





Health Education and Weight and Height Examination of Grade 3.4.5 Students at SD Negeri 02 Cipagalo, Bandung Regency

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Abstract

This community service research has 2 goals: special and general. The specific purpose is to provide basic health information about menarche and the general purpose is to find out the level of knowledge of female students in grade 3.4.5 at SDN 02 Cipagalo about menarche and to know the weight and height of female students in grade 3.4.5 at SDN 02 Cipagalo. In this community service, an approach method is used that can help in solving existing problems, namely by conducting health examination methods and health counseling. The results obtained are none of the female students were obese in the study of 30 students aged 9–13 years. In addition, the evaluation of the activities showed a significant increase in student knowledge; The percentage of students with sufficient knowledge increased from 32.4% to 51.4%, and the percentage of students with less knowledge decreased from 40.5% to 24.3%. Based on these results, it shows that there is a significant increase in students' knowledge about menarche, with the percentage of students who have sufficient knowledge increasing from 32.4% to 51.4%, and the percentage of students who have less knowledge decreasing from 40.5% to 24.3%. This shows that counseling is effective in increasing students' understanding of important health issues. Also, weight and height were according to age and gender, there was no obesity among the female students.

A. Introduction

Health education is the process of helping to make decisions with knowledge to improve and influence the ability to maintain health. This includes improving individual knowledge, attitudes, and behaviors as well as improving and improving the environment to encourage broad health awareness (Zakiyah & Febriati, 2023). Health education through fun activities encourages interactive learning. Extension projects allow people to work together to support good health (Vilela et al., 2021). Health education is a step taken to change the mindset and sensitivity to health problems, both at the individual and community levels (Saputra et al., 2021). As agents of forming and maintaining health, lecturers are responsible for participating in community service, as required in Government Regulation Number 37 of 2009 (Jubaedi et al., 2023). According to Law Number 12 of 2012, academics can do community service by using Science and Technology to improve the nation's life and community welfare (Al Umar et al., 2021).

The strategy and policy program in the health sector in West Java has been supported by the Immanuel Health Institute Bandung. The institute strives to create a healthy, independent, quality, and productive society through four main strategies: community empowerment, strengthening health services, increasing health financing and resources, and improving management and regulation. Therefore, through community service, it is hoped that lecturers can apply their knowledge that can directly benefit the community. Because, lack of knowledge can cause a person's attitude to be negative (Kurniawan et al., 2022).

The program is based on a strong theoretical foundation. First, an in-depth understanding of menarche, including its definition, physiology, signs, and physical changes that occur at the time (Ramulya et al., 2022). Menarche is a girl's first menstruation. It usually occurs at the age of twelve to twelve years (Syam et al., 2022). Menarche is an important step in a woman's development that marks her entry into the stage of reproductive maturity (Usman et al., 2022). Because menarche age is associated with increased body fat, negative body image, and obesity-related health problems in women (Kanellakis et al., 2023). Then, this program also pays attention to factors that affect menarche age, both internal factors such as genetics and nutritional status, as well as external factors such as mass media exposure and family economic status.

Adolescents' ignorance of menarche is sometimes caused by a lack of parental knowledge about health and adolescents' reluctance to seek information that will benefit them. This ignorance leads to a lack of understanding of adolescent girls about reproduction, especially menstruation (Manase et al., 2023). Therefore, the Program provides students with information about menarche and the factors that influence it. It also teaches them about nutrition, reproductive health, and the importance of self-care. The program can also help find nutrition and growth problems in children through weight and height checks. So, appropriate intervention steps can be taken.

The results of the interview with the principal of SD Negeri 02 Cipagalo show that there is an imbalance in efforts to foster health in schools. One of the weaknesses revealed is the lack of dissemination of health information, especially about menarche in 3rd grade female students. Menarche is a very important stage of physical development for a woman, but a lack of information about it can lead to unnecessary incomprehension and anxiety. In addition, monitoring of physical growth such as weight and height is also reported to be minimal. This raises concerns about possible health problems that may go undetected or overlooked, making prevention and early intervention efforts less effective. Therefore, more comprehensive health interventions in schools are becoming increasingly important. Comprehensive health coaching at the school level not only provides information, but also involves regular supervision and monitoring to ensure that each student receives medical attention that suits his or her needs.

