

ACTIVATION OF THE ROLE OF UINSU 125 KKN STUDENTS IN IMPROVING EDUCATION AND HEALTH IN SIBOLANGIT VILLAGE

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Abstract

Sibolangit Village is one of the tourist villages in North Sumatra, this village is located in the Deli Serdang Regency, North Sumatra Province. Limited education in terms of accessing the latest learning information makes it quite difficult for several schools in Sibolangit Village. The health of the elderly is also a special concern there. The method of implementing Real Work Lecture (KKN) activities for North Sumatra State Islamic University students to the community consists of JBT (Additional Learning Hours), JBM (Night Study Hours), JBP (Companion Study Hours), Quran Learning, elderly health, and stunting counseling. All programs carried out have run well which can be seen from the enthusiasm of students in following all the programs that have been made. In following all the programs that have been made the same is the case with the elderly who regularly participate in gymnastics activities and mothers and children who participate in posyandu and counseling.

Keywords: Education, Health, Sibolangit Village

INTRODUCTION

The Real Work Lecture (KKN) is a learning carried out by a group of students through community service to advance community welfare and educate the nation's life. KKN is held through several activities related to community service such as counseling, training, or other activities aimed at increasing knowledge, skills, creativity, and health for the community. The Real Work Lecture (KKN) is one of the courses that must be taken by students because this course is one of the absolute requirements for students to complete their studies this course consists of 6 credits which are carried out in semester VII (seven). For this reason, this KKN activity is an opportunity for every student to apply every learning or apply every learning that has been obtained for the community. (Fashah et al. 2022)

State Islamic University of North Sumatra (UINSU) Group 125 2023 will carry out Real Work Lecture (KKN) activities in Sibolangit Village, Sibolangit District. The theme

taken in this KKN activity is the Activation of the Role of the Moderate UIN North Sumatra Medan Community in Caring for the Universe to Build Civilization. The main purpose of this activity is to assist the community in improving education and health through various programs and activities such as the JBM (Night Learning Hours) program, Anti-Drug counseling activities, stunting counseling activities, elderly gymnastics, and several other activities.

Sibolangit Village is one of the tourist villages in North Sumatra. This village is located in the area of Deli Serdang Regency, North Sumatra Province. This village has the lowest government auxiliary element consisting of 2 hamlets. Its area which is located in the highlands makes the Sibolangit community more aggressive in distributing clean water to urban areas. Of course, this can increase the coffers of the rupiah and is one of the most potential livelihoods in this area.

Limited education in terms of accessing the latest learning information makes it quite difficult for several schools in Sibolangit Village. It is proven by the fact that there are still students at the junior high school level who are not fluent in reading. This is certainly a serious concern for teachers in improving the quality of education in Sibolangit village.

Various ways and efforts continue to be pursued in helping to improve education in Sibolangit village. For this reason, the UINSU 125 KKN Team is here to bring solutions to the problems in Sibolangit village. There are at least 4 programs that are the main focus in helping to overcome existing problems, namely:

1. JBT (Additional Study Hours)
2. JBM (Evening Study Hours)
3. JBP (Companion Study Hours)
4. Learn Quran

Some of the residents in Sibolangit village consist of many elderly who may still not understand how to access and also lack time to find information digitally about health problems so residents here still do not understand the latest health information, especially in healthy lifestyles that are now increasing.

With limited access and also the lack of interest in learning children and some villagers who still do not understand the digital access to information about health, the Real Work Lecture in Sibolangit village has a role with the aim of improving the quality of education and children's interest in learning and also improving health in Sibolangit village with several efforts or ways that will be done.

In the health aspect, stunting is a serious global problem, the problem of stunting is also serious and must be overcome immediately in Indonesia. Stunting is a chronic nutritional problem that causes growth and development disorders in a person due to a lack of nutritional intake. Stunting is a problem that must be considered as early as possible because it will have an impact on growth and development in early childhood. This is by (Uce 2018) It is explained that nutritious feeding will be very useful in optimizing DNA growth as well as the development of children. Conversely, malnourished foods not only inhibit development but can also affect intellectual development.

