

COMMUNITY SERVICE IN IMPROVING HEALTH-BASED WELFARE IN GUNUNG BUNDER 2 VILLAGE

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ABSTRACT

In order to improve health in Gunung Bunder 2 Village, Pamijahan, Bogor, lectures of Budi Luhur University collaboration with Cibening Community Health Center held an activity namely health day. The health day implementation program is an activity to educate the public on issues related to health, the environment and waste management. Community involvement in the health sector has become a major focus in recent decades. This is driven by the understanding that active community involvement can increase the effectiveness and sustainability of health programs. Apart from that, 70% of public health comes from community participation. The main target of health programs, must be empowered so that they are willing and able to maintain their health. Currently in the Gunung Bunder 2 Village environment there is no waste collection, the waste is thrown into the river, landfilled or burned. This is not very good for health. The aim of health day activities is to encourage people to play an active role in maintaining a clean environment. Implementation of activities in Gunung Bunder 2 Village is carried out in stages per RW starting with the RW closest to the Village Hall where the activities are carried out.

Keywords: health, educate, environmet, blood pressure, blood checks

INTRODUCTION

Gunung Bunder is the one of the villages in Pamijahan District, Bogor, West Java. The climate of Gunung Bunder Village like other in the tropics, has a dry and rainy climate (Yuviani, 2022), this has a direct influence on the soil patterns in Gunung Bunder Village. The climate of an area greatly influences life, a view of Gunung Bunder Village 2 as in Figure 1 below;



Figure 1. Gunung Bunder 2 Village

The problem in Gunung Bunder 2 Village are, there are not any waste management. Waste produced by households generally directly disposed of to the temporary waste disposal site (TPS) before taken to the final processing site (TPA) (Nagong, 2020). Gunung Bunder 2 Village does not have any garbage trucks or motorbikes that enter the village, until now the waste processing is burning or stockpiling process then dumped into the river. The effect of dumping waste into the river, there will be a pile of waste which will eventually rot and make the river dirty, this will cause germs which are certainly not good for health. If waste processing is done by burning it will cause air pollution, this is not only bad for health but will also damage the ozone that protects the earth (Syifa Fauziah, 2023).

In Gunung Bunder Village there is no waste management (Wiwin Windihastuty, 2019), currently waste processing only burning or stockpiling process then dumped into rivers or into empty lands. The effect of dumping waste into rivers will result in a buildup of waste which will eventually rot and make the river dirty which will cause germs which are certainly not good for health. If waste processing is carried out by burning it will cause air pollution, this is not

good for health (S., 2023). Public awareness of health is still very minimal, this is indicated by the public's lack of concern for skin diseases, stomach ache and even ARI which often attack residents (E., 2018). The environment polluted by waste can be seen in Figure 2. as follows



Figure 2. Piles of waste

The results of the literature study followed by observation and analysis, the problems found include, low public understanding of healthy lifestyles and the importance of regular health checks and early detection of diseases (Wulandarai, 2022). Based on this, the problems in Gunung Bunder Village that will be raised as community service are counseling on the importance of maintaining health accompanied by health checks that include hypertension, blood sugar, cholesterol, uric acid and other basic health checks. Efforts to improve health in the residents of Gunung Bunder 2 Village. They start from the habit of piling up garbage or throwing it into the river where the water in the river is used for daily needs. Handling garbage is still hampered by many parties. In an effort to reduce the impact of garbage accumulation (Syifa Fauziah, 2023), the proposing team helps maintain health through community service activities by providing free counseling and treatment (Trisnayanti, 2021).

Free counseling and treatment are carried out in collaboration with several parties such as the Cibening Health Center as a health service, attended by apparatus of Gunung Bunder Village and RW 02 Officials. In this activity, students play an active role, by going directly to the community to apply the knowledge they have mastered. This community service activity is also a place for students to empathize and care for others (Fitria, 2023). Counseling on the importance of maintaining health is expected to be carried out continuously, by maintaining health the residents of Gunung Bunder 2 Village will be more prosperous. Counseling must be given periodically so that the community is not careless, they can change their lifestyle more goodness, welfare and health can be maintained (Trisnayanti, 2021).

