

## Evaluation of Chronic Energy Deficiency (KEK) Management Program for Pregnant Women in the Work Area of Puskesmas, Polewali Mandar Regency

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**Abstract:** This study aims to evaluate the program to overcome chronic energy deficiency in pregnant women. A descriptive qualitative research with an evaluation study approach. Interviews were conducted with 6 key informants and 2 pregnant women. Data collection techniques used in-depth interview techniques, observation techniques and documentation techniques. The validity of the data using triangulation, namely triangulation of data sources, triangulation of theories, and triangulation of methods. The results of research on prevention of KEK in pregnant women, the input component shows 3 indicators that have not been met, and the emergence of policies with the aim of producing healthy mothers and children. Meanwhile, in the process of organizing, monitoring and mobilizing which is lacking and still weak in carrying out their respective functions and responsibilities, it is hoped that special attention from the government, especially the health department, can run optimally where the overall indicators of the program to overcome chronic energy deficiency in pregnant women show that program coverage has not reached the target that has been set and the discovery of the status of cake in pregnant women is still high in addition to the impact of the pandemic that increases young marriages. Insufficient and weak supervision and mobilization in carrying out their respective functions and responsibilities, it is hoped that special attention from the government, especially the health department, can run optimally where the overall indicators of the program to overcome chronic energy deficiency in pregnant women indicate that the program coverage has not reached the target. which have been set. And the discovery of the status of cake in pregnant women is still high in addition to the impact of the pandemic that increases young marriages. Insufficient and weak supervision and mobilization in carrying out their respective functions and responsibilities, it is hoped that special attention from the government, especially the health department, can run optimally where the overall indicators of the program to overcome chronic energy deficiency in pregnant women indicate that the program coverage has not reached the target. which have been set. And the discovery of the status of cake in pregnant women is still high in addition to the impact of the pandemic that increases young marriages.

**Keywords:** Evaluation, KEK, Process, Input, Output

### 1. Introduction

In Indonesia, many health problems need attention from the government. Policy making is one form of government responsibility in overcoming problems in the health sector. One of them is a nutritional problem, namely the problem of chronic energy deficiency in pregnant women (Azwar, 2004)

Chronic Energy Deficiency in pregnant women can occur due to various factors. Such as age, family income, parity, birth spacing, pregnancy complications, medical history, occupation, diet, education, and consumption of iron tablets. Age is used to determine nutrition and calories to be given (Reeder et al., 2015).

Nutritional problems are public health problems that cannot be overcome by medical approaches and health services alone. The problem of nutrition is not only a poverty syndrome, which is closely related to food security problems at the household level, but also involves aspects of knowledge and behavior that do not support a healthy lifestyle. (Sudirman et al. 2020). Malnutrition will lead to failure of physical growth and intellectual development, decreased work productivity and decreased endurance which results in increased morbidity and mortality (Rahma et al., 2015).

Based on the results of interviews with the head of the maternal and child health section of the Polewali Mandar District Health Office, he stated that the programs to overcome chronic energy deficiency in pregnant women were carried out based on the prevention and control of malnutrition in pregnant women and children by the Ministry of Health of the Republic of Indonesia in 2013 and also based on local government regulations Polewali Mandar district. the program has been implemented since 1995, while the budget provided for pregnant women with chronic energy deficiency for the last three years has increased every year, namely in 2018 as much as 30,000,000, in 2019 as much as 34,832,000, and in 2020 as much as 59,000. .000.

Initial data obtained by the author from the Polewali Mandar district health office that there are 20 health centers in Polewali Mandar district, some of which have health centers that have chronic energy deficiency rates in pregnant women have increased continuously for three consecutive years. The problem of this research is that there is an increase in KEK in pregnant women in several areas. Based on KEK data on pregnant women obtained at the Polewali Mandar District Office from the last three years, there was an increase from 2019 to 2020, the highest was at Batupanga Public Health Center with 108 in 2018, 117 in 2019 and 148 mothers in 2020. who suffer from chronic energy deficiency, and there has also been an increase in the Pambusuang health center with a total of 104 in 2018.

