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## STRENGTHENING PRIMARY HEALTH CARE MANAGEMENT THROUGH COMMUNITY- BASED HEALTH PROBLEM ANALYSIS AND PARTICIPATORY INTERVENTIONS AT PADANG TAROK PRIMARY HEALTH CENTER

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### ABSTRACT

Community-based primary health care remains a strategic approach to improving population health outcomes, particularly in strengthening health service management at the primary level. This community service activity was conducted at Padang Tarok Primary Health Center and its surrounding community through a field-based learning and community engagement program involving public health students. The activity aimed to analyze health service management, identify priority health problems, and implement community-oriented interventions in collaboration with health workers and local stakeholders. The program involved 40 participants and was implemented through four community engagement sessions focusing on environmental sanitation, health promotion, and community participation. The program was carried out through several stages, including situation analysis, problem identification, priority setting, intervention planning, implementation, and evaluation. Community members and health personnel actively participated in health education, environmental health activities, and service management discussions. Situational analysis identified environmental sanitation problems and limited preventive health behaviors as the main priority health issues. The activities encouraged active participation from community members and facilitated collaboration between health workers, students, and local stakeholders. The program contributed to increased community awareness of health promotion practices and supported the identification of priority health issues requiring further intervention. Community-based participatory approaches can serve as an effective strategy for strengthening primary health care management and community engagement.

Keywords: Community Empowerment, Community Service, Primary Health Care, Public Health Management.

## INTRODUCTION

Primary health care plays a crucial role as the frontline of the health system in improving population health status and ensuring equitable access to essential health services. In Indonesia, Primary Health Centers (*Puskesmas*) serve as the main providers of promotive, preventive, curative, and rehabilitative services at the community level. (Id, Id, Id, & Wolka, 2023; Michener, Williams, Oto-kent, & Aguilar-gaxiola, 2023). The effectiveness of *Puskesmas* services is strongly influenced by health service management, community participation, and cross - sectoral collaboration.

Padang Tarok Primary Health Center faces various challenges related to health service delivery and community health conditions, including environmental health issues, maternal and child health concerns, communicable disease prevention, and health behavior practices. (Mbaegbu, Agwu, Etiaba, & Onwujekwe, 2025). These challenges require systematic analysis and collaborative interventions involving health professionals, academic institutions, and the community.

Higher education institutions, particularly public health study programs, have a responsibility to contribute to community development through community service activities (Id et al., 2023). Field-based learning and community engagement programs provide opportunities to integrate academic knowledge with real-world public health practice while simultaneously supporting

health service improvement at the primary care level (Gabriel et al., 2024). Through this approach, students and lecturers collaborate with health workers and community members to identify health problems, develop appropriate solutions, and implement sustainable health interventions (Michener et al., 2023).

This community service activity was designed as an integrated program conducted at Padang Tarok Primary Health Center and its surrounding community (Kemenkes, 2020). The program emphasizes participatory approaches, health service management analysis, and community empowerment to support the achievement of better health outcomes and strengthen the role of primary health care.

## OBJECTIVES

### *General Purpose*

To strengthen primary health care management and community empowerment through participatory community service activities conducted at Padang Tarok Primary Health Center and its working area.

### *Specific Objectives*

1. To analyze the health service management system and community health status in the working area of Padang Tarok Primary Health Center.
2. To identify priority health problems affecting the community based on situation analysis and stakeholder discussions.
3. To design and implement community-based health interventions in

collaboration with health workers and local stakeholders.

4. To enhance community awareness and participation in promotive and preventive health activities.
5. To improve students' competencies in public health management, community engagement, and problem-solving through field-based learning.

## **METHODS**

The community service program was conducted from January to February 2025 in the working area of Padang Tarok Primary Health Center. A total of 40 participants were involved in the activity, consisting of community members and health workers from the Primary Health Center service area. Participants represented different age groups and demographic backgrounds. Data were collected through direct observation, document review, semi-structured interviews, and focus group discussions with health workers and community representatives. Observation checklists and interview guides were used to identify community health problems and assess local health service conditions.

Priority health problems were determined through participatory discussions involving health workers, community leaders, lecturers, and students. The prioritization process considered the magnitude of the problem, its potential impact on community health, and the feasibility of intervention within the available resources and timeframe. The intervention was implemented through four community engagement sessions conducted over four consecutive weeks. Each session lasted approximately 90–120 minutes and included health education,

environmental health promotion, community discussions, and collaborative problem-solving activities. Monitoring and evaluation were carried out throughout the program to assess participation and activity implementation.

## **PLAN OF ACTION**

A preliminary assessment was conducted before the implementation of the community service activities to better understand the characteristics of participants and the health conditions within the community. A total of 40 community members and health workers participated in the assessment and subsequent activities. Participants consisted of adults from different age groups and occupational backgrounds who resided within the working area of Padang Tarok Primary Health Center.

The initial assessment identified several concerns related to environmental sanitation, preventive health behaviors, and community participation in health promotion programs. Discussions with health workers also indicated that community involvement in routine health activities remained suboptimal. These findings highlighted the need for educational and empowerment-based interventions that could strengthen community engagement and support ongoing health promotion efforts at the Primary Health Center.

### ***Strategy Plan***

The community service program was designed using a participatory and collaborative approach involving academic staff, public health students, health workers, and community representatives. Prior to implementation, a structured strategy plan was developed to ensure that

activities were aligned with community needs and the operational context of Padang Tarok Primary Health Center. The strategy focused on situation analysis, identification of priority health problems, formulation of intervention plans, and coordination with relevant stakeholders. Emphasis was placed on promotive and preventive health efforts, strengthening health service management, and community empowerment.