Data obtained from the Deli Serdang Regency health office shows that the prevalence of stunting in Sibolangit village is 0.13% in 2021-2022. (Fitriani et al. 2022) This shows that

there is still a need for counseling related to stunting in the Sibolangit Village community because stunting can be prevented by the nutritious intake of pregnant women and toddlers. The number of elderly people in Sibolangit village must also be given special attention because it is a community group that is vulnerable to disease. (Safira Ramadhani et al. 2021) In this case, the activities of fitness and health enthusiasts of the elderly seem necessary, considering that this age group has decreased physical health. The health of the elderly who decline with age will affect their daily activities. (Ariyanto et al. 2020)

The purpose of this study is to provide an understanding to Sibolangit villagers of the importance of education and health. So with this KKN activity, it is hoped that cooperation between villagers and students can be able to overcome the problems that exist in Sibolangit village.

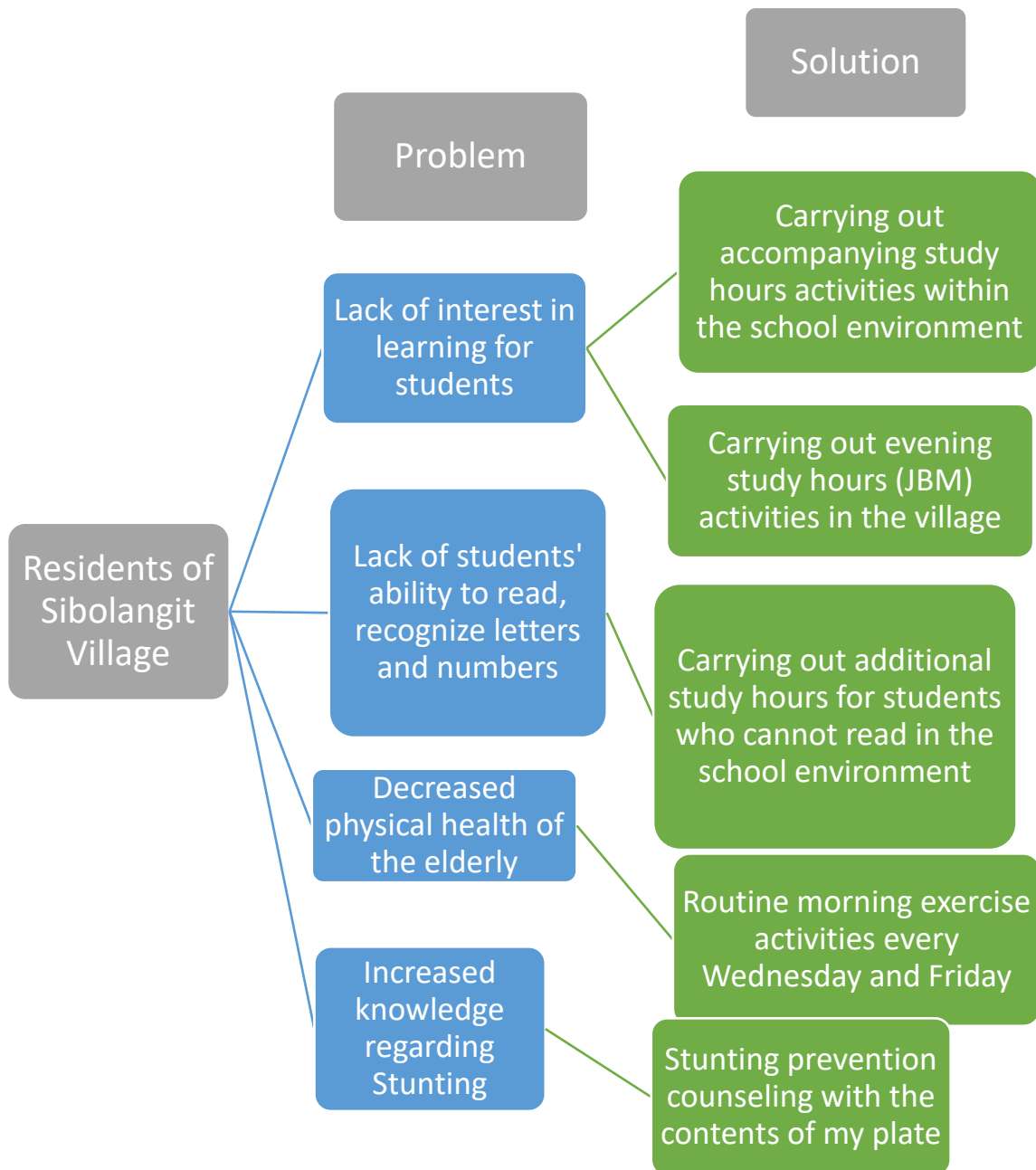
IMPLEMENTATION METHOD

The method of implementing the Real Work Lecture (KKN) activities of North Sumatra State Islamic University students to the community consists of educational assistance work programs, Muharram commemoration, drug counseling, elderly morning exercises, teaching recitation, celebrating the Birthday of the Republic of Indonesia, Decorating the Family Welfare Development Park (PKK), Posyandu, Stunting Counseling, Gotong Royong, Indonesian Children's Festival. The partners who supported these activities were residents of Sibolangit Village consisting of PAUD teachers, SD Masehi, SD Negeri 101833, SMP Negeri 2 Sibolangit, Sibolangit Village Health Center Officials, the Silaturahmi Mosque, the Hajjah Endang Sutijah Mosque, and Sibolangit Village Community Leaders.

Educational assistance activities are carried out starting from the problem of students' lack of interest in learning, as well as students' lack of ability to read. Due to the lack of interest in learning and reading the residents of Sibolangit Village. The creation of literacy programs and Night Learning Hours (JBM) was carried out to provide solutions to the low ability of Sibolangit Village children in reading and writing at school age. So in this Real Work Lecture (KKN) activity, a solution was given to hold tutoring for children in Sibolangit Village. So the KKN 125 group assisted in making learning media.

Health improvement efforts are also carried out by UINSU KKN 125 students such as conducting stunting counseling during posyandu activities and also carrying out routine gymnastics activities carried out at the Sibolangit Village health center for the elderly. Routine gymnastics activities are also carried out every Wednesday as a program of UINSU KKN 125 students to maintain the physical health of the elderly of Sibolangit Village.

