

Balanced Nutrition Education For Women in the P2WKSS Program in Haurgeulis Village, Indramayu

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Abstract

The Program for Increasing the Role of Women Towards Healthy and Prosperous Families (P2WKSS) is one of the government's efforts to improve the quality of family life through women's empowerment. Women have a very important role in providing food and family health, so women ideally have good knowledge about balanced nutrition. The aim of this Community Service Activity is to provide education about balanced nutrition for women in the Women's Role Enhancement Program Towards a Healthy and Prosperous Family (P2WKSS) in Haurgeulis Village, Indramayu. The method for community service includes three stages, namely: the stage of analyzing the partner's situation and condition, the education stage and the evaluation stage. The results of this community service activity are an increase in knowledge about balanced nutrition for women in the Program for Increasing the Role of Women Towards Healthy and Prosperous Families (P2WKSS) in Haurgeulis Village, Indramayu. This program significantly improved women's knowledge on balanced nutrition.

Keywords: Balanced Nutrition Education, P2WKSS, Women

Introduction

Nutritional problems include undernutrition and overnutrition. Undernutrition is often associated with infectious diseases, while overnutrition is considered the first sign of the emergence of a group of non-infectious diseases, which are now common in both developed and developing countries (Sutiari, N., K., Swandewi, P., A., Padmiari, I., A. & Dewi, N., 2010). Excess or insufficient food intake simultaneously can trigger a double burden of malnutrition (Almatsier, S., Soetardjo, S., & Soekarti, 2011). Nutritional problems arise due to unbalanced food consumption behavior (Bapenas, 2006 cite Dewi, 2019). Nutritional problems are also caused by a lack of knowledge about nutrition and the ability to apply this information in everyday life (Suhardjo, 2003 cite Dewi, 2019).

Nutritional problems are still a serious issue in Indonesia. Based on the 2018 Basic Health Research, the prevalence of stunting in toddlers reached 30.8%, although it had decreased to 21.6% in 2022. This condition shows that nutritional interventions, especially for women from adolescence to pregnancy, are very

necessary to break the intergenerational cycle of malnutrition (Kementerian Kesehatan Republik Indonesia, 2022). Nutritional issues must be addressed immediately. In the long term, overnutrition and an unbalanced diet can lead to increased morbidity and mortality due to nutrition-related noncommunicable diseases (NR-NCDs), such as type 2 diabetes mellitus, cardiovascular disease, and metabolic syndrome (Barasi. M., 2009). One way to reduce nutritional problems is to provide counseling regarding balanced nutritional guidelines (Yurni, A.F. & Sinaga, 2017). Extension is a system of activities aimed at producing learning. The extension process is designed to produce specific learning outcomes (Kozier, Erb, Berman, 2017).

Family health is a key foundation for building quality human resources. Women, especially mothers, play a strategic role in maintaining family health, as they are responsible for selecting, preparing, and serving food. The P2WKSS program aims to empower women to play an active role in improving their families' quality of life, one of which is through balanced nutrition education. Nutrition guidelines in Indonesia have undergone several

changes, to the point that many are unaware that the slogan Four Healthy Five Perfect (4S5S) is no longer used and has been replaced by the four pillars of balanced nutrition, depicted by the balanced nutrition cone (Marisa, 2014 cite (Dewi, 2019). These guidelines are not yet widely known by the public due to the lack of more applicable PGS socialization in schools and the community (Puspita, 2012).

Haurgeulis Village is one of the villages selected to implement the P2WKSS program from the Indramayu Regency government in 2025. Based on the results of interviews with the head of Haurgeulis village, it is necessary to adjust the latest materials on balanced nutrition for women members of P2WKSS. According to L. Green in (Notoatmodjo, 2007), changes in attitudes can be made through counseling. The selection and use of appropriate media is an important component in health counseling or education.

Method

The implementation method for this community service activity involves three stages: analyzing the partner's situation and conditions, educating them, and evaluating them. The analysis

of the partner's situation and conditions aims to identify partner problems, discuss their relevance to the activities to be implemented, and determine the number of participants.

The second stage is the education stage where before health education is carried out, the team first distributes questionnaires to measure the participants' initial knowledge, then provides education about balanced nutrition, after the material has been delivered, the team redistributes questionnaires to measure the participants' knowledge after providing education.





