

## **Siaga Village which is able to Provide Baby SPA Services as an Effort to Overcome Toddler Health Problems Without Medication in Order to Increase Health Independence in Karangwedoro Village, Turi District, Lamongan Regency**

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### **ABSTRACT**

Self-medication is an effort made by the community to treat symptoms of illness or disease using medication without a doctor's prescription. Nowadays, people more often practice self-medication by buying chemical medicines at pharmacies for health problems experienced by their toddlers without knowing the side effects that can be caused. In society, so far, baby spas have only focused on children's growth and development to fulfill the rights of children with special needs and monitor children's development according to age. In the midst of the many people who want services to overcome the health problems of toddlers (sick toddlers), we hope to be able to develop services to meet these needs by adhering to the principle of complementary services with the existence of Baby Spa training which is one of the efforts to handle toddler health problems comprehensively. Complement before using chemical drugs, the samples used were 40, with a total sampling technique. From the results of this training and counseling, it is hoped that it can increase the knowledge of mothers of toddlers regarding baby spas as an effort to handle toddler health problems before seeking treatment at a health facility, research analysis using qualitative analysis techniques.

**Keywords:** Alert Village, Baby Spa, Increasing Health Independence

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### **INTRODUCTION**

The Ministry of Health (Kemenkes) noted that as of Friday (21/10/22) there had been 133 deaths due to mysterious acute kidney injury (AKI) which was thought to have occurred due to the use of syrup exposed to chemicals. The Ministry of Health also appealed to stop all medicines in liquid or syrup form following reports of pediatric patients with acute kidney failure who were detected to have been exposed to three dangerous chemicals, namely ethylene glycol (EG), diethylene glycol (DEG), and ethylene glycol butyl ether (EGBE).

Self-medication is an effort made by the community to treat symptoms of illness or disease using medication without a doctor's prescription. Nowadays, people more often practice self-medication by buying chemical medicines at pharmacies for health problems experienced by

their toddlers without knowing the side effects that can be caused. In society, so far, baby spas have only focused on children's growth and development to fulfill the rights of children with special needs and monitor children's development according to age. While many people want services to address the health problems of toddlers (sick toddlers), we hope to develop services to meet these needs while still adhering to the principle of complementary services. Baby Spa is an effort to deal with toddler health problems in a complete manner before using chemical medicines. Baby Spa Training is a service that has been operating in the field of toddler growth and development services which has 5 programs, namely a sensory integration + occupational therapy program, a speech therapy program, a learning barriers program, a development program, and an intensive program with therapists, psychologists and midwives. Baby Spa Training wants to innovate by adding services for toddler health problems without using chemical drugs but by using training methods for the community. This is done as an effort to create healthy toddlers. The advantages of this creative innovation include: Reducing the use of chemical drugs which can cause side effects to overcome toddler health problems, Introduction of the benefits of baby spas to overcome toddler health problems without using chemical drugs by involving Logika Kids partners in Karangwedoro Village, The benefits of this training will be for mothers of toddlers to increase knowledge about Baby Spa and make it easier for mothers to get Baby Spa services, while the benefits for higher education institutions, especially Lamongan Islamic University, are as a medium for innovation and implementation of the tridharma of community service and research, increasing knowledge to add material. teaching and Practicum Modules and as a Media for MBKM internships and research. Key Performance Indicators for Students can gain experience outside campus to take part in internships and community service and take part in projects in the village. Main Performance Indicators for Lecturers carrying out activities outside campus as Tri Dharma activities for higher education to carry out community service as well as increasing articles published in accredited national journals, as well as published in International Proceedings

## **METHODS**

Implementation methods include:

Problems in the production sector include employees in the village environment, whose knowledge is still minimal, so that many people in the village experience difficulties if they want to get baby spa services for children under five who are sick.

This Baby Training will be held in Karangwedoro Village, Turi District, Lamongan Regency by training cadres and the community, especially mothers who have toddlers. The sample used was 40, with a total sampling technique. Logika Kids together with the Midwifery Team from Lamongan Islamic University will participate in providing Baby spa training to Cadres and Communities in Karangwedoro Village, Turi District, Lamongan Regency.

Evaluation of the training participants will be carried out after providing training by bringing in toddlers and providing services to toddlers accompanied by a team of trainers from Lamongan Islamic University College.

## RESULTS

Structured evaluation includes, the existence of coordination between presenters, extension participants and the organizing committee during the extension event. Preparations for outreach events can be done well, for example in preparing chairs, attendance and leaflets. Before the extension an extension agreement has been made with the target. Meanwhile, the evaluation process involves participants actively listening and listening to the outreach program. Participants actively asked questions about the topics discussed in the question and answer session and participants were able to respond to questions given by the presenter. To evaluate the results, participants are able to explain the material that has been presented correctly through verbal questions, including the meaning of Baby Spa, the benefits of Baby Spa and how to do a baby spa massage.



## DISCUSSION

Implementation of Activities Activities will be carried out on Tuesday 28 May 2024 from 13.30 to 15.30 WIB. Before counseling, participants were asked to fill out a pretest questionnaire distributed by the instructor. The questionnaire contains questions regarding the material to be provided. The result of this evaluation is a score obtained from the score of the number of correct answers divided by the total number of questions multiplied by one hundred. The speakers from Islma Lamongan University Midwifery consisted of 3 people. Among others are:

1. Kustini, S.ST.,M.Kes : Definition of Baby Spa and benefits of Baby Spa
2. Bd. Ida Susila, S.ST.,M.Kes : how to carry out a baby spa
3. Eka Sarofah Ningsih, S.ST.,M.Kes : Practice Baby Spa skills

Participants seemed enthusiastic about listening to the material presented by the presenter. The question and answer session opened after the four instructors finished delivering the material. In the question and answer session, there were 3 questions asked to the presenters. At the end of the activity, participants were again given a questionnaire to fill out. This questionnaire is a posttest of extension activities. The post test is given to evaluate the achievement goals of the extension. Posttest scores are obtained in the same way as the pretest. The pretest and posttest scores were then compared to see whether there was an increase in participants' knowledge. If there is an increase of 16 in more than 80% of participants or in 54 participants, then the extension activity is considered successful.

## **CONCLUSION**

After receiving counseling, there was an increase in understanding regarding the skills of how to do Bbay Spa among training participants in the Karangwedoro Village area, Turi District, Lamongan Regency as much as 80%.

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