Based on the above background, improving the nutritional status of the community, especially overcoming the problem of KEK in pregnant women, is very important to do, because from a mother, candidates for the nation's management will be born who can provide benefits to the nation. healthy state. For this reason, the role of the government as an initiator, facilitator and motivator is highly expected to take concrete steps/policies to overcome the problem of KEK in pregnant women.

Based on this, the researcher was interested in taking the title in the area because there had never been or there was still a lack of evaluation of the implementation of the chronic energy deficiency prevention program in pregnant women based on sources searched in Google Scholar, Elseiver, Scopus and information obtained from several sources. there is research related to the above in the region. One of the things that is seen in a program's success is assessing the results of the evaluation. From this, the researchers are interested in conducting research related to the evaluation of the program to overcome chronic energy deficiency in pregnant women in the work area in Polewali Mandar Regency.

## 2. Methods

This research is a descriptive study with an evaluation study approach to identify and evaluate the program to overcome chronic energy deficiency in pregnant women in the working area of the puskesmas. The key informants here are the head of the nutrition section, the section head for maternal and child health, the head of the puskesmas, the midwife for coordinating MCH at the puskesmas. Meanwhile, additional informants are pregnant women as recipients of program services found in the research area who are suspected of being able to provide information about the problem being studied. informants were selected by purposive sampling. Data collection techniques used in this study were in-depth interview techniques, observation techniques and documentation techniques. Researchers used data analysis techniques in 3 (three) stages, namely data reduction, data presentation and conclusion drawing. To obtain a high level of truth when approached from various points of view, the researcher usestriangulation, triangulation carried out is triangulation of data sources, triangulation of theory, and triangulation of methods.

## 3. Results

The informants in this study were the informants who were selected as informants who could provide information according to the research, namely the key informants were the nutrition program manager, the family health program manager at the health office, the head of the puskesmas, the coordinating midwife, and pregnant women who suffered from chronic energy deficiency. Meanwhile, additional informants are pregnant women as recipients of program services found in the research area who are suspected of being able to provide information about the problem under study.

### Input

#### Human Resources

*"Yes, the human resources, they should have knowledge on how to provide education, how they give about feeding to pregnant women, how to eat, in an effort to increase so that she is no longer KEK.*

*(LW, S1 year)*

*"In that case, our quality may still need some kind of training or for handling cakes, eh... because cakes do not stand alone but there must be collaboration with integration with other programs, especially in the field*

*of nutrition and TB, all health care must be involved in handling the cake cannot be handled by one program..."*

*(YU, 57 years old)*

Based on the results of interviews conducted by researchers, that human resources have the knowledge to provide education about feeding pregnant women so that there is no risk of KEK. In addition, the coordinating midwife and nutritionist are influential personnel for the improvement of pregnant women experiencing KEK with a D4 background. So that the quantity for the addition of nutritional personnel can be added in order to be able to manipulate the prevention of KEK and maximize services for pregnant women with KEK.

#### **Facilities and infrastructure**

*"But for Lila's measurement, it is in the form of paper, so it must always be straight, so if she is folded, there must always be a provision, sir, for Lila's measurement, it must always be in a straight form and must not be folded because it is less effective, that is, she has to keep straight. because if she is wrinkled then she will affect a measurement of Lila's measurements on pregnant women..."*

*(SU, 48 years)*

*"Means to carry out the program to control pregnant women's cakes are fulfilled, for example, to check the examination at the ANC. After all, there are still interventions for pregnant women, for example, have pregnant women been given interventions such as biscuits, education, and if the tablets are rarely used up, it means that they are always available. eee the biscuits, which usually run out, for example, like now there are still pregnant women, but it's finished, it's only the middle of the year, the gift is 3 months but if it's still cake, it will still be given..."*

*(DE, 35 years)*

Based on the results of interviews conducted by researchers, that the facilities and infrastructure at the puskesmas are available in implementing the KEK prevention program for pregnant women. In addition, it shows that obstacles in utilizing the facilities usually occur when stocks run out, such as food for nutritional supplements for pregnant women.