**Implementation:**

**Table 1**

Characteristic participant		
Characteristic	N (40)	%
Gender		
Male	8	20
Female	32	80
Age		
< 40 years old	12	30
≥ 40 years old	28	70
Participant		
Community member	38	95
Health worker	2	5

The implementation phase consisted of several sequential activities. Initial activities included field orientation and data collection through observation, document review, and discussions with health center staff. This was followed by situation analysis to identify key health problems and service management gaps. Based on the analysis, priority issues were determined collaboratively with health workers and community representatives. Community-based interventions were then implemented, including health education sessions, environmental health activities, and support for health service management practices. Monitoring and simple evaluations were conducted throughout the implementation to assess participation and activity progress.

**Setting**

The community service activities were conducted at Padang Tarok Primary Health Center and its working area, including surrounding communities within the service coverage of the health center. The setting was selected to support direct engagement with primary health care services and community members.

**Target**

The targets of this community service program included health workers at Padang Tarok Primary Health Center, community members within the health center’s working area, and public health students involved in field-based learning activities. Community members participating in the activities represented various age groups and social backgrounds.

**RESULTS AND DISCUSSION**

Prior to the implementation of community service activities, a situational analysis was conducted through direct observation, discussions with health workers, review of health center reports, and interactions with community members in the working area of Padang Tarok Primary Health Center. The assessment revealed several health-related concerns within the community, including inadequate environmental sanitation practices, limited public awareness regarding disease prevention, and low participation in health promotion activities.

During discussions with health center personnel and community representatives, these issues were further explored to determine their relevance and potential impact on community health. Among the identified problems, inadequate environmental sanitation and limited community engagement in

preventive health activities emerged as the most frequently reported concerns. These findings became the basis for planning and implementing community-based interventions aimed at improving health awareness, encouraging community participation, and supporting the ongoing health promotion efforts of the Primary Health Center.

**Table 2. Summary of Identified Community Health Issues**

Health Issue	Source of Information	Priority Level
Environmental sanitation	Observation and community discussion	High
Limited preventive health behavior	Community consultation	High
Low participation in health promotion activities	Health Centre report	Moderate
Need for health education	Community consultation	High

A total of 40 participants were involved in the community service activities, consisting predominantly of female participants (80%) and individuals aged 40 years and above (70%). The situational analysis identified environmental sanitation problems, limited preventive health behaviors, low participation in health promotion activities, and the need for health education as the main concerns within the community. Environmental sanitation and limited preventive health behaviors were prioritized due to their potential impact on community health and their frequent occurrence during observations and community consultations.

Four community engagement sessions were subsequently conducted, focusing on health education, environmental sanitation promotion, and

community participation in preventive health activities. Active participation was observed throughout the program, particularly during group discussions and problem-identification sessions. Health workers and community members collaboratively discussed local health challenges and proposed feasible solutions that could be implemented within the Primary Health Center service area. These activities contributed to increased awareness of environmental health issues and strengthened collaboration between community members, health workers, and academic institutions

The implementation of the community service program at Padang Tarok Primary Health Center demonstrated positive outcomes in terms of community participation, health service management support, and student competency development (Id et al., 2023; Michener et al., 2023). Active involvement of health workers and community members facilitated effective communication and mutual understanding of local health issues (Mbaegbu et al., 2025; Paramita, Isnayati, Ikrawan, & Adialita, 2019). Health education activities increased community awareness regarding health promotion, disease prevention, and environmental health practices (Mosteiro Miguéns et al., 2024; Sara Imtiaz., Nadia Khaleeg, 2026).

From a service management perspective, the situation analysis and discussions contributed to improved identification of priority health problems and encouraged collaborative problem-solving (Margolang, 2018). The integration of academic support with primary health care services strengthened partnerships between the educational institution and the health center (Mursyaf,

2018). Students gained practical experience in public health management, community engagement, and intersectoral coordination, which are essential competencies for future public health professionals (Grifoni, D'Onofrio, & Sargolini, 2017).

These findings highlight the importance of structured community service programs that are integrated with primary health care settings (Putri, Rekawati, & Wati, 2021). Participatory approaches enable communities to take an active role in addressing health problems while supporting health centers in improving service delivery (Erkal-Aksoy, Akin, & Değirmenci, 2024). Similar studies have emphasized that community engagement and collaboration are key elements in strengthening primary health care systems and achieving sustainable health improvements.

The findings indicate that participatory community engagement can support the improvement of primary health care management by facilitating communication between health workers and community members (Leyns et al., 2025). The identification of priority health problems through collaborative discussions enabled stakeholders to better understand local health needs and develop context-specific solutions (Saif-Ur-Rahman, Sultana, Afrin, & Islam, 2022). Similar findings have been reported by Michener et al. (2023), who highlighted that community participation contributes to stronger partnerships and more responsive health services (Bloch & Rozmovits, 2021; Daniel Erku, Resham Khatri, Akillu Endalamaw., 2023). In the present program, the involvement of community members in problem identification and health promotion

activities strengthened local ownership of health initiatives and supported community empowerment efforts.

## CONCLUSION

The community service program conducted at Padang Tarok Primary Health Center successfully identified environmental sanitation issues and limited preventive health behaviors as priority community health concerns. Through participatory community engagement activities involving health workers and community members, the program supported community empowerment, strengthened collaboration between academic institutions and primary health care services, and facilitated the identification of locally relevant health solutions. Community-based participatory approaches can serve as an effective strategy for strengthening primary health care management and promoting sustainable community involvement in health promotion activities.

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