The evaluation stage is where the team evaluates the activities that have been carried out for further improvements.

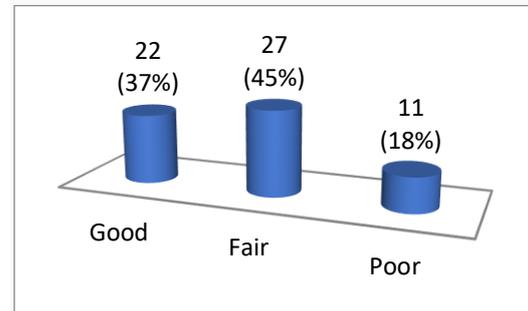
Results

This community service activity was conducted by two nursing lecturers, one midwifery lecturer, and two students. Sixty participants attended the event, held in Haurgeulis Village, Indramayu. The tools and materials used included laptops, infocus cameras, and leaflets on balanced nutrition.

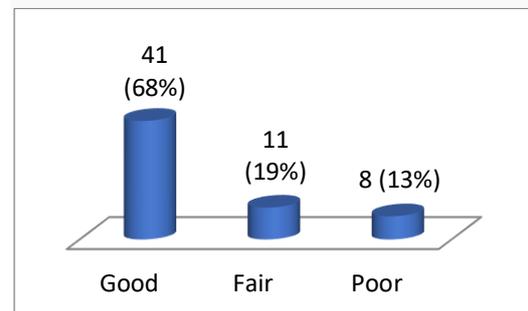
The results of this community service activity showed an increase in the knowledge of female P2WKSS members about balanced nutrition. Knowledge was measured using a questionnaire. Based on the scores, it can be seen that there was an increase in the knowledge of female P2WKSS members about balanced nutrition after

receiving the intervention. The details can be seen in the following diagram:

Overview of Knowledge Before Education About Balanced Nutrition



Overview of Knowledge After Education About Balanced Nutrition



Discussion

Women have specific nutritional needs that differ at each stage of their lives, from adolescence through the reproductive years, through pregnancy, and through breastfeeding. Malnutrition can impact both individual and offspring health. Therefore, providing balanced nutrition education to women is a long-term investment in family health (World Health Organization, 2020).

The Balanced Nutrition Guidelines (PGS), established by the Indonesian Ministry of Health through Ministerial Regulation No. 41 of 2014, serve as the foundation for education. Its principles include consuming a diverse diet, limiting sugar, salt, and fat intake, physical activity, maintaining a healthy lifestyle, and regularly monitoring body weight. The PGS is implemented through the practical guide "Isi Piringku," which is easy for the public to understand (Kemenkes RI, 2014).

Balanced nutrition education in the P2WKSS is delivered through counseling, healthy cooking demonstrations, family mentoring, and integration with integrated health posts (Posyandu) and mothers' classes. This strategy emphasizes the use of affordable, accessible, yet highly nutritious local foods, such as garden vegetables, fish, and nuts (Kemenkes, 2021).

Challenges in implementing balanced nutrition education include low nutritional literacy, economic constraints, and cultural influences. To address these challenges, it is necessary to utilize yard space as a food source, strengthen the role of Family Welfare

Movement (PKK) cadres and integrated health service posts (Posyandu), and foster cross-sector collaboration. Community-based education and local wisdom are also crucial to ensure nutrition messages are more easily accepted (Food and Agriculture Organization, 2019) Kementerian Pemberdayaan Perempuan dan Perlindungan Anak, 2020).

Balanced nutrition education for women supports the achievement of the Sustainable Development Goals (SDGs), particularly Goal 2 (Zero Hunger), Goal 3 (Healthy Lives and Well-Being), and Goal 5 (Gender Equality). Increasing women's capacity to manage family nutrition will also improve public health and national food security (United Nations, 2015).

Conclusion

Education on balanced nutrition for women under the P2WKSS program is a strategic step to improve family health and well-being. As family food managers, women play a crucial role in ensuring the availability and quality of household nutrition. The implementation of PGS-based education, innovative learning media, utilization of local foods, and cross-

sectoral support are key to the program's success.

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Conflict of Interests Statement

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