



Stunting-Free Nasyiatul Aisyiyah (Pashmina) Health Service Program for Female Students of Muhammadiyah College Kotabaru, Pontianak

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Received: November 4, 2024
Revised: November 30, 2024
Accepted: December 10, 2024
Published: December 31, 2024

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DOI: [10.29303/ujcs.v5i4.774](https://doi.org/10.29303/ujcs.v5i4.774)

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Abstract: This community service aims to increase the understanding of female students regarding nutrition and reproductive health. In addition, this health service activity owned by Nasyiatul Aisyiyah (PASHMINA) is a cadre program for the Regional Leadership of Nasyiatul Aisyiyah. In this activity, pengabdian conducted weight and height measurements as well as Body Mass Index (BMI) measurements. In this case there are 18 students classified as thin, 14 students classified as normal who are classified as obese less, namely 6 students. Before the material was given, the students filled out the pretest and after the presentation of the material by the resource person, the students completed the posttest. Pretest and posttest are carried out in order to determine the level of understanding of students related to the material that has been given. From the test results, it can be concluded that there is an increase in the understanding of female students by 38.98% after the material is given. This shows that the increase in understanding of female students related to stunting and reproductive health has increased. After this program is implemented, a Follow-up Plan (RTL) will be carried out between pengabdian and the Regional Leadership of Nasyiatul Aisyiyah Pontianak City in an effort to recruit early cadres in Nasyiah.

Keywords: Pashmina; Nasyiatul Aisyiyah; Health; Cadres

Introduction

Stunting is one of the most pressing health problems in Indonesia, especially among children and adolescent girls (Refky Dermawan et al., 2024). Based on Basic Health Research (Riskesdas) data, the prevalence of stunting in Indonesia is still high. Stunting, which is defined as impaired growth due to long-term undernutrition, has long-term impacts on the quality of human resources, including physical, cognitive development, and productivity in adulthood (Watson et al., 2019).

West Kalimantan, including Pontianak City, is one of the areas with a high prevalence of stunting. Various factors, such as lack of access to good nutrition, inadequate health education, and suboptimal parenting, contribute to the high stunting rate in this area (Pipit

Muliyah, et al, 2020). Adolescent girls, including female students at Perguruan Muhammadiyah Kotabaru, are vulnerable to this nutritional problem. In adolescence, the need for good nutrition is very important to support their growth and development, including preparing for future reproductive health.

As part of the Muhammadiyah movement, Nasyiatul Aisyiyah contributes to social and health services. Nasyiatul Aisyiyah's health services are aimed at supporting efforts to improve the health status of the community, especially women and children.

PASHMINA is a gathering place for teenagers to develop themselves and discuss about health. Pashmina is one of the flagship programs at the Central Leadership of Nasyiatul Aisyiyah (PPNA) which is passed down to the Nasyiah branch and twig level throughout Indonesia.

How to Cite:

Ruhama, U., Yulian, R., Marlenywati, M., & Khairunnisa, I. (2024). Stunting-Free Nasyiatul Aisyiyah (Pashmina) Health Service Program for Female Students of Muhammadiyah College Kotabaru, Pontianak. *Unram Journal of Community Service*, 5(4), 429-432. <https://doi.org/10.29303/ujcs.v5i4.774>

PASHMINA is important to implement in order to maintain the quality of adolescents now and in the future. The school environment is an environment that greatly influences the morals and behavior of adolescents, after the family environment (Andriyani, 2020). This is because children spend more time at school than their life journey, for example from PAUD, TK, SD, SMP, and SMA (Dianita, 2020). Thus, there needs to be a program carried out by the school in providing health services according to the needs of adolescents, so as to prevent and overcome the problems faced by adolescents (Miswanto, 2019).

PASHMINA provides a space for female students to get education that they do not get in school. This program is packed with interactive dialogue talk shows that discuss adolescent problems related to reproduction, nutrition and religious perspectives. PASHMINA was held at the Regional Leadership of Nasyiatul Aisyiyah Pontianak City. The targets of this program were Muhammadiyah 2 Pontianak junior high school students, Muhammadiyah 2 high school students, and Muhammadiyah 2 Pontianak vocational school students.

Method

This Community Service activity was carried out at the SMA Muhammadiyah 2 Pontianak Hall. The activities are as follows:

1. *Coordinating with partners.*

The partner in this case is the Regional Leadership of Nasyiatul Aisyiyah Pontianak City. PASHMINA, which is one of the flagship programs in Nasyiah, is very supportive of service programs for school-age adolescents.

2. *Measuring height and weight.*

Measurement of body weight and height was carried out by service members, namely students of the Public Health Study Program, Muhammadiyah University of Pontianak.

3. *Measuring Body Mass Index (BMI).*

The students are given a report regarding their height and weight and the IMT measurement results. This can be done periodically in the next PASHMINA activity.

