

Community Service Journal of Indonesia 6 (2) (2024):

Doi: <https://doi.org/10.36720/csji.v6i2.745>

EFFORTS TO IMPROVE COMMUNITY PHYSICAL AND MENTAL HEALTH AS A STEP TO ACCELERATE ACHIEVING SUSTAINABLE DEVELOPMENT GOALS (SDGS) IN RINGINSARI VILLAGE, KEDIRI REGENCY

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Received: December, 8th, 2024; **Revised:** -; **Accepted:** December, 9th, 2024

ABSTRACT

Counseling activities were given to students of SD Negeri Ringinsari II and participants at the Integrated Primary Service Post in Ringinsari Village, Kandat District, Kediri Regency, as a form of community service in the form of delivering materials and simulations that are expected to increase public awareness of health and welfare. Counseling activities were carried out in September in two locations, namely SD Negeri Ringinsari II and the Integrated Primary Service Post. Before carrying out counseling activities, a preparation process was carried out for approximately four weeks before the implementation of the activity, starting from determining the type of activity to submitting permits to the relevant parties. As a form of evaluation, this activity was attended by all participants, the participants participated in the activities with great enthusiasm and the counseling guidance activities ran smoothly.

Keywords: *Community Physical, Mental Health, Sustainable Development Goals (SDGs)*

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E-ISSN

2684-7884

P-ISSN

2774-4027

INTRODUCTION

In general, the process of human life is inseparable from problems. These problems come from many aspects such as economic, social, cultural, religious, political, and health. Among the many problems that befall humans, the health aspect is a special topic that requires more comprehensive attention. The world-class organization, later known as the United Nations (in Indonesian: Persatuan Bangsa Bangsa) formulated seventeen sustainable development goals (SDGs) to strive for human welfare. The SDGs were formulated to achieve a better future through sustainable development, protecting the environment, combating inequality, and ensuring a decent life for all (Ministry of PPN/Bappenas, 2020). Among the seventeen SDGs, the third goal, which reads "Healthy and Prosperous Life", is the basis for determining the direction of health program development policies. The Indonesian government through the preparation of the National Medium-Term Development Plan (RPJMN) document instructed all authorized officials under it to participate in supporting the achievement of the SDGs goals (Ministry of PPN/Bappenas, 2019).

Kediri Regency is one of the administrative areas in East Java Province. Kediri Regency has an area of 1,523.92 km² and is divided into 26 sub-districts. Geographically, Kediri Regency is adjacent to Nganjuk Regency and Jombang Regency to the north, Blitar Regency and Tulungagung Regency to the south, Tulungagung Regency and Nganjuk Regency to the west, and Jombang Regency and Malang Regency to the east. The air temperature in the Kediri Regency area ranges from 23°C-31°C. Kediri Regency is flanked by two mountains, to the east there

is Mount Kelud which is an active volcano and to the west there is Mount Wilis which is an inactive volcano (Kediri Regency Health Office, 2020).

So far, Kediri Regency has been known as a regency with many residents with leprosy. The distribution of infectious diseases in Kediri Regency in 2022, seen from data from the Central Statistics Agency of East Java Province, shows that there are 16 residents suffering from leprosy, this number is relatively low compared to other districts/cities. However, if we look at the incidence of other infectious diseases, there are 2,259 cases of pulmonary TB, 1,294 cases of pneumonia, 338 cases of dengue fever, 2 cases of malaria, 24 cases of chronic filariasis, and 3 cases of diphtheria (Central Statistics Agency of East Java Province, 2023). The description of non-communicable diseases in Kediri Regency according to data from the Kediri Regency Health Office in 2020 shows that the prevalence of non-communicable diseases in the community is still high. The data shows that at least 47,063 residents over 15 years of age have hypertension, 15,308 residents have diabetes mellitus, and 16 women with positive IVA test results and 2 women with tumors and lumps. Mental health data of the Kediri Regency population shows that there are 3,399 people with severe ODGJ, 25 of whom are shackled (Kediri Regency Health Office, 2020).