#### **Fund**

*"From the BOK, but if PMT asks it is from the center, for example, if it is given like an egg, what is the name, it's from the village if the Puskesmas does not exist. If it's still there because of that mi..."*

*(DE, 35 years)*

*"If we support this fund, it's called operational BOK funds, such as classes for pregnant women. So, specifically for this program, there are no funds because the target class is for pregnant women. Operational funds to replace transportation...."*

*(SY, 42 years old)*

Based on the results of interviews, that the source of funds to support the program to overcome chronic energy deficiency in pregnant women at the puskesmas comes from the APBN through BOK, APBD and DAK funds. In addition, there are health centers that do not receive BOK operational funds for the prevention of KEK in pregnant women.

#### **Policy**

*"Because right now it's a policy program, pregnant women have always been like that, but now stunting is a pregnant woman, and anemia is more prioritized for 1000 HPK for stunting prevention for LBW children, continuing to reduce MMR, so stunting is also high..."*

*(DE, 35 years)*

*"If it's like this, it's been like this for a long time, it's standard from the Ministry of Health because this is a program, so we take the initiative for pregnant women. So it should be of special concern that he has had problems so in the future it must be clear because he will definitely lead to stunting..."*

*(SY, 42 years old)*

Based on the results of the interview, it was found that the policies used in overcoming the risk of CED in pregnant women must comply with the standards set by the Ministry of Health. In addition, the KEK prevention program aims to prevent low birth weight and stunting so that it can improve health status.

### Process

#### Planning

*If it was me, I used to be like that I made visits based on targets every month, for example there was a target that pregnant women, my grandpa 2 had to visit if I was because of the Puskesmas they asked for it but it depended on whether she was given or not how to lobby them but they made plans always there in planning so it depends on each of them because I used to make plans based on problems. I think yesterday's standard was 5% per district, if it's above 5%, it means it's a problem, which is based on the number of pregnant women, so for example pregnant women..."*

(LW, 51 year)

Based on the results of interviews, it was found that the planning carried out by the Polewali Mandar district health center/office includes planning targets, needs for facilities and infrastructure, indicators to be achieved and program targets. The results obtained are that the plans that have been made are in accordance with the situation analysis so that the plans carried out can run well.

#### Organizing

*"So he goes into everything, goes into health care, goes into nutrition, health promotion, drug distribution, well health efforts..."*

(SU, 48 years)

*"If the countermeasures are like that, from here it will also include the health promotion program, so everyone collaborates with each other..."*

(SY, 42 years old)

Based on the results of interviews, it was found that the organizational structure of the program to overcome chronic energy deficiency in pregnant women at the puskesmas was in accordance with existing provisions, namely all programs were interrelated to reduce the number of KEKs in pregnant women such as the family health section, nutrition section, public health section, promotion section. health

#### Movement

*"Hey, monitoring, you have to go to the Posyandu Puskesmas, how many PMTs are there, whether PMT is available at the Puskesmas or not given to pregnant women and then monitored again, I monitor pregnant women in the field, so it's like that so pregnant women visit directly to the target whether the pregnant woman is pregnant or not. whether he is taking his PMT or not he is taking his blood tablet or not, if I mean the target is to monitor his PMT whether it is according to the standard then then see whether it is consumed or not if I am like that..."*

(LW, 51 year)

Based on the results of interviews, it was found that the results of the study found that supervision of pregnant women at all times was always carried out, especially in terms of providing additional food so that the KEK risk management program went well.

#### Output

The main target of the program to overcome chronic energy deficiency in pregnant women is pregnant women. program activities targeting pregnant women are manifested in the provision of additional food, Angel Fe/vitamin tablets, and conducting counseling. The description of the coverage of the program to overcome chronic energy deficiency in pregnant women at Batupanga Health Center and Pambusuang Health Center which is the health center with the highest number of KEKs in pregnant women and has been increasing since the last three years.

