

Factors Associated With Monitoring The Nutritional Status Of Toddlers Age 1 - 2 Years During The Covid 19 Pandemic At The Ilaga Health Center, Puncak Regency

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Abstract: *The achievement of solving nutritional problems in Indonesia is strongly influenced by many factors, including poverty, health, food, education, clean water, family planning, and other factors. This study aims to determine the factors related to monitoring the nutritional status of toddlers aged 1 - 2 years during the COVID-19 pandemic at the Ilaga Health Center in Puncak Regency. This type of research is quantitative with a cross-sectional design approach. This research was carried out at the Ilaga Health Center, Puncak Regency. The population in this study were all infants aged 1 - 2 years, totaling 810 research subjects. The sampling technique used the "purposive sampling" technique so that the sample was 90 respondents. The results of this study indicate that there is a relationship between education, employment, socio-economic, security, service time and staff motivation with monitoring the nutritional status of toddlers aged 1 - 2 years during the covid 19 pandemic at the Puskesmas Ilaga Puncak Regency. Mothers of children under five should pay more attention to monitoring the nutrition of children under five to reduce the number of malnutrition and as an effort to improve the health status of the community.*

Keywords: *education, occupation, socioeconomic, security, service time, staff motivation, monitoring nutritional status*

I. INTRODUCTION

Covid-19 is an infectious disease caused by the newest type of corona virus (novel coronavirus). This virus and disease was first known during an outbreak in the city of Wuhan, China since December 2019. Coronavirus-19 (COVID-19) has been declared a pandemic by WHO. Currently, the Government of Indonesia is trying to reduce the number of malnutrition, both stunting and wasting, as stated in the 2020-2024 RPJMN. In the COVID-19 pandemic situation, monitoring the growth of children under five must continue to be carried out through various alternative efforts to ensure that

toddlers can still be monitored for their growth and development.¹

The situation of wasting and severe wasting of under-five children in the Southeast Asia and Pacific region in 2014 was still far from expectations. Indonesia ranks second highest for wasting prevalence among 17 countries in the region, which is 12.1%. In addition, the average case handling coverage in 9 countries in the region only reached 2%.²

The measurement of nutritional status is based on the World Health Organization Standards that have been stipulated in the Decree of the Minister of Health Number 1995/Menkes/SK/XII/2010 concerning Anthropometric Standards for Assessment of Children's Nutritional Status.

According to these standards, the nutritional status of children under five can be measured based on three indices, namely weight for age (W/W), height for age (TB/U), and weight for height (W/W). The results of the 2018 Basic Health Research on the nutritional status of toddlers aged 0-59 months, stated that the percentage of malnutrition in Indonesia was 3.9%, the percentage of undernourished was 13.8%, while the percentage of very short and short toddlers was 11.5%. and 19.3%.³

Based on the Indonesian public health development index (IPKM) in 2018, the health sub-index for children under five in Indonesia has decreased in five years, from 2013 to 2018. In 2013, the sub-index for under-five health was 0.63 but in 2018 it was 0.45². The decline in the health index for children under five in Indonesia indicates a declining health status of children under five. Therefore, toddlers in Indonesia are more vulnerable to being exposed to the Covid-19 virus. From a total of 34 provinces in Indonesia, Papua Province is the region with the lowest index value since 2007. This shows that the improvement in health status, especially in eastern Indonesia, is still far from the national average.²

Facing this pandemic period, all regions in Indonesia have the same risk of exposure. However, the readiness and health status that you already have can stop the spread of the Corona virus in Indonesia. It was recorded that until June 24, 2020, the area with the highest number of Covid-19 cases was Central Jakarta and then Jayapura City. At the provincial level, Papua is also included in the 10 provinces in Indonesia with the highest number of positive Corona cases. When compared, these two regions have much different levels of health. Jakarta has a higher readiness to deal with the spread of the Corona virus, while Papua does not yet have sufficient preparation to overcome the spread of the Corona virus, especially the adequacy of health services.⁴

The 2018 Riskesdas data shows that 54.6% of the weighing of children under five at the posyandu has met the standard. The proportion of underweight and very thin nutritional status in children under five in Indonesia is 10.2% and the proportion of obese nutritional status in Indonesia is 8%. The proportion of very short and short nutritional status in toddlers is 30.8%. In addition, in 2018 it is estimated that there are 2.4 million children with autism in Indonesia. This pandemic has an impact on many lines of life, one of which is health. During the Covid-19 pandemic, posyandu as an effort to monitor the growth and development of toddlers had to be closed in most of the affected areas. This makes monitoring the growth and development of toddlers not optimal (Riskesdas, 2018).