The medical assistant is a very important and very needed to increasing public awareness, through counselling and socialization in health checks. A companying lecturers also responsible and called to help increase public awareness in maintaining health (Situmeang, 2020). This activity is a community service by lecturer as a manifestation of the Tridharma. Students also active in this activity, students learn to apply their knowledge in society. The role of students in the activity by representing in giving souvenirs from the university to the Cibening Health Center, seen in Figure 3. below;



Figure 3. Giving souvenir

METHOD

The stages of activities from planning to implementation and reporting are as shown in Figure 4 as follows:

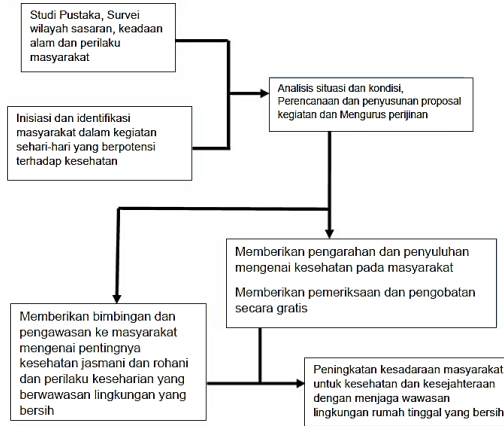


Figure 4. Stages of activities

The explanation of the stages of the above activities is as follows:

- a. The activity begins with the formation of groups and discussions related to the proposed program activities to be implemented. Next, a literature study is conducted on the target area, its natural conditions and the daily lives of its residents. After that, a survey is conducted to directly review the environment that will be used as the target area. When conducting the survey, the team interviews village administrators such as the Village Secretary, local RT and RW and holds discussions for data collection and mapping of activities.
- b. Analysis and activity planning are carried out to record problems in Gunung Bunder Village. Based on the results the discussion and analysis as well as coordination between members to design the program activities, it was decided that the target area for the activity was RW 02 because it is close to the waste disposal site and far from the health center.
- c. After that, an activity proposal is prepared for licensing and partnership purposes. Together with the RW head and the staff, the proposer maps out local residents who are identified as needing a health check. These residents are given an invitation to receive free examinations and treatment. Coordination with related parties and supporting the implementation of the program activities, namely with the health center,
- d. Planning of program activities in Gunung Bunder 2 Village and the work program to be carried out. The equipment needed for the implementation of the activities is as in Table 1 as follows,

Table 1. Activity needs

Name	Items
Medical equipment	5 unit
Blood test equipment	100 set
Medicals	100 set
Vitamin	100 set
Sound system	1 unit
Table	10 pcs
Chairs	120 pcs
Stantionaries	5 set
Banner	1 pcs
Snack	120 box
Venue	1 unit
Laptop	1 unit
Infocus	1 unit

Implementation results the community service program planning in RW 02 Gunung Bunder Village, Pamijahan District, Bogor. The opening, began with a welcoming speech and prayer together, then the committee provided an

explanation of the health check flow. The names that have been registered and re-registered are called according to the order of arrival. After conducting a blood test, the medical officer will prescribe medicine and vitamins according to the results of the examination. More details on the implementation of the activity are as in Table 2 below:

Table 2. Rundown

Healthy Day Rundown Budi Luhur University, Gunung Bunder 2 Village and Cibening Community Health Center Friday, February 23 2024				
Time	Duration	Item	PIC	
06.00	07.00	60	Crew Call	all crew
07.00	07.30	30	Crew preparation	all crew
07.30	08.00	30	Ibu Dilla (Nakes) pick up	Khaerul
08.00	09.00	60	Crew Briefing	all crew
09.00	09.05	5	MC Opening	Tuti
09.05	09.10	5	Opening Speech by Desa GB 2 Officer	Mr Deni
09.10	09.15	5	Opening Speech by Lecture	Mrs Wiwin
09.15	09.20	5	Opening Speech by RW 02 GB 2	Mr Ahri
09.20	09.25	5	Plaques giving	Mrs Wiwin
09.25	09.55	30	Counselling the disease	Mrs Dilla
10.00	11.00	60	Checking healthy	all panitia
11.00	11.05	5	Take a picture	Farhan
11.05	11.10	5	Closing by MC	Tuti

Carry out a comprehensive evaluation of the activity implementation program, evaluation related to the achievement of the activity program. Currently, community service is an important component that is equal to research, based on this, community service needs to develop a methodology to achieve effective goals and have a positive impact on society (Pujiati, 2024).

RESULTS AND DISCUSSION

This Community Service Activity was carried out by the proposing team from Budi Luhur University collaboration with the Cibening Health Center and RW 02 Gunung Bunder Village, Bogor. This activity was carried out at the Gunung Bunder Village Hall on Friday, February 23, 2024 from 09.00 to 11.40 WIB. The proposing team together with the Gunung Bunder Village, the head of RW 02 and his staff, mapped out local residents who were identified as needing health checks, recipients of assistance were limited due to time constraints. Selected residents were given invitations to receive free examinations and treatment. In addition, residents were also given guidance and direction as well as counseling regarding health. Forms of community service such as seminars, counseling followed by discussions and questions answers are a way to increase public knowledge which aims to increase public awareness of the importance of maintaining cleanliness and health.