#### **4. Discussion**

##### **Input**

Human Resources Health is an important part in efforts to improve the welfare and health of the people in Indonesia. Health HR is the spearhead of health services in the field, both preventively, promotively, curatively, and rehabilitally. Health HR is one of the main elements in increasing the competitiveness of health services, as well as the backbone of health service efforts to face an increase in the number and proportion of the population of productive age and the elderly in the future (Putri, 2017). The facilities and infrastructure used come from special allocation funds and assistance from the center through the Ministry of Health (BOK). The fulfillment of facilities and infrastructure in program activities will help achieve the goals of a program (Azwar, 1996). According to Azwar (2010), states that the available funds are insufficient in the implementation of the chronic energy deficiency prevention program, thus affecting the course of a program that will be run.

The results of the study show that the policy has been running for quite a long time from 1995 to the present, the cases that are obtained always go up and down depending on the number of pregnant women each month. Thus, the policies issued by the government in the implementation of the program to overcome chronic energy deficiency in pregnant women are expected to help the successful implementation of the program.

##### **Process**

According to the Ministry of Health of the Republic of Indonesia (2003), it is stated that planning at the puskesmas must be adjusted to the analysis of the existing situation in the program and planning for an activity must be carried out every year, by arranging time, funds, schedule of activities, the person in charge of each activity, goals and objectives. future targets that must be followed in future activities. Good organization will support the achievement of the goals of an organization, because through groups or more people who work together cooperatively and coordinated can achieve more results than being done individually. The successful implementation of puskesmas activities requires organization and coordination. From across programs and across sectors. The implementation of the program to overcome chronic energy deficiency in pregnant women cannot be carried out by Senate officers alone but must involve posyandu cadres, community leaders, and PKK. Cross-sectoral collaboration is needed to achieve good results. maximum because by working together it is impossible to achieve the desired results (Sutisna, 2009).

According to Terry (2006), mobilization is a manager's effort to encourage members to give their best abilities that can be explored to achieve organizational goals. Mobilization in the health sector today is not limited to the internal environment of the organization but is increasingly being realized the importance of community participation and cross-sectoral programs to support health effort activities.

Accurate data needed in monitoring and evaluating Activity Program Data from village health centers and from Dinas puskesmas are materials that do not carry out program monitoring and supervision. Having a report recapitulation can be used to determine which health centers are vulnerable (Ministry of Health, 2002).

##### **Output**

According to the Ministry of Health (2001), Puskesmas as a functional health organization unit which is a center for community health development, which fosters community participation in addition to providing comprehensive and integrated health services to the community in the health sector, especially programs to overcome chronic energy deficiency in pregnant women in the work area. The health center has not run optimally.

#### **5. Conclusion**

Input, HR in terms of quality in this case the level of education for midwives is good, namely D3 but there is still a need for increased knowledge in terms of training for puskesmas staff, while in terms of quantity, human resources at the Batupanga health center are sufficient but at the Pambusuang health center it is still not sufficient. the distribution is uneven. In general, supporting facilities and infrastructure for program officers at puskesmas have not been fully fulfilled, so that the effectiveness of the program to overcome chronic energy deficiency in pregnant women has not been fulfilled. Funds to support the program to overcome chronic energy deficiency in pregnant women come from funds from the Health Operations Agency (BOK) which are still relatively lacking so that program implementation does not run as it should. The policy for the prevention of chronic energy deficiency in pregnant women in Polewali Mandar district has been a standard from the Ministry of Health since 1995. The aim is to reduce stunting, MMR, and LBW births. Process, the implementation of the program to overcome chronic energy deficiency in pregnant women in Polewali Mandar district did not run as it should due to inadequate planning in terms of funds, health personnel, facilities and infrastructure for the smooth running of the program, as well as in the process of organizing, monitoring and

mobilizing which was lacking and still weak. in carrying out their respective functions and responsibilities. Output, the implementation of the program to overcome chronic energy deficiency in pregnant women at the output stage in Polewali Mandar district has not been optimal, where overall indicators of the program to overcome chronic energy deficiency in pregnant women indicate that the program coverage has not reached the target that has been set. And the discovery of the status of cake in pregnant women is still high in addition to the impact of the pandemic that increases young marriages.

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