Research conducted by Sabniyanto showed that there was a significant relationship between mother's occupation ($p=0.077$), mother's last education ($p=0.029$), mother's knowledge (0.046) and nutritional status. However, there is no significant relationship between monthly family income/income ($p=0,598$) and nutritional status.⁵

The achievement of solving nutritional problems in Indonesia is strongly influenced by many factors, including poverty, health, food, education, clean water, family planning, and other factors. Therefore, efforts to improve community nutrition require the cooperation of many parties from various sectors that require synergy and must be well coordinated.

With a decentralized system, each region has the authority to regulate promotive and preventive efforts in preventing malnutrition at the community level. The existence of a decentralized system in regional management opens up great opportunities and opportunities for the Regional Government and its staff to assist all efforts in achieving these targets. Preventive efforts that can be carried out by local governments are to jointly improve all matters related to the chain of malnutrition, by involving all related sectors.

The Ilaga Health Center is one of the 4 health centers owned in Puncak Regency with the number of toddlers in 2020 as many as 812 toddlers aged 1-2 years. Almost 60% of toddlers aged 1-2 years are not monitored for nutritional status because the situation is not conducive (unsafe) becomes a problem. In addition, the problem of lack of human resources and the condition of the population who live nomadic (nomadic) have resulted in health workers not being able to monitor and carry out health services optimally. Based on the problems that have been described, it is very important to conduct research on "Monitoring the Nutritional Status of Toddlers Age 1 - 2 Years During the Covid 19 Pandemic Period at the Ilaga Health Center, Puncak Regency..

II. RESEARCH METHODS

This type of research uses quantitative research with a cross-sectional design approach. This research was carried out at the Ilaga Health Center, Puncak Regency, which was carried out from October to November. The population in this study were all infants aged 1 - 2 years, totaling 810 research subjects. The sampling technique used the "purposive sampling" technique so that the sample was 90 respondents according to the inclusion criteria, namely mothers or families who have toddlers aged 1-2 years, mothers or families are willing to be involved in this study by filling out a statement as respondents, physically healthy and spiritual, mother or family who monitors the child's weight for 2 consecutive months. The instrument in this study used a questionnaire.

III. RESULTS AND DISCUSSION

GEOGRAPHICAL LOCATION

Ilaga is a district which is also the administrative center (capital) of Puncak Regency, Papua Province, Indonesia. Where the Ilaga Inpatient Health Center is located in the heart of the city. With an altitude of 4,500 m above sea level, with hilly terrain, steep mountains and ravines, swift river flows, and the contours of the land that is soft and sticky when it rains. Ilaga district is inhabited by 2 major tribes, namely the Dani and Damal tribes as well as other tribes from Papua and Outside Papua. Access to Puncak Regency, especially Ilaga, can only be reached by twin-oter aircraft (with a maximum number of 15 passengers (depending on the size of the aircraft's capacity), and can also be reached by helicopter. With transit points for Mimika Regency and Nabire Regency.

The area of Ilaga Inpatient Health Center is 886 Km². And consists of 4 districts, namely Ilaga District with 9

villages, Omukia District with 14 villages, Mayuberi District with 9 villages and Mabuki District with 8 villages. Ilaga district has a cold to very cold climate, with erratic rainfall (it rains almost every afternoon) and clean water sources from rain, the water source in ilaga district is cloudy.