The method of implementing the Student Creativity Program (PKM) is broadly speaking:



RESULTS AND DISCUSSION

Companion Study Hours (JBP)

JBP (Companion Learning Hours) is a teaching and learning activity where students accompany children and guide children in learning materials at school. This JBP is temporary because the companion learning hours take place when students are doing real work lectures in the community. During school learning hours, students are accompanied by teachers to participate in teaching or helping teachers, if the teacher is having obstacles to his attendance at school, the students replace the teacher temporarily. This learning assistance takes place

every Monday to Friday with the duration of the meeting during learning hours. Learning assistance can be in the form of a direct explanation of material so that students better understand and understand what has been learned, giving examples of questions and discussions, and helping students in completing schoolwork. This is done so that students can follow lessons at school, and spend more time studying and completing their schoolwork. (Sabela et al. 2022)

KKN teaching also received a good response from teachers and students, it can be seen from the response given that was very active. In addition, teachers also appreciate the program that has been given by KKN students because this program has a great impact on the closer students are to surrounding elementary school students and can also add to the experience directly in the environment, which of course will be experienced by education students as prospective educators in the future. (Aliyyah et al. 2021)

The location of the companion study hours carried out by KKN students is in Sibolangit Village, Sibolangit District, Deli Serdang Regency, North Sumatra. Here companion learning hours are carried out in 3 schools, namely SD Negeri 101833 Sibolangit, SMP Negeri 2 Sibolangit, and SD Swasta Masehi Sibolangit.

At SD Swasta Masehi Sibolangit we carry out learning activities while playing that are adapted to conducive classroom conditions. In this activity, KKN students at SD Swasta Masehi Sibolangit teach in grades 1, 2, 3, and 5 whose learning materials are adjusted to their respective classes. In addition, to find out the knowledge of students we provide general knowledge questions to students by giving prizes to students who can answer quickly. In each class some students cannot read, so we teach these students to read. In addition, we also teach students to count, write, and draw. Likewise, SD Negeri 101833 Sibolangit and SMP Negeri 2 Sibolangit have the same obstacles in terms of learning such as reading, writing, and counting. Therefore, we KKN students in this activity provide teaching to students for this.