In response to this need, we have carried out community service activities with the title "Health Education and Weight and Height Examination for Grade 3, 4, and 5 Students at SD Negeri 02 Cipagalo, Bandung Regency". The main purpose of this activity is to provide knowledge about health, especially menarche, to female students in grade 3, to find out the level of knowledge of female students in grade 3.4.5 at SDN 02 Cipagalo about menarche, and to know the weight and height of female students in grade 3.4.5 at SDN 02 Cipagalo. Thus, it is hoped that students and the surrounding community can benefit directly from the service efforts that we are doing, which can increase the knowledge of female students about menarche starting from the definition, causes, signs and symptoms of menarche, what is done during menarche, what foods to avoid during menarche and how to wear sanitary napkins when menarche comes.

B. Methods

In overcoming the problems that occur in female students in grade 3.4.5 at SDN 02 Cipagalo, Bandung Regency as previously described, in this community service, an approach method is used that can help in solving existing problems, namely by conducting health examination methods and health counseling. The target audience for this community service activity is female students in class 3.4.5. The students who attended this activity amounted to 30 people. This Community Service will be held on February 22, 2024, from 10.00 a.m. to 12.00 p.m. This community service activity begins with licensing. After the licensing is completed, coordination is carried out with the principal and teachers to determine the location where female students in grades 3, 4, and 5 will undergo a health check. Weight and height measurements of female students are part of their health checks. All test results, including weight and blood pressure, are recorded on the result card and read out individually to the participants. After the reading of the results, counseling was given about menarche. This counseling includes an understanding of menarche, its causes, signs and symptoms, what to do when it occurs, what foods to avoid, and how to wear pads correctly.

C. Result and Discussion

Results of Counseling and Examination

The results of counseling and reproductive health examinations in 30 students aged 9–13 years showed positive results. According to the results of the examination, the weight and height of the students were according to their age and gender, and no female students were obese; This shows that the physical health

condition of the students is generally good. In addition, if students are found to have complaints of abnormal weight and excessive menarche, they are referred to the Bojongsoang Buah Batu Health Center for further consultation. This shows that there is a good follow-up to certain health complaints. These results show that the program works well in teaching and monitoring health, helping students learn more about their reproductive health.

Results of Student Knowledge Evaluation

In addition, students' knowledge was evaluated through pre-test and post-test, and the results showed that students' understanding of reproductive health improved. The number of students in the knowledge category was only 32.4% before counseling, but this figure increased to 51.4% after counseling, indicating that more than half of students understood reproductive health well. On the other hand, the number of students in the lack of knowledge category was from 40.5% before counseling to only 24.3% after counseling, showing that the program succeeded in reducing ignorance. These results show that the materials and techniques used in counseling are effective, and that continuous and targeted health education is essential to significantly increase knowledge among students.

The Importance of Reproductive Health Counseling

The counseling carried out has proven to be effective in increasing students' knowledge in understanding reproductive health. This is especially important considering that the age range of 9 to 13 years is the early period of puberty. During this time, children undergo various significant changes, be it physical or emotional changes. Therefore, understanding the body's changes and reproductive health is essential.

Adequate knowledge can be very helpful for adolescents transitioning through puberty because it allows them to take control and understand the changes they are experiencing, and ultimately, this knowledge can reduce confusion and anxiety (Shalini et al., 2023). Students learn about the importance of maintaining reproductive health and developing positive health habits during counseling. This not only helps them live puberty healthier and more confidently, but also provides useful knowledge for their future lives.

Research shows that educating adolescents about reproductive health can reduce the risk of risky sexual behaviors and improve overall reproductive health outcomes. In addition, effective education about reproductive health can increase adolescents' knowledge and understanding of the reproductive system (Harini & Juwitasari, 2023).

This kind of counseling plays an important role in supporting the overall development of students by guaranteeing that they grow into healthy and knowledgeable people about themselves. This counseling program has shown significant results, showing how important educational interventions are in the early stages of adolescent development.