RELATIONSHIP BETWEEN MOTHER'S EDUCATION AND NUTRITION MONITORING

Testing Mother's Education with Nutrition Monitoring using the Chi Square test. The test results can be seen in the following table:

No	Mother's Education	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
	Carry on base	29	32.2	3	3.3	32	35.6	0.000
		24	26.7	34	37.8	58	64.4	
	Total	53	58.9	37	41.1	90	100	

Table 4.8: Relationship between maternal education and nutrition monitoring

Education level has a significant relationship with health level. The easier it is to accept the concept of healthy living independently, creatively and sustainably, the higher the level of education. The level of education also has an influence on the ability to receive nutritional information, determine or influence whether or not someone easily accepts knowledge, the higher the education, the easier it is for someone to receive nutritional information.

The statistical results in this study indicate that the level of education of mothers in the work area at the Ilaga Health Center, Puncak Regency shows that most of the mothers have their last education, namely advanced as many as 29 respondents (32.2%). Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, the results of statistical tests using the SPSS application are certain that Ha is accepted or it can be said that there is a relationship between mother's education and Nutrition Monitoring of Toddlers Age 1-2 Years. In this study, mothers who had a basic education level were not always worse at monitoring nutrition in toddlers than mothers with advanced education. This is because the mother's education level is the basic cause of nutritional problems and there are many other factors that can influence the occurrence of malnutrition problems, especially the nutritional status of poor families.

Mothers have an important role in monitoring nutrition in toddlers. Mothers with a high level of knowledge will likely apply their knowledge in caring for their children, especially nutritional monitoring. Especially in providing food in accordance with the nutrients needed by toddlers so that toddlers do not experience a lack of food intake because mothers do good nutrition monitoring.⁶

A high level of knowledge also does not guarantee that mothers will carry out nutritional monitoring properly. Mothers who have good knowledge are expected to be able to apply the knowledge they have in everyday life. However, behavior apart from being influenced by the level of knowledge can also be influenced by other factors such as socio-economic, socio-cultural and environmental factors.

RELATIONSHIP BETWEEN MOTHER'S WORK AND NUTRITION MONITORING

Testing Mother's Work with Nutrition Monitoring using the Chi Square test. The test results can be seen in the following table:

No	Mother's Job	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
1	Work	31	34.4	4	4.4	35	38.9	0.000
2	Does not work	22	24.4	33	33	58	61.1	
	Total	53	58.9	37	41.1	90	100	

Sumber: Data Primer Puskesmas Ilaga, 2021

Table 4.9: Relationship between Mother's Employment and Nutrition Monitoring

The influence of working mothers on the mother-child relationship largely depends on the age of the child at the time the mother starts working. According to Supariasa (2016),⁷ Mothers after giving birth then go straight to work and have to leave their babies from morning to evening will make the babies not get breast milk, while the provision of breast milk substitutes and complementary foods is not done properly.

The statistical results in this study indicate that the level of work of mothers in the work area at the Ilaga Health Center, Puncak Regency shows that most of the mothers do not work, namely 61.1%. Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, based on the results of statistical tests using the SPSS application, it is certain that Ha is accepted or it can be said that there is a relationship between mother's work and Nutrition Monitoring of Toddlers Age 1-2 Years. This is not in line with research conducted by Afrinis (2021) which in his research explains that there is no significant relationship between mother's work and the nutritional status of children under five.

Work is a daily livelihood in search of money to meet daily needs. Mother's occupation has a big role in monitoring nutrition in children under five. In this study, the majority of mothers who had children under five did not work, which means they spent a lot of time monitoring nutrition at the baita. Mothers who do not work will be more supportive of mothers in exclusive breastfeeding compared to mothers who do work outside the home. This is because mothers who do not work outside the home or domestic workers will have more time and opportunities than mothers who work outside the home.⁸

RELATIONSHIP BETWEEN FAMILY INCOME AND NUTRITION MONITORING

Testing Family Income with Nutrition Monitoring using the Chi Square test. The test results can be seen in the following table:

No	Family Income	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
1	Prosperous (>UMR)	37	41.1	6	6.7	43	47.8	0.000
2	Not Prosperous (<UMR)	16	17.8	31	34.4	47	52.2	
	Total	53	58.9	37	41.1	90	100	