The community was very enthusiastic in participating in this series of community service activities. The activities that started at 9 a.m. were already filled since 7 a.m. The community was given counseling to be aware that maintaining cleanliness is very important because cleanliness is the basis of health. The community's enthusiasm was also seen from the many who came and participated. The community's enthusiasm for the counseling and free treatment can be seen in Figure 5.



Figure 5. Community enthusiasm

Preparation of the activity since 06.00 where the committee has started gather to prepare for the implementation. After that, the committee representative picked up the health team at the Health Center to start a briefing to align the perception of the activity between the health center committee and local respondents. Furthermore, the core activity began at 09.00 with counseling and interactive discussions about the importance of maintaining cleanliness for health. Many residents asked about the relationship between cleanliness and health, how to deal with waste so that it does not pile up and how to maintain health caused by the accumulation of waste. All questions were answered clearly and discussed with health counselors and local officials so that the problem could be resolved together. Residents need correct information about health and certainty regarding waste disposal. The inspection activity is as seen in Figure 6.



Figure 6. Counselling

After the counselling was completed, it was continued with a health check. Before the blood test was carried out, residents were asked for personal data, health history and daily lifestyle. Resident data collection was assisted by students, as seen in Figure 7. The following



Figure 7. Data recording

The next activity is a blood test carried out by medical officer from the Cibening Health Center, assisted by students. The blood test activity is as shown in Figure 8 below



Figure 8. Blood test

Data of residents who under health checks are stored digitally. Conventional data storage media are converted into digital storage. This digital-based data recording system is expected to make it easier for medical officer to search when residents seek treatment at the health center. The data of residents that are stored include those in Table 3 below

#	Name	Type	Collation
1	idpenduduk	bigint(100)	
2	nik	bigint(100)	
3	nama	varchar(50)	latin1_swedish_ci
4	tempatlahir	varchar(50)	latin1_swedish_ci
5	tanggallahir	date	
6	jeniskelamin	enum('laki-laki', 'perempuan', '', '')	latin1_swedish_ci
7	alamat	enum('Nepa', 'Manangguh', 'Senneng', '')	latin1_swedish_ci
8	agama	enum('islam', 'kristen', 'hindu', 'budha', 'kathol...', '')	latin1_swedish_ci
9	statusperkawinan	enum('KAWIN', 'BELUM KAWIN', 'CERAI', '')	latin1_swedish_ci
10	namapekerjaan	varchar(20)	latin1_swedish_ci

Figure 9. Data of Residents

The interface layer for inputting data, made simple to make it easier for officers to input data. In addition, data management is only related to health data. The data input layer display interface is as shown in Figure 10. as follows,



Figure 10. Data input

The layer display above is a media for digital data storage. The data stored as in the table contents shown in Figure 6. Contains data on residents who are participants in free. Data in the system can be changed when residents return to Cibening Health Center for control. Meanwhile residents who do not have the opportunity to participate in health control can register at the Cibening Health Center so that their data can be stored digitally.

In this activity, the strategy used is to conduct surveys, observations, discussions, approaches, invite and involve the community by fostering a sense of kinship and high solidarity in the community in Gunung Bunder 2 Village. The indicators of the success of this program are creating human welfare, maintaining environmental sustainability, creating healthy waste management.

In the indicator of the success of the strategy used is to conduct surveys, observations, discussions, approaches, invite and involve the community by fostering a sense of kinship and high solidarity in the community in Gunung Bunder 2 Village. The indicator of the success of this program is creating human welfare, maintaining environmental sustainability, creating healthy waste management. Thus it is hoped that the desired social change will be achieved, especially in efforts to create a balanced and sustainable life in Gunung Bunder Village 2.

CONCLUSION

Conclusion of Community Health Service Activities with the theme "Improving Community Welfare Based on Environmental Health in Gunung Bunder Village" in collaboration with the Cibening Health Center took place on Friday, February 23, 2024. The target of 100 participants has been achieved and the entire series of activities consisting of 1) Health counseling, 2) Waste management counseling, 3) Blood pressure checks, blood sugar levels, cholesterol and uric acid and 4) health checks by doctors. The suggestion of cooperation in carrying out partnership activities between universities and health centers is an effort to realize a healthy living society as expected by the government. This activity needs to be carried out sustainably so that the community's daily life patterns become better, especially in waste management.

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