4. *Activity Implementation.*

This activity was held in collaboration between Muhammadiyah University of Pontianak and the Regional Leadership of Nasyiatul Aisyiyah Pontianak City and Muhammadiyah Kotabaru University. This Interactive Dialogue presented speakers from Muhammadiyah University of Pontianak, especially the

Public Health study program. This interactive dialogue began with a pre-test to determine the ability of participants before the implementation of the program. In the dialog session, the resource person provided material related to stunting and reproductive health, and the second resource person presented material related to akhlaq and taharah which was integrated with the subject of noble akhlaq. The presentation was conducted in a panel guided by a moderator from Nasyiatul Aisyiyah Pontianak City. After the presentation, it was continued with a question and answer session where participants were very enthusiastic in asking questions.

5. *End of activity*

After the presentation session and question and answer session took place, the resource person gave a conclusion. At the end of the session, the students filled out a posttest to measure the significance of the students' abilities after the material was presented by the resource person.

Result and Discussion

Activity Implementation

Implementation of Community Service activities through PASHMINA. The implementation of this interactive dialogue was held on Sunday, September 8, 2024 at the Hall of SMA Muhammadiyah 2 Pontianak. The participants were students of SMP Muhammadiyah 2 Pontianak, students of SMA Muhammadiyah 2 Pontianak and students of SMK Muhammadiyah 2 Pontianak. The Executive Board of Nasyiatul Aisyiyah acted as the committee in the activity.

Before the interactive dialog was conducted, the students were measured for height and weight and the Body Mass Index (BMI) was calculated.



Figur 1. Resource persons provide material

In calculating BMI using data from height and weight. These measurements use tools that are in

accordance with the procedure, where height measurements use a height stadiometer and weight measurements also use body scales (AFDALI et al., 2018), The data shows that there are 18 students classified as thin more and 14 students classified as normal who are classified as obese less, namely 6 students, Data from the results of blood pressure using a Digital Pressure Meter (DPM) measuring instrument or commonly called a Digital Tensimeter, stated that the measurement results of all students are normal.

After the height and weight of the students were measured, the students were asked to enter the hall to participate in the activity. Interactive dialogue was

conducted in panels by two speakers, namely the service team and speakers from the Public Health study program. The discussion was conducted from the point of view of Health and Al Islam Kemuhammadiyah.

Before the session began, the pengabdian gave a questionnaire to the participants to measure their general abilities. After they filled out the questionnaire, the service team carried out the service by providing enlightening material. When the speakers gave the material, the students responded very enthusiastically.

After delivering the material, the pengabdian distributed posttests to determine the increase in students' understanding of the material presented.

Table 1. Results of the Interactive Dialog Material Delivery

Assessment Element	Assessment Description	Average Value	
		Pre-test	Post-test
Understanding of Stunting	Measure participants' understanding of the definition, risk factors, and impact of stunting in adolescents.	60	80
Balanced Diet and Nutrition	Assess participants' understanding of the importance of nutritious and balanced food consumption in preventing stunting.	55	78
Physical Activity and Healthy Lifestyle	Measure participants' awareness of the importance of regular physical activity in supporting health and prevention.	58	82
The Role of Environment and Family in Stunting Prevention	Assess participants' understanding of how families and neighborhoods support stunting prevention.	60	85
Early Detection and Treatment of Stunting	Measuring understanding of the signs of stunting risk and how to prevent it at an early stage.	60	83
Total		59	82

Based on the results of the interactive dialog material delivery, the average pretest score of the participants was 59, while the average posttest score increased to 82. The average increase of $82-59/59 \times 100\% = 38.98\%$ indicates that this training succeeded in significantly improving participants' understanding. This result reflects that the material can be understood by female students well.

At the end of the session, the team gave prizes to participants who actively asked questions and responded actively.



Figur 2. Door prize giving



Figur 3. Photo with Participants

After giving prizes to participants who were enthusiastic and active in responding, afterwards, all participants of the Stunting-Free Nasyyatul Aisyiyah Owned Health Service Program (Pashmina) took a photo together.



Figur 4. Partner Group Photo

Outside the classroom, the author took a photo together with PASHMINA Partners.

Conclusion

This activity has a significant increase in the knowledge of the students before and after the intervention related to stunting and reproductive health. PASHMINA is a gathering place for teenagers to explore knowledge in the health sector that is not obtained in school. PASHMINA focuses on aspects of adolescent knowledge related to nutrition, reproductive health and the value of religiosity. The participants who attended the PASHMINA activity are expected to be the forerunners of *Nasyiatul Aisyiyah* cadres because this program is a cadre in the realm of the *Nasyiah* Central Leadership to the branches.

After this program is implemented, a regular PASHMINA program will be held in order to recruit new *Nasyiah* cadres. The author would like to thank Universitas Muhammadiyah Pontianak, in this case LPPM, for funding this service. Thanks are also expressed to the partners, namely the Regional Leadership of *Nasyiatul Aisyiyah* Pontianak City, and the Muhammadiyah 2 Senior High School, Muhammadiyah 2 Vocational School, and Muhammadiyah 2 Junior High School who have contributed so that this service can run smoothly.

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