

List of FoN UI programmes for services access Year 2023

No	Title	Description	Evidence Open for Public	Theme
1	Community Service: Development of Family Medicinal Plant Centers (TOGA) to Overcome Hypertension and Stunting Based on Community Empowerment in Karimunjava Assisted Villages, Jepara Regency	The team conducted training for 52 participants from the Karimunjava Village PKK Group, Posyandu Cadres, and pregnant women about the benefits of TOGA (Medicinal Plants) and the use of fish as a protein source. This outreach included setting up and managing TOGA centers using hydroponic methods, highlighting the health benefits of plants like celery, lettuce, spinach, moringa, and mustard greens. The program supports the Sustainable Development Goals (SDGs) aimed at reducing hunger and improving public health. The KSC team received enthusiastic feedback from participants and the community, showing their commitment to applying the knowledge and resources provided.	https://tirtoid.id/kasus-hipertensi-ri-tinggi-kepmas-ui-gelar-pelatihan-toga-gPQq	Stunting
2	Community Service: Prevention and Control of Stunting through the "Youth Laskar Cegah Stunting (Rela Ceting)", Lombok Specialized Complementary Food Recipes (Rempah Lombok), and Strengthening the Role of Cadres in Jerowaru District, NTB	To support the second Sustainable Development Goal of eliminating hunger and malnutrition, the Faculty of Nursing (FoN) at Universitas Indonesia (UI) launched a community service program. Partnering with the Jerowaru Community Health Center and the East Lombok Regency Women's Empowerment, Child Protection, and Family Planning Office (DP3AKB), the program aims to empower health cadres and mothers with children under two years old (baduta) to prevent and control stunting. The initiative hopes to make Jerowaru a model for other sub-districts in East Lombok Regency. The program focuses on educating mothers and cadres about the importance of stunting prevention and providing appropriate complementary foods based on the local Lombok menu for young children.	https://lombokpost.jawapos.com/selong/1503036130/perangi-stunting-fik-ui-gelar-pemberdayaan-kader-dan-ibu-baduta-di-jerowaru-lombok-timur https://lombokpost.jawapos.com/selong/1503036242/fik-ui-edukasi-kader-kesehatan-dan-remaja-generasi-berencana-generasi-perangi-stunting	Stunting
3	Community Service: Empowerment Program for Pregnant Women and Mothers of Toddlers to Support Stunting Prevention in Depok, West Java, Indonesia.	Lecturers and students from the Department of Community Nursing conducted Community Service in Depok by providing education related to stunting and the importance of the first thousand days of life (1000 HPK), pregnancy nutrition, and exclusive breastfeeding and MPASI. This activity is expected to increase the involvement of pregnant women and mothers of toddlers to support the golden period of children in preventing stunting.	https://sulsel.terkini.id/2023/07/30/cegah-stunting-pada-masa-golden-periode-anak-akademisi-fik-ui-lakukan-program-pemberdayaan https://fajar.co.id/2023/06/27/cegah-stunting-pada-masa-golden-periode-anak-akademisi-fik-ui-lakukan-program-pemberdayaan-ibu-hamil-dan-ibu-balita/	Stunting
4	Community Service: Training and Mentoring Posyandu Volunteers to Prevent Toddler Stunting in Depok, West Java	The Community Health Department of the Faculty of Nursing, University of Indonesia (FIK UI), conducted a community service activity on 10 November 2023 to train and mentor posyandu cadres in Sawangan Village, Depok, West Java. The training included self-image development, basic skills training, stunting prevention, nutrition, and health education for toddlers' families. The Sawangan Health Centre and Depok Health Office will continue coaching posyandu cadres in stunting prevention.	https://www.radardepok.com/metropolis/94610953128/pengabdian-masyarakat-yang-berdampak-departemen-komunitas-fik-ui-berbagi-ilmu-dan-pengalaman-untuk-mencegah-stunting-balita-di-posyandu-depok	Stunting
5	Community Service: Training Community Health Workers to Assist Families Dealing with Stunted Growth in Tegal Regency	The community service activity took place in Kalibakung Village, Balapulang District, Tegal Regency, Central Java, and was divided into two stages. The first stage involved training activities for posyandu cadres in Kalibakung Village. Prior to the presentation of the material, all training participants were given a pre-test to assess their initial knowledge level. The second phase targeted adolescent girls. All participants were educated on how to prevent stunting from an early age.	https://www.sekindo.id/2023/11/02/pencegahan-stunting-fik-ui-lakukan-pengabdian-masyarakat-di-kabupaten-tega-jawa-tengah/	Stunting
6	Community Service: Education on Complementary Feeding (MPASI) for Mothers with Toddlers via Video Learning Media to Prevent and Combat Stunting in Pandeglang District, Banten Province	The Faculty of Nursing, Universitas Indonesia (FoN UI), conducted community service at Kupahandap Village Hall, Cimanuk District, Pandeglang Regency, Banten, to educate about MP-ASI selection for preventing stunting. The activity supports Sustainable Development Goal Number 2 by addressing malnutrition. The education was led by the Community Service and Empowerment Team of the Child Nursing Department and was attended by mothers, cadres, health workers, and local authorities.	https://tuntasmedia.com/ubah-mindset-masyarakat-fik-ui-berikan-edukasi-pemilihan-mp-asi-di-pandeglang/ https://banten.pikiran-rakyat.com/daerah/pr-3277021130/upaya-pencegahan-	Stunting
7	Community Service: Psychoeducation Application for Families of People with Mental Illness in Depok	The Faculty of Nursing at the University of Indonesia organized a community service program on mental health in collaboration with the Sukmajaya Community Health Centre—the program aimed to provide family psychoeducation and support for families of individuals with mental health disorders. Activities included a presentation on mental disorders and stress management practices and involved various stakeholders such as lecturers, students, health center personnel, and Depok City Social Service representatives.	Mental Health Jadi Masalah Serius. Tim Pengmas FIK UI Edukasi Warga Sukmajaya Depok (inews.id)	Mental Health
8	Community service: Prevention of aggressive behavior among adolescent online game users with the 'CALAKUALA' program (Preventing Aggressive Behavior with Assertive Training)	The Department of Mental Health Nursing at FoN UI collaborated with SMP Dasa Semesta Bogor to conduct a community service program aimed at preventing aggressive behavior in adolescents who play online games. The program included health counseling, education on online gaming and mental-emotional disorders, and assertive exercise therapy sessions for 7th-grade students and their parents. The intervention focused on helping students overcome aggressive behavior through assertive practice therapy.	https://nursing.ui.ac.id/melalui-terapi-asertif-fik-ui-berhasil-menurunkan-adiksi-game-online-dan-perilaku-agresif-pada-remaja/ https://www.sekindo.id/2023/12/03/fik-ui-bantu-remaja-pengguna-game-online-mencegah-perilaku-agresif/	Mental Health
9	Community Service: Building Healthy Groups: Efforts to promote adolescent mental health at Tiara Jatijajar Vocational School	This Healthy Group Development activity aims to form a small group that cares about mental health at Tiara Nusa Vocational School by involving 55 female students from grades 10 and 11. The activity began with providing an understanding of mental health by Ns. Nurhalimah, S.Kep., followed by an introduction to stress management and web-based stress management techniques. Participants were then divided into 10 small groups for focus group discussions, exchanging experiences, and practicing stress management techniques. This activity ended with a sharing session, singing, group photos, as well as ongoing assistance via WhatsApp groups and online evaluations on October 29 2023.	https://www.sekindo.id/2023/11/04/peduli-kesehatan-mental-fik-ui-lakukan-bina-kelompok-remaja-sehat-di-smk-tiara-nusa-jatijajar/	Mental Health