Additional Learning Hours (JBT)

The Real Work Lecture (KKN) Group 125 activity in Sibolangit Village we became additional teaching staff at SMP Negeri 2 Sibolangit, Sibolangit District, Deli Serdang Regency. Based on observations obtained that there are some students at SMP Negeri 2 Sibolangit still have difficulty reading and writing. Difficulty in reading in SMP Negeri 2 Sibolangit students is caused by several factors, memorizing letters A, besides that other factors are some students do not get kindergarten education which results in students hearing or recognizing letters A feels foreign, so that when grade 1, it will be difficult if quickly remember and recognize letter shapes, because several letters are similar, but sound different, for example the letter "M" with the letter "W". According to Slamet Suyanto (2005: 165) revealed that knowing the alphabet from A-Z and remembering it is not an easy thing for children. (Khairina et al. 2023)

Our efforts in overcoming reading difficulties are intense assistance which means that students who cannot read will be instructed to come earlier than other students, this means that students who are not yet proficient in reading will be guided to learn to read when their other friends have not come to school. Focusing students on alphabets and shapes with students who are not yet familiar with letter forms will be focused on being guided in recognizing letter forms, this is done so that students can continue to remember shapes and be

able to distinguish each letter so that it will stick in students' memories. In addition, for students' reading skills to improve, we hold literacy outside school hours, where we hold literacy in the library owned by Laru Market Village which can be attended by all children of Laru Market Village, we increase the number of fairy tale reading books for children. which to teach reading, we provide the same method as in school, namely the cooperative method for intermediate reading skills and the method of reading introduction, spelling, letters, and syllables for beginner reading ability. From the results of our activities to improve students' reading skills, it is known that students' reading skills are more improved than before and so is the student known reading interest from students not only reading one fairy tale book but after finishing reading one book he will look for books with other titles. (Ridha et al. n.d.)

Evening Study Hours (JBM)

Night study hour is tutoring conducted by UINSU KKN 125 students, which is held in Sibolangit village, Sibolangit District, Deli Serdang Regency, North Sumatra Province. This activity will be held from July 25 to August 14, 2023, and will be held once a week for one month, namely on Monday night at 19.00-22.00 WIB.

This JBM activity was carried out at a location called the reading corner. This activity is an additional learning activity for children in Sibolangit village, which is carried out at night. JBM activities aim to enable children in Sibolangit village to get additional lessons and help them increase their interest and desire to learn.

With the evening tutoring that is carried out, and coaching that is carried out continuously, it will certainly have an impact on improving the quality of education in Sibolangit village, because children's learning ability increases and will directly improve children's learning achievement. If learning achievement reaches a satisfactory stage, of course, it is an improvement in the quality of education, because one indicator of increasing the quality of education is the quality of graduate results. With JBM, we hope that children in Sibolangit village will continue to be motivated to study hard and continue to improve their achievements so that it will boost the quality of education in Sibolangit village even better.

Learn Ngaji

The location of this study is the Hj. Endang Sutijah Mosque, Sibolangit District. UINSU KKN 125 students totaling 28 people divided the organizational structure, where one of the organizational structures engaged in the religious field was assigned to Public Relations (Public Relations). The Quran learning activities that took place in this mosque itself had previously been running, but due to the lack of teaching staff, the process of learning Quran activities did not take place effectively. In addition, because Sibolangit is a Muslim minority area, the next obstacle is the lack of children who want to participate in this Quran learning activity.

Education itself is very much considered in Islam because Islam views that every human being has abilities (potentials) that can be developed for the benefit of many people (Muniarty, 2021). Education itself can be used as a benchmark of progress for an area, especially religious education, the enthusiasm of children in this Quran learning activity is quite large, it's just that the existing potential is not developed enough so they still have difficulty in accessing new knowledge. That way the role of young people must be further

enhanced in religious activities so that they are expected to become the next generation in carrying out the task of da'wah wherever they are, especially where they live.