Periodic Health Check-ups

Periodic checkups can help spot health problems early and allow for quick and effective intervention. As the results of the examination showed that most of the students had a weight and height appropriate to their age and gender, which indicates that they are on a normal growth path. No cases of obesity were found, indicating that students as a whole live a healthy lifestyle and diet.

Regular check-ups like this not only aim to observe the growth of students' bodies, but also to detect health problems that may not be visible to the naked eye. Periodic health check-ups are also referred to as annual health checkups, preventive health checkups, or general health checkups. Periodic check-ups can help find early detection for effective healthcare solutions (Ahmed et al., 2023). For example, these tests can detect nutritional problems, growth disorders, or reproductive health problems early, allowing for quick and appropriate treatment.

As such, regular check-ups are essential for maintaining students' overall health and ensuring they grow and develop properly. Good examination results can also encourage students and their parents to stay healthy and maintain their health. In addition, the data from these examinations can be used to create better school health programs.

Menarche Complaint Handling

Menarche complaints should be paid special attention to because they can indicate more serious health problems, such as hormonal disorders or other medical conditions that require treatment. In this case, a referral to the Bojongsoang Buah Batu Health Center shows that there is a good and organized referral

system that can handle more severe complaints. Students who experience health problems can avoid complications and improve their quality of life by getting prompt and appropriate medical treatment.

Referrals play an important role in ensuring that students receive complete medical care from experienced medical professionals in well-equipped facilities (Akram et al., 2023). This also shows good cooperation between schools and health facilities in maintaining student health. This referral procedure not only provides medical solutions for students in need, but it also gives parents and students confidence that they will get the best possible care. In addition, an integrated referral system allows for thorough and continuous follow-up by recording and monitoring students' health status. Therefore, having a good referral system in place to deal with excessive menarche complaints is essential for maintaining students' reproductive health and overall well-being.

Increased Knowledge and Awareness

The increase in the percentage of students who have sufficient knowledge after counseling shows the effectiveness of the materials and counseling methods provided. This shows that the delivery of information carried out during counseling has succeeded in reaching students effectively, so that they can understand the concepts of reproductive health better. In addition, the decrease in the percentage of students with less knowledge is evidence that counseling has succeeded in achieving its main goal, which is to increase students' understanding and awareness of reproductive health. Therefore, the counseling not only succeeded in improving students' general knowledge, but also succeeded in reducing the difference in students' understanding of the topic.

This study shows that health education and weight and height checks for students in grades 3, 4, and 5 at SD Negeri Cipagalo, Bandung Regency have a significant positive impact. The results show that the health education program is directed at increasing students' knowledge about reproductive health and physical health. This implication encourages the health education curriculum in primary schools to be expanded and integrated, as well as more routine health checks as part of comprehensive monitoring of student health. This can lower the risk of disease in children and increase awareness of the importance of maintaining health from an early age.

Although the results of the study show the positive impact of health education and periodic checks on the weight and height of students in grades 3, 4, and 5 at SD Negeri Cipagalo, Bandung Regency, there are several limitations that need to be considered. One of them is the limitation in measuring and evaluating the overall performance of the program; This includes possible bias in the data collected. In addition, the study may not cover all relevant aspects of reproductive health due to its limited age range. In addition, it may not take into account the changes that occur along with the growth of students at a higher level. Therefore, future research should broaden the scope and deepen the analysis of all factors affecting students' reproductive health (especially weight, height, and menarche).



Figure 1. Activity Documentation

D. Conclusion

The results of counseling and examination of these community service activities show that they help students, especially in terms of reproductive health. None of the female students were obese in the study of 30 students aged 9–13 years. This shows that the level of awareness of the importance of maintaining good health and diet. In addition, the results of the evaluation of the activities showed a significant increase in student knowledge; The percentage of students who have sufficient knowledge increased from 32.4% to 51.4%, and the percentage of students who have less knowledge decreased from 40.5% to 24.3%. This shows that counseling is effective in increasing students' understanding of important health issues.

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