

# Abstract---Mother's class to toddler (KIB) in order to increase the empowerment of mothers through increased knowledge, attitude and skills of a toddler care

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*Abstract---Mother's class to toddler (KIB) in order to increase the empowerment of mothers through increased knowledge, attitude and skills of a toddler care. To improve the ability of mothers in caring toddler this research was conducted a structured training class used training modules in order to improve the knowledge, attitudes and skills of mothers about infant care. The impact of this is the increasing empowerment of the health status of children under five. This research is aimed to know the effect of training mother's class of toddlers on increased mother ability in caring toddlers at Pskesmas Kampung Delima Rejang Lebong Regency. This research used a quasi-experimental design one-group pre and post-test with sample 34 mothers who had toddler. Purposive sampling techniques had adopted in this research. Training class mothers held for 2 days with six materials The data collected by questionnaires pre and posttest to assess knowledge, attitudes, and actions of the mother. Furthermore, the ability of mothers in caring toddler observed after training. Data were analyzed using univariate, and bivariate using a paired sample T-test. There were significant influence between knowledge*

*before and after training KIB with p value <0.005, there is no influence between attitudes before and after the training KIB with p value > 0.005, and there is a significant influence between actions before and after the training KIB with p value <0.005. It Means There is an effect of training Toddler mother's class on increased mothers ability in caring toddlers at Puskesmas Kampung Delima Kabupaten Rejang Lebong Regency.*

*Keywords : Mother Class to toddler , knowledge, attitude, action*

#### I. INTRODUCTION

Preparing children to become beneficial person, it must begin at an early age through the role of mothers and good parenting. Good parenting is very important to ensure the optimal development of the child. Caring children in terms of behavior that is practiced daily, such as feeding, health care, mental stimulation, emotional support and affection will make a significant contribution to the growth and intellectual development of children. Mother classroom training conducted to improve the

knowledge, attitudes, and skills in caring for the toddler's mother.

Toddlers Mother class is a group of learning activities in the classroom with some members of mothers with young children (ages 0-5 years) under the guidance of one or more facilitators (teachers) to wear KIA book as a learning tool [1]. The material will be given in class training mothers include growth and development of young children, accident prevention, balanced nutrition, infectious diseases (dengue), first-aid medicine, and a clean and healthy living behaviors (PHBS).

The toddler is a susceptible time occurrence of infectious diseases, accidents, and malnutrition, which will have an impact on a lot of quality of life toddler for example intelligence, motoric development, social development, and mental. Knowledge, attitudes mother should be drilling with various methods to meet health care to children under five. nutrition is not optimal with regard to ill health. Mal nutrition is a risk factor for non-communicable diseases (PTM), such as cardiovascular disease (heart and blood vessel disease, hypertension and stroke), diabetes and cancer is the leading cause of death in Indonesia [2].

The effort to improve the health and welfare of children was done at the health center through *posyandu* activities. This program directly managed by the health centers as the forefront of health services that encounter the public directly to remote area. Seeing those problems, there are necessities for strategy to prevent the incidence of the health problem to children toward improved knowledge, attitude and behavior about preventive measures in children [3].

Kementerian Kesehatan R.I establish decrease child mortality rate (CMR) 68 to 23/1000 birth. As for first programme prevent infant and child mortality was In toddlers mother class. [3] Rejang Lebong Regency have 21 Puskesmas, the higher activity toddlers mother class was in Puskesmas Kampung Delima. There are 11 Posyandu implemented toddlers mother

class. [4]. In terms of mothers class (mother class childhood), sistematically highlighted the input variables (provider's role and health officers), variables process (socialitation class for mother), and output variables (existence of class mother) which later on have an impact in decrease the *akselerasi infant mortality rate* (IMR) at Rejang Lebong regency.

The purpose of this study is aimed to know the effect of training class mother toddlers on increased mothers ability in caring toddlers at Puskesmas Kampung Delima Kabupaten Rejang Lebong.

## II. METHODS

Quasi-research experimental one group pre and post-test design. The population in this study are all mothers in the working area of Puskesmas Kampung Delima Curup, while the total sample of 34 people to sample case with sampling purposive sampling technique.

The location of this research is in working area of Puskesmas Kampung Delima Curup by taking 8 Posyandu area, there area Posyandu Karang Anyar, Kampung Delima, Sambe Baru, Sambe Lama, Duku Ilir, Tasikmalaya, Seguring, Kota Pagu. The study was conducted from Agustus to Oktober 2017. The data collected by questionnaires pre and posttest to assess knowledge, attitudes, and actions of the mother. Furthermore, the ability of mothers in caring toddler observed after training. Data were analyzed using paired simple T-test statistic test.