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10	Community Service: Beyond Equality: Building Active Community Involvement for Gender Equality and Disabled Inclusion in Denpasar City, Bali	The activity "Beyond Equality: Building Active Community Engagement for Gender Equality and Disabled Inclusion" which will take place on 16–23 September 2023 in Denpasar, Bali, aims to increase public awareness about physical and mental health, especially for people with disabilities. The event includes free health screenings that reveal a lack of nutritional awareness and high prevalence of gout, as well as a collaborative art project to support children's mental health. Apart from that, an inspiration session from Angga, a content creator with disabilities, motivated participants to face stigma with confidence. The event closed with a talent show for disabled children, emphasizing that every individual has the potential to be successful.	https://www.radardepok.com/metropolis/94610534486/tim-pengabd-ui-hadirkan-program-inklusi-untuk-komunitas-difabel-bali	Mental Health
11	PKJ (Mental Health Promotion): Efforts to Increase Early Detection of Mental Health Problems Through UKS Empowerment at State High School 1 Kalabahi	Mental health problems in children that go undetected and are not treated quickly and appropriately can cause serious disorders that pose a risk of suicide. Empowering UKS as peer support is expected to increase knowledge, awareness and handling of mental health problems in children at school. This community awareness program aims to increase the capacity of the academic community through empowering UKS with promotional and practical activities. This program involves advocacy with the Alor District Health Service and Education Office, as well as the appointment of model schools. Activities carried out include providing material on mental health concepts, screening examinations using SDQ on students, and treatment that can be carried out at school level when mental health problems are discovered.	https://tribuanapos.net/2023/08/30/peduli-kesehatan-jiwa-alor-fik-ui-berdayakan-uks-dalam-promosi-deteksi-dini-masalah-kesehatan-jiwa-pelajar/	Mental Health
12	Community Service: The 'Keren Tanpa Rokok (KTR)' Program: Preventing and Combating Adolescent Smoking Behavior at SMPN 1 Junior High School in Depok, West Java	The FoN UI organised a community service program at SMPN 1 in Depok, West Java, aiming to improve teenagers' health and productivity by promoting a smoke-free lifestyle. Dr. Nur Agustini led the program, which was attended by 33 8th grade students and 11 teachers. The KTR programme educates teenagers about the dangers of smoking through innovative activities.	https://sulteng.antaranews.com/berita/281787/melahirkan-generasi-keren-tanpa-rokok	Public/ Community Health
13	Community Service: Healthy Culture in School Children at SMPN 33 Depok	Lecturers and students from the Faculty of Nursing, University of Indonesia (UI), organized an event at SMPN 33 Junior high school Depok to promote a culture of health using the Word Café method. The event took place on November 2, 2023, and included a workshop using the World Cafe method. The goal was to enhance students' awareness of the importance of maintaining good health. Thirty students from SMPN 33 Depok actively participated in the event and were designated as ambassadors of healthy living within the school community.	https://analisis.republika.co.id/berita/s5uh0h451/peningkatan-pemahaman-budaya-sehat-melalui-word-cafe%3%a9?	Public/ Community Health