlers.

Table 2. Effectiveness of midwifery care in health observations of 24-month-old toddlers.

Variable	Complete observation group (n=80)	Incomplete observation group (n=20)	p-value
Complete immunization coverage	72 (90%)	12 (60%)	<0.05
Toddler nutritional status (Normal weight)	70 (88%)	10 (50%)	<0.05
Toddler nutritional status (Normal height)	68 (85%)	12 (60%)	<0.05
Toddler nutritional status (Normal head circumference)	66 (83%)	14 (70%)	<0.05
Toddler nutritional status (Normal chest circumference)	64 (80%)	12 (60%)	<0.05
Mother's knowledge about toddler health is good	76 (95%)	14 (70%)	<0.05

This research shows that complete health observations by midwives in Kute Rayang Village have significant effectiveness in increasing complete immunization coverage, nutritional status of toddlers, and maternal knowledge about toddler health. These findings support the importance of complete health observations by midwives as part of midwifery care to improve the health of children under five. The findings of this research are in line with various theories and previous research which emphasize the importance of observing toddlers' health in improving toddlers' health. Abraham Maslow, an American psychologist, put forward the hierarchy of needs theory in 1943. This theory explains that humans have basic needs that must be met sequentially. These basic needs are depicted in a pyramid, with the most basic needs at the bottom and the more complex needs at the top. Toddlers, like humans in general, have basic needs that must be met to support optimal growth and development. The basic needs of toddlers are in accordance with Maslow's theory, namely Physiological needs: Basic needs for survival, such as the need for food, water, air, shelter, sleep, and clothing; Safety needs: The need to feel safe and protected from danger, such as the need for affection, love, and belonging; Love and appreciation needs: The

need to be loved, appreciated, and recognized by others, such as the need for love from parents, friends, and the social environment; Self-actualization needs: The need to reach one's potential and realize one's dreams, such as the need to learn, play, and explore the environment. Observing the health of toddlers can help monitor the growth and physical development of toddlers, ensuring that nutritional needs and balanced nutrition are met. Early detection of toddler health problems through health observation can help prevent disease and complications so that toddlers can stay healthy and active. Observing toddlers' health can help detect signs of child abuse or neglect so that toddlers can be protected from danger and feel safe. Health education provided during toddler health observations can help mothers understand how to maintain the health and safety of toddlers at home. Observing the health of toddlers can build positive relationships between midwives, mothers, and toddlers. This relationship can help toddlers feel loved, appreciated, and acknowledged. Midwives can praise and reward toddlers for their positive development during health observations. Toddler health observations can monitor toddlers' motoric, cognitive, and social development. This can help toddlers reach their potential and realize their dreams. Midwives can provide appropriate stimulation and education to toddlers to support their optimal development. A midwife observed the toddler's health and found that the toddler was underweight. The midwife then provides education to the mother about the importance of providing balanced nutritious food and helps the mother prepare a food menu that is suitable for toddlers. A midwife observed the toddler's health and found that the toddler often fell out of bed. The midwife then provides education to the mother about how to protect the home environment to prevent accidents in toddlers. A midwife observes the toddler's health and praises the toddler for being able to walk stably. The midwife also praised the mother for taking good care of the toddler. A midwife made observations of the toddler's health and found that the toddler had good speaking skills for his/her age. The midwife then provides stimulation and education to the toddler to improve his/her speaking ability. Observing the health of toddlers is an important component in midwifery care which can help meet the basic needs of toddlers and support optimal growth and development of toddlers. By understanding Maslow's basic needs theory, midwives can provide more comprehensive and effective health observations to improve toddlers' health.[7-10]

Primary prevention theory focuses on efforts to prevent disease before it occurs. Primary prevention efforts are carried out by strengthening the immune system: Providing complete immunization to toddlers, providing exclusive breastfeeding for 6 months and continuing for up to 2 years, and maintaining a clean environment; eliminating risk factors: Providing education to mothers about healthy lifestyles, such as a balanced diet and regular exercise, and avoiding exposure to cigarette smoke and air pollution; Increase body resistance: Provide vitamin and mineral supplements to toddlers, and maintain the mental health of mothers and children. Examples of the application of primary prevention theory in toddler health observations: Physical examination: Includes measuring the toddler's weight, height, head circumference, and chest circumference, as well as checking the toddler's vital signs and general health. This examination can help detect early growth and development problems in toddlers, as well as other potential health problems; Screening: Carrying out screening to detect certain diseases early, such as anemia, thalassemia, and hearing loss. This screening can help prevent serious complications if the disease is not detected and treated appropriately; Providing immunizations: Providing complete immunizations to toddlers according to the schedule recommended by the Ministry of Health. This immunization can help protect toddlers from various infectious diseases; Health education: Provide education to mothers about various aspects of toddler health, such as healthy eating patterns, personal hygiene, and prevention of infectious diseases. This education can help increase mothers' knowledge and awareness about the importance of maintaining the health of toddlers.