Elderly Health

Sibolangit Village has quite a lot of elderly people who remain active in participating in every social activity. The elderly in Sibolangit village are classified as having high enthusiasm and enthusiasm in carrying out gymnastics activities that have been routinely carried out on Fridays every week at the Sibolangit village health center. This high enthusiasm and enthusiasm is very much felt in every gymnastics activity taking place, both elderly, women, and men. In gymnastics activities, there are also health checks carried out by health workers at the Sibolangit village health center. Checking the health of the elderly consists of checking blood pressure, cholesterol, and blood sugar. UINSU KKN 125 students also participate in gymnastics activities carried out at the Puskesmas on Fridays every week. The form of participation of UINSU KKN 125 students is to become a gymnastics guide for the elderly. Fr

UINSU KKN 125 students also have a health program for the elderly, namely gymnastics which is routinely carried out at Jambur Perjuangan and is held every Wednesday. Similar to what happened to the gymnastics carried out at the Sibolangit village health center, the routine gymnastics program that UINSU KKN 125 students carried out on Wednesday also received considerable attention from the elderly. Every elderly person in Sibolangit village wants to stay healthy and fit every day. Therefore, the spirit and enthusiasm to continue to be healthy are always shown when gymnastics activities.

Stunting

Based on data obtained from the Deli Serdang Regency health office, the prevalence of stunting in Sibolangit village is 0.13% in 2021-2022. However, based on observations made by UINSU KKN 125 students, it was found that the level of knowledge of parents, especially mothers, had a good understanding of stunting prevention. However, UINSU KKN 125 students feel that parents, especially mothers, still need to understand more deeply related to stunting. Therefore, UINSU KKN 125 students conduct counseling to prevent stunting with the "ISI PIRINGKU" program. The counseling carried out by UINSU KKN 125 students coincided with posyandu activities on August 14, 2023, so the stunting counseling activities carried out by UINSU KKN 125 students were attended by health workers from puskesmas, posyandu cadres and assisted by Family Welfare Development (PKK) mothers. The Isi Piringku program is a stunting prevention program from the government so the counseling that UINSU KKN 125 students do is guided by government recommendations. UINSU KKN 125 students also participate in every series of posyandu activities such as measuring the weight and height of toddlers. After the posyandu activity ended, not to forget also UINSU KKN 125 students were assisted by posyandu cadres and PKK mothers to distribute nutritional intake food in the form of mojo bean porridge.

CONCLUSION

The UINSU KKN 125 Real Work Lecture is a form of student dedication to progress both in education and health aspects. Sibolangit village has quite a lot of educational facilities at the level of PAUD, ELEMENTARY, JUNIOR HIGH, and Senior High School. Educational limitations in terms of accessing the latest learning information make it quite difficult for several schools in Sibolangit Village, so the role of UINSU KKN 125 students seems to be still needed as an effort to improve education with good quality. UINSU KKN 125 students have programs such as Companion Learning Hours (JBP), Additional Study Hours (JBT), Night Study Hours (JBM), and Quran Learning. All of these programs are an effort to improve the quality of academic education to Islamic knowledge. All programs carried out have run well which can be seen from the enthusiasm of students in following all the programs that have been made. In addition to focusing on education, UINSU KKN 125 students also have health-related programs, including elderly gymnastics and stunting counseling. Elderly gymnastics activities receive great attention marked by many elderly participants every week both on Wednesday and Friday. Enthusiasm and enthusiasm are also felt to be present in every gymnastics activity taking place both in the elderly, women, and men. In addition to elderly gymnastics activities, stunting programs are held for mothers and children during posyandu activities. This activity seems important because there is still stunting in Sibolangit Village by 0.13% in 2021-2022.

Suggestion

With all programs from UINSU KKN 125 students that have been carried out for Sibolangit Village, it is hoped that students can take advantage of their time to continue learning every day. Likewise, the elderly of Sibolangit Village continue to maintain their health by continuing to carry out gymnastics activities every week.

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