Sumber: Data Primer Puskesmas Ilaga, 2021

Table 4.10: Relationship of Family Income with Nutrition Monitoring

Income level can determine diet. People with low economic levels will usually spend part of their income on food, while people with high economic levels will spend less on food. Income is the most determining factor for the quality and quantity of the dish.⁹

The statistical results in this study indicate that family income in the work area at the Ilaga Health Center, Puncak Regency shows that most of the family income is included in the poor category with income less than the minimum wage that is 47 respondents (52.2%). Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, the results of statistical tests using the SPSS application are certain that Ha is accepted or it can be said that there is a relationship between family income and Nutrition Monitoring of Toddlers Age 1-2 Years. The results of this study are in line with research conducted by Dian Handini whose research results show that there is a relationship between family income and the nutritional status of children under five. Poor nutritional status of children under five can be caused by several factors, namely direct factors, indirect factors, the root of the problem and the main problem. Direct causative factors, for example, are food and infectious diseases that may be suffered by children. While indirect factors include food security in the family, parenting patterns, health services and environmental health.

RELATIONSHIP OF SAFETY TO NUTRITION MONITORING

Safety Test with Nutrition Monitoring using Chi Square test. The test results can be seen in the following table:

No	Security	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
1	Safe	39	43.3	6	6.7	45	50	0.000
2	Not safe	14	15.6	31	34.4	45	50	
	Total	53	58.9	37	41.1	90	100	

Sumber: Data Primer Puskesmas Ilaga, 2021

Table 4.11: Relationship between Safety and Nutrition Monitoring

The geographical condition of Papua which is still very remote and isolated, it is likely that the number of health workers serving the community spread over the vast territory of Papua will not be sufficient. Improving the quality of health

care services for children under five is very important in supporting infant health and reducing infant mortality.¹⁰

The statistical results in this study indicate that the level of security for access to health services in the work area at the Ilaga Health Center, Puncak Regency shows that there is no difference between safe and unsafe, which is 50%. Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, the results of statistical tests using the SPSS application are certain that Ha is accepted or it can be said that there is a relationship between safety and Nutrition Monitoring of Toddlers Age 1-2 Years.

Health service providers at the Ilaga Health Center in Puncak Regency often experience obstacles due to an unsafe work environment and a nonmadeng population which are considered as other factors that can cause infant mortality due to poor nutritional status or other things. One of the obstacles for health service providers is the insecurity of the work environment. As a result, there is a lack of health workers in some places in remote areas and also because of the conditions in which health workers feel unsafe and do not meet the standard of living to live in.

RELATIONSHIP OF SERVICE TIME WITH NUTRITION MONITORING

Testing service time with Nutrition Monitoring using Chi Square test. The test results can be seen in the following table:

No	Service Time	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
1	Fast	50	55.6	20	22.2	70	77.8	0.000
2	Long	3	3.3	17	18.9	20	22.2	
	Total	53	58.9	37	41.1	90	100	

Sumber: Data Primer

Table 4.12: Relationship of Service Time with Nutrition Monitoring

During the Covid 19 pandemic, several posyandu had problems related to services in monitoring the nutritional status and growth and development of toddlers. This is because to reduce the spread of the Covid-19 virus so that temporarily some health services, one of which is the posyandu, has stopped services. A study conducted by the Ministry of Health and UNICEF in May 2020 found that nearly 84% of all health facilities such as Puskesmas and Posyandu experienced disruptions in immunization services.¹¹

The statistical results in this study indicate that the service time for monitoring children's nutrition in the work area at the Ilaga Health Center, Puncak Regency shows that some of the service time is included in the fast category, namely 70 respondents (77.8%). Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, the results of statistical tests using the SPSS application are certain that Ha is accepted or it can be said that there is a relationship between service time and Nutrition Monitoring of Toddlers Age 1-2 Years. In this study, almost all respondents answered that the service time in monitoring toddler nutrition was included in the fast category. This is because the

posyandu during the Covid 19 pandemic has begun to open and provide services in monitoring the nutrition of toddlers by continuing to apply health protocols in accordance with the government's appeal to prevent transmission of the Covid 19 virus.