A series of efforts have been made by the Kediri Regency Government through the Kediri Regency Health Office to optimize community welfare by improving the quality of life. The program includes the establishment of Community-Based Health Efforts (UKBM). UKBM is a promotive and preventive effort in order to achieve public health through the

utilization of toddler posyandu, elderly posyandu, PTM posbindu, posyandu parks, Saka Bakti Husada (SBH), poskestren, poskesdes, and alert villages. In the curative and rehabilitative realm, the Kediri Regency Government is committed to improving health service facilities for the community in its area by increasing the quantity and quality of health centers, hospitals, and other health service facilities. In addition, the Kediri Regency Government is massively trying to meet the needs of health workers for better health services (Kediri Regency Health Office, 2020).

Poltekkes Kerta Cendekia as a university has an obligation to implement the Tri Dharma of Higher Education including the implementation of education, research, and community service. One of the objectives of implementing the Tri Dharma of Higher Education is to help resolve health problems through direct contributions to the community. The implementation of the Tri Dharma of Higher Education is a form of higher education in helping the government realize community welfare. Based on this background, Poltekkes Kerta Cendekia intends to carry out community service activities in order to improve public health in Ringinsari Village, Kandat District, Kediri Regency.

OBJECTIVES

General Purpose

By carrying out outreach activities and health services to the community in Ringinsari Village, it is hoped that this will provide benefits, especially for the village community, in the form of improving the health of the community, which will certainly help increase work productivity and community welfare.

Special Purpose

The Specific objective after these activities is that:

1. Realizing the Tri Dharma of Higher Education, one of which is community service
2. Helping the people of Ringinsari Village to broaden their perspective on health in general so that they are able to protect themselves from disease
3. Helping the people of Ringinsari Village in early health detection so that they can know their health condition

PLAN OF ACTION

Strategy Plan

The strategic plan for implementing this counseling includes:

1. Coordinating with policy makers in Ringinsari Village, Kandat District, Kediri Regency
2. Determining the implementation contract time with targets on school children at SDN Ringinsari, Posyandu Ibu dan Anak and Posyandu Lansia in Ringinsari Village, Kandat District, Kediri Regency
3. Carrying out counseling activities for school children at SDN Ringinsari, Posyandu Ibu dan Anak and Posyandu Lansia in Ringinsari Village, Kandat District, Kediri Regency

Implementation

The counseling was carried out after a permit letter was issued to carry out community service issued by the Kerta Cendekia Community Service and Research Institute, Sidoarjo Health Polytechnic with the number:

011/SK.PM/PKC/VII/2024

The actions taken in implementing this activity include:

1. Coordinating with the Village and

- business owners
2. Providing Education on brain gymnastics practices for the elderly to prevent a decrease in the level of independence
 3. Providing Education on the importance of vulva hygiene as an effort to prevent vaginal discharge in adolescents
 4. Providing Education on Disaster Safe Education Units (SPAB) for elementary school students
 5. Providing education on Early detection of diabetes risk and education on the dangers of diabetes in women of childbearing age
 6. Providing Education on preventing anemia in adolescent girls as an effort to improve reproductive health and stunting
 7. Providing a question and answer session to determine the level of understanding of participants
 8. Conducting practices for participants related to the correct
 9. Providing rewards for participants who are able to answer questions and can practice correctly

Setting

This community service activity was carried out in Ringinsari Village, Kandat District, Kediri Regency in September 2024 started at 08.00 – 12.00.

Target

The strategic targets for this activity consist of three groups, namely students of Ringinsari II Elementary School and participants of the Integrated Primary Service Posyandu,

RESULTS AND DISCUSSION

The counseling was carried out in two locations, namely students of SD

Negeri Ringinsari II and participants of the Integrated Primary Service Posyandu in Ringinsari Village, Kandat District, Kediri Regency. The counseling was attended by students of SD Negeri Ringinsari II and all participants of the posyandu.

The equipment used for the counseling activities included posters, leaflets, video images, game equipment and health check tools.

Participants looked very enthusiastic and excited when listening to the explanation from the speaker regarding the material given at each location.

CONCLUSION

This community service activity was considered quite successful because the participants were able to understand the practice of brain gymnastics for the elderly to prevent a decrease in the level of independence, the importance of vulva hygiene as an effort to prevent vaginal discharge in adolescents, about the Disaster Safe Education Unit (SPAB) for elementary school students, about early detection of diabetes risk and education about the dangers of diabetes in women of childbearing age and about preventing anemia in adolescent girls as an effort to improve reproductive health and stunting.

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