## III. RESULT

Table I. RESULT OF ANALYSIS SIMPLE T-test OF KNOWLEDGE, ATTITUDE, ACTION PRIOR AND AFTER TRAINING TODDLERS CLASS MOTHER IN PUSKESMAS KAMPUNG DELIMA

Variables	mean ± SD	t value	
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edge prior to training	± 4.47	,00	4
edge after training	± 2.97		
e prior to training	± 6.35	,82	4
e after training	± 3.76		
prior to training	2.86	,00	4
after training	± 1.17		

complete, so with the KIA book increases the mother's knowledge and can improve the health of mothers and children. MCH Handbook is a tool that is simple, but powerful as means of Information, Education and Communication (IEC) in distributing important information regarding the Kesehatan Ibu dan Aank (KIA) to the family. Through the utilization of KIB, KIA book will materialize to the fullest [7].

Table I showed that the mean significant effect between knowledge before and after training with p-value <0.005, while the mother's attitude was no significant effect before and after training with p-value> 0.005, and to measure the mother no significant effect between the action before and after training with p-value <0.005. This means that mothers classroom training can improve knowledge, attitudes, and actions of the mother in caring toddler at home.

#### IV. DISCUSSION

##### a. Mother's knowledge toward ability in caring toddlers.

Based on bivariate analysis showed there are differences in the mother's knowledge before and after training class mothers with p value <0.005, this study are reliable with research conducted by Arfiah and Warni (2012) knowledge or cognitive domain is very important in shaping a person's actions (*Over behavior*) [5]. Knowledge can be acquired or natural person occurred, directly or indirectly. One of the factors influencing knowledge is education. According to Hagiwara (2012) health education is a rewarding experience in influencing habits, attitudes and knowledge of a person or community. Nowadays mothers's education and child health in general mostly done through individual consultations or case by case basis but there are still many weaknesses [6].

Mother's knowledge and child health in the book can be increased with the program KIA KIB. Information on mother and child health are contained in KIA book is very

##### b. Mothers attitude toward the ability in Caring toddlers

The results of statistical analysis of the average scores attitudes was increase in before and after the training class mothers, there is no significant difference In line withSarbini (2012) The willingness in this regard is the willingness of individuals or mothers in accepting the influence of others like the facilitator and the group, the willingness is not normally appear on the conscience just to get a positive reaction especially the facilitator in class mothers are people who have not previously known. Trusting relationship will arise when two people have emotional understanding. The identification process will occur,if the individual in this case mothers imitate the attitude expected by the group uncertainty people believe that the change will provide a better impact accordance with the expectations of the individual [8].

As the results of studies, suggest theaffecting factors that change attitude where the environment or culture. Good mothers who attend classes or not at the beginning already have their own attitude about caring toddlers as their beliefs, attitudes are formed due to the interaction of the three factors above,the mother class is an effort to increase the mother's attitude towards caring the children. Implementation and mothers-class process there are the interaction between the messages, communicators and communicant. Communicators in

mothers' class derived from the facilitator who came from another *posyandu* means that the mother has to know more facilitators and only met during the implementation of a toddler class only [9].

c. Mothers action against Toddler Care Capabilities

The influence of mother's class is to increase the value of mother's knowledge due the implementation of class mother that held every month. Based on the graph retention of knowledge, knowledge will decrease after one month so it is necessary to emphasis or repetition the knowledge. In addition, the frequency or intensity of more intensive meetings to motivate more toddler's mothers to apply the acquired knowledge to motivate mothers perform maintenance actions in accordance with the toddler training modules that have been granted [10].

According to Sri Lestari, et al (2015) The implementation of mothers class once a month can improve their skills quite high at around 13.4%. The results of this study demonstrate that health promotion with mother class significantly improve skills score of mothers in caring toddler at home which includes monitoring of growth and development, provision of food with a balanced diet, treatment of sick toddlers as well as providing a simple home medicine. Same with the results of the participatory method Virgilio improve the skills of health personnel in performing their duties [1].

## V. CONCLUSION

There is an effect of training Toddler mother's class on increased mothers ability in caring toddlers at Puskesmas Kampung Delima Kabupaten Rejang Lebong.



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