Posyandu is the front line in providing basic health services for toddlers, therefore good quality posyandu services are highly expected. Posyandu also plays a role in achieving mandatory immunization programs and monitoring nutrition for children under five. In addition, the supplementary feeding program (MT) is expected to be able to increase nutritional intake for toddlers.¹² In posyandu activities, first registration and measurement of weight and length/height are carried out. Body weight measurement was carried out using a dacin scale provided at the posyandu. The weighing data is then recorded by the cadres and marked on the Maternal and Child Health (KIIA) book. The height or length is then measured by a health worker. Children aged 1 year and over were measured with a measuring tape. In addition, education was also carried out by nutrition workers at the puskesmas in accordance with the development of nutritional status in the graph and after the child. After the posyandu is completed, nutrition improvement assistance is provided in the form of Supplementary Food Provision (PMT).

RELATIONSHIP BETWEEN EMPLOYEE MOTIVATION AND NUTRITION MONITORING

Employee Motivation Testing with Nutrition Monitoring using the Chi Square test. The test results can be seen in the following table:

No	Officer Motivation	Nutrition Monitoring				Total		Uji Statistik P Value
		Good		Bad		Σ	%	
		Σ	%	Σ	%			
	Yes	49	54.4	12	13.3	61	67.8	0.000
	No	4	4.4	25	27.8	29	32.2	
	Total	53	58.9	37	41.1	90	100	

Sumber: Data Primer

Table 4.13: Relationship between Employee Motivation and Nutrition Monitoring

Motivation in a person can grow because of certain personal needs, goals, and desires that someone wants to fulfill and achieve through what he does so that he will try to work really hard with the hope that these personal needs, goals and desires can be fulfilled.⁹

The statistical results in this study indicate that the motivation of family officers in the work area at the Ilaga Health Center in Puncak Regency has mostly motivated nutrition monitoring, namely 61 respondents (57.8%). Based on the results of the study using the Chi Square statistical test, it was obtained that the P value was 0.000 < 0.05 (P value was greater than 0.05). Thus, the results of statistical tests using the SPSS application are certain that Ha is accepted or it can be said that there is a relationship between staff motivation and Nutrition Monitoring of Toddlers Age 1-2 Years.

Motivation of a person is the basic strength contained in a person so that he wants to act or act in order to achieve balance within himself. One form of motivation of officers in

motivating nutrition monitoring is with good facilities and infrastructure conditions so as to foster a sense of comfort for mothers and toddlers when carrying out examinations. Completeness of facilities and infrastructure plays a very important role in supporting nutrition monitoring in toddlers. In addition, the knowledge of cadres in providing motivation is also very influential in motivating mothers to monitor nutrition in toddlers. Through the guidance received by the cadres, the cadres will have a lot of experience and be known to visitors. Therefore, in improving guidance, it is still necessary to have support from various sectors for cadre training to be held which can improve the ability of cadres to provide guidance to students.¹³

IV. CONCLUSION

After conducting research on factors related to monitoring the nutritional status of toddlers aged 1-2 years during the Covid 19 pandemic at the Ilaga Health Center, Puncak Regency, it can be concluded that there is a relationship between education, work, socio-economic, security, service time and motivation of officers by monitoring the nutritional status of toddlers aged 1 - 2 years during the covid 19 pandemic at the Ilaga Peak District Health Center with a p value of 0.000. The advice given by researchers to Related Agencies is to provide supervision and policies as an effort to reduce malnutrition and increase the provision of education and information for health workers in health centers and villages in making approaches to educating the public, especially nutrition monitoring. The research target is to pay more attention to the nutritional monitoring of children under five as an effort to reduce the number of malnutrition and as an effort to improve the health status of the community. For University

That is, it can provide reference materials and reading materials related to factors related to monitoring nutritional status in toddlers aged 1-2 years during the COVID-19 pandemic.

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