Benefits of implementing primary prevention theory: Prevent disease and complications: Early detection and appropriate preventive interventions can help prevent disease and complications in toddlers; Improving the quality of life of toddlers: Healthy toddlers will have a better quality of life and can grow and develop optimally; Reducing the burden of health costs: Disease prevention can help reduce the burden of health costs for individuals, families, and countries. Observing the health of toddlers is an important way to apply primary prevention theory. By regularly observing toddlers' health, toddlers' health problems can be detected early and treated appropriately, which can help prevent disease and complications, improve toddlers' quality of life, and reduce the burden of health costs.[11-13]

Health promotion theory emphasizes efforts to improve individual and community health through various strategies, including education, empowerment, and environmental change. In the context of observing toddlers' health, this theory explains how observations can increase mothers' knowledge and awareness about toddlers' health, thus encouraging healthy maternal behavior to maintain toddlers' health. Observation of toddler health by skilled midwives can be an effective educational tool for mothers. Through observation, midwives can: Provide accurate and easy-to-understand information about toddler health: Midwives can explain various aspects of toddler health, such as growth and development, immunization, nutrition, and disease prevention; Demonstrate examples of healthy behavior that mothers can implement: Midwives can demonstrate how to bathe toddlers, provide breast milk, and monitor toddler growth; Provide opportunities for mothers to ask questions and discuss: Midwives can create a comfortable and open atmosphere for mothers to ask questions about their toddler's health and get appropriate advice. Increasing mothers' knowledge and awareness about toddlers' health through health observations can encourage mothers to: Ensure that toddlers get complete immunizations according to schedule: Mothers who are more aware of the benefits of immunization will be more proactive in taking toddlers to community health centers or integrated services post to get immunizations; Providing nutritious and balanced food to toddlers: Mothers who better understand the nutritional needs of toddlers will be more selective in choosing food and preparing healthy food for toddlers; Implementing healthy living behavior at home: Mothers who are more aware of the importance of hygiene and sanitation will better maintain the cleanliness of the house and the environment around their toddler; Bringing toddlers to health services regularly: Mothers who better understand the importance of monitoring toddlers' health will be more proactive in taking toddlers to community health centers or integrated services post for health checks.[14-16]

Immunization is an important effort to maintain the health of toddlers. Complete immunization according to schedule helps build toddlers' immunity against various dangerous diseases. Midwives' health observations of toddlers play an important role in ensuring that toddlers receive complete immunizations according to schedule. Midwives can monitor toddler immunization schedules through health records and immunization cards. This helps ensure that toddlers do not miss their immunization schedule. Midwives can provide education to mothers about the importance of immunization, the benefits of immunization, and possible side effects. This education helps increase mothers' awareness and compliance in immunizing toddlers. Midwives can carry out health checks on toddlers before immunization to ensure that toddlers are in good health and ready to receive immunizations. Midwives can accompany mothers and toddlers during immunizations, provide emotional support, and help overcome maternal anxiety or worries. Midwives can monitor the condition of toddlers after immunization to detect and treat possible side effects. As an illustration, Mrs. Ani has a 12-month-old toddler who has not received complete immunization due to her busy schedule and lack of knowledge about

immunization. When observing a toddler's health, the midwife explains the importance of complete immunization and provides information about the immunization schedule appropriate to the toddler's age. The midwife also helped Mrs. Ani to make an immunization appointment at the nearest community health center. On immunization day, the midwife accompanied Mrs. Ani and her toddler to the community health center. The midwife explained the immunization procedure to Mrs. Ani and ensured that the toddler was in good health to receive the immunization. After immunization, the midwife provided education to Mrs. Ani about how to care for toddlers after immunization and when to return to the community health center for the next dose of immunization. Observation of toddler health by midwives is an important component in ensuring that toddlers receive complete immunizations according to schedule. With comprehensive health observations and appropriate education, midwives can help increase toddlers' immunity to disease and protect them from various health risks.[14-16]

Observing the health of toddlers is an important process in monitoring the growth and development of toddlers. Regularly monitoring a toddler's weight can help ensure that the toddler grows optimally according to their age. Monitoring a toddler's height can help ensure that the toddler grows optimally in terms of body length. Monitoring toddlers' head circumference can help detect potential brain development problems in toddlers. Monitoring a toddler's chest circumference can help maintain the health of a toddler's lungs and heart. Midwives can assess toddlers' gross and fine motor skills, such as the ability to sit, crawl, walk and grasp objects. Midwives can assess toddlers' cognitive abilities, such as their ability to communicate, solve problems and learn. Midwives can assess toddlers' social and emotional abilities, such as the ability to interact with other people, control emotions, and adapt to the environment. Observing the health of toddlers can help detect various health problems in toddlers early. Midwives can detect signs of malnutrition in toddlers, such as low body weight, short height, and small head circumference. Midwives can detect signs of infectious diseases in toddlers, such as fever, cough, runny nose, diarrhea, and vomiting. Midwives can detect physical abnormalities in toddlers, such as birth defects, body deformities, and organ dysfunction. Midwives can detect signs of developmental disorders in toddlers, such as speech delays, motor delays, and autism. Early intervention can prevent more serious complications from toddler health problems. Appropriate interventions can help improve the quality of life for toddlers and their families. Appropriate intervention can help toddlers achieve optimal growth and development. Midwives have an important role in carrying out comprehensive and regular health observations of toddlers. Midwives need to carry out a thorough physical examination on toddlers, including measuring weight, height, head circumference, and chest circumference, and checking vital signs. Midwives need to assess various aspects of toddler development, such as motoric, cognitive, social, and emotional development. Midwives need to provide health education to mothers about various aspects of toddler health, such as the importance of immunization, providing nutritious food, and stimulating toddler development. Midwives need to refer toddlers to higher health services if health problems are found that require special treatment. Observing the health of toddlers is an important process in monitoring the growth and development of toddlers, so as to detect health problems early and carry out appropriate interventions. Midwives have an important role in carrying out comprehensive and regular health observations of toddlers. With proper health observation, toddlers can grow and develop optimally, thus becoming the nation's next generation of quality.[17-20]

4. Conclusion

The research results show that complete health observations by midwives in Kute Rayang Village have significant effectiveness in increasing complete immunization coverage, nutritional status of toddlers, and mothers' knowledge about toddler health.

Therefore, it is important to ensure that all toddlers in Kute Rayang Village and throughout Indonesia have access to complete health observations by qualified midwives.

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