

## Assistance in the Implementation of Integrative Holistic Early Childhood Education (Paud-Hi) and the Implementation of Balanced Nutrition in the Early Childhood Cluster in Talang Belido Village

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### Abstract

*Optimal early childhood growth and development will determine their health status in the future. Implementing Integrative Holistic Early Childhood Education (PAUD-HI) is an effort to optimize children's growth and development by paying attention to various children's characteristics. Apart from that, implementing balance diet in early childhood is expected to be able to establish optimal nutritional status in children. PAUD Group 2 Bungo Selango, located in Sungai Gelam District, Muaro Jambi Regency, has not implemented PAUD-HI optimally due to various risk factors. Kindergarten teachers have never received early childhood balance diet education. This community service activity aimed to optimize the implementation of PAUD-HI and implement balance diet in PAUD Group 2 Bungo Selango. In this community service activity, they are given health education and demonstrations related to the application of balance diet in holistic and integrative kindergarten learning. The results of community service activities showed that there is an increase in target's knowledge before and after being given education which is not significantly different (Sig.>0.05). It is necessary to get used to implementing balance diet (consuming variety of foods, physical activity, clean and healthy lifestyle, and controlling ideal body weight) in holistic and integrative kindergarten learning.*

**Keywords:** Balance Diet, Holistic Integrative, Kindergarten

### INTRODUCTION

One of the reasons is that the lifestyle of early childhood children who do not yet implement balanced nutrition is because in PAUD schools, teachers have not yet taught students to implement balanced nutrition. In fact, it is very important for children to get used to implementing balanced nutrition from an early age because it will become a good habit in their lifestyle. In principle, the pillars of balanced nutrition consist of 4 aspects, namely: consuming a variety of foods; active lifestyle and exercise; implementing a clean and healthy lifestyle; and maintaining ideal body weight (1.2).

Education is an effort to realize the learning process and learning atmosphere to develop student potential. Education is a form of interaction between students and educators in a learning environment. Through education, humans can become individuals of quality and character (3). Education is a means of forming competitive human resources and plays a role in providing skills, intelligence or achieving optimal potential (4). Early childhood education is all efforts to provide education and stimulus for children from birth to six years to help

children grow physically and spiritually (5). Early childhood education is defined as an educational effort provided to children from the age of zero to the age of eight (6).

Holistic Integrated Early Childhood Development (PAUD HI) is comprehensive early childhood management which includes nutrition and health services, education and care, as well as protection, to optimize all aspects of children's growth and development implemented in one integrated system with various stakeholders. at community, regional and central government levels.

### IMPLEMENTATION METHOD

The target partners for this community service activity are PAUD teachers who are members of the PAUD group of approximately 20-25 people. Community service activities include:

1. Conduct outreach on the implementation of PAUD-HI and balanced nutrition to PAUD teachers
2. Conduct training of trainers on the implementation of PAUD-HI and balanced

nutrition so that PAUD teachers can convey it to parents of students

Partner participation includes: (1) Providing secondary data; (2) Coordination of activity targets; and (3) Facilitation of places to carry out activities and sustainability of community service programs. The following are the activity stages:

**a. Preparation:**

Preliminary study of partner problems; Coordination of the Service Team Public for preparation of activities; and Coordination with the PAUD group for the preparation of facilities and infrastructure for activities.

**b. Implementation of community service activities is carried out using lecture, discussion and demonstration methods**

**c. Program Evaluation and Sustainability**

Evaluation of the activity target group at the end of the activity with the achievement of increasing knowledge, attitudes and skills of target partners using pre-test and post-test questionnaires, as well as carrying out a difference test (t-test). The PAUD cluster is expected to be able to create program sustainability through regular material refreshing activities at PAUD cluster meetings.

**RESULTS AND DISCUSSION**

Educational activities with material on the application of balanced nutrition in the implementation of PAUD-HI have been carried out to target 12 PAUD teachers representing 9 PAUD/TK units in Sungai Gelam District. The activity will be held on September 28 2024. The material will be provided using the lecture and discussion method with the media in the form of PowerPoint. The results of community service activities show an increase in target knowledge before (score = 85) and after (score = 88) being given educational material (Sig.>0.05).



Figure 1 Educational material

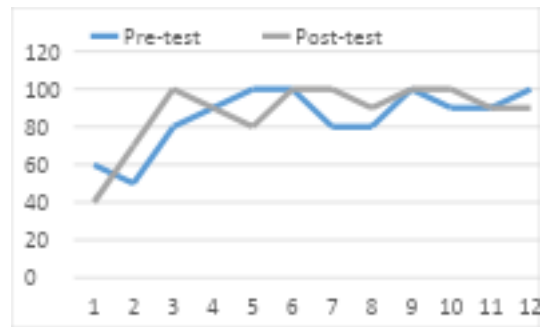


Figure 2 Target pre-test and post-test assessment



Picture 3 Community service activities

In this community service activity, balanced nutrition is applied, which includes eating a variety of foods (demonstration of processing vegetable ice cream), a clean and healthy lifestyle (demonstration of hand washing exercises with soap), physical activity (demonstration of educational games in the form of game boards), and measuring body weight (demonstration of measuring the nutritional status of early childhood).

**CONCLUSION**

Integrative Holistic Early Childhood Development, hereinafter abbreviated as PAUD HI, is an early childhood development effort carried out to meet the diverse and interrelated essential needs of children simultaneously, systematically and integrated. Fulfillment of essential services for early childhood is a must, consisting of education, health, nutrition, care, nurturing, protection and welfare.

**SUGGESTION**

It is necessary to get used to implementing balanced nutrition (consuming a variety of foods, physical activity, a clean and healthy lifestyle, and controlling ideal body

weight) in holistic and integrative PAUD learning.

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