

Health Counselling and Body Balance Training and Recognizing Signs of Anemia for Indonesian Migrant Workers Malaysian Placement

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ABSTRACT Health counselling is part of counselling which is a personal relationship and is carried out face-to-face between 2 people between the counsellor and the counsellor. Counsellors are assisted by counsellors to understand themselves about the current situation, so that in the future counsellors can take advantage of their abilities. Likewise about body balance, Indonesian migrant workers do not know about body balance even though it has been done daily. The aim of this service is that Indonesian migrant workers stationed in Malaysia in Kuala Lumpur can convey health complaints, demonstrate their body balance and recognize anaemia independently. Methodology of community service was carried out on December 10, 2023 at the Indonesian Embassy in Kuala Lumpur, Malaysia, conducting anaemia counselling and training to recognize body balance and anaemia. The results of migrant workers resettled in Kuala Lumpur, Malaysia all stated that they did not know about Balance and how to recognize anaemia independently. But all migrants realize that dizziness is one of the causes is anaemia. Conclusion is the migrant workers resettled in Kuala Lumpur, Malaysia need to know to know that they have balance disorders or not

Keywords: Education Independence; Migrant Workers; Southeast Asia

1. INTRODUCTION

Kusmawati (2019) in the Counseling module stated that counseling is a personal relationship carried out face to face between two people, the counselee and the counselor. Through a counseling relationship, the counselor carries out counseling with the special abilities he has. The counselee is helped to understand themselves, their current situation, and possible future conditions that the counselee can create using their potential, for the sake of personal and community welfare. Furthermore, clients can learn how to solve problems and discover future needs.

Fahri (2018) states that balance is one of the basic human needs in order to live independently. Balance is a general term that describes the dynamics of body posture to prevent a person from falling. Winter (1995 in Narti 2021), states that balance is the ability to maintain the projection of the body's center on a platform, as support when standing, sitting and walking.

Recognizing body balance is something that is often done but is not yet realized that a disturbance in body balance will indicate a disease or condition that is being experienced.

According to the Indonesian Ministry of Health (2018), health and nutrition problems in Indonesia in the period of the First 1000 Days of Life are the main concern which have permanent consequences for the quality of life for every human being apart from pain and death in babies and mothers giving birth. Meanwhile, according to Siloam Hospital (2023), anemia is a blood disorder characterized by a low number of red blood cells or when the red blood cells do not function properly.

According to Law of the Republic of Indonesia no. 17 of 2023 concerning Health, it states that:

a. Guidance as intended in Article 418 is directed at:

- 1) Increase access and meet everyone's needs for health resources and health efforts;
- 2) Mobilize and implement the implementation of Health Efforts;
- 3) Improve the quality of Health Services and the capabilities of Medical Personnel and Health Personnel;
- 4) Protect the public against all possibilities that could pose a danger to health.

b. Guidance as intended in article 418 can be carried out through:

- 1) Communication, information, education and community empowerment;
- 2) Socialization and advocacy;
- 3) Capacity strengthening and technical guidance;
- 4) Consultation; and/or
- 5) Education and training.

In the situation analysis several problems were found, the first problem was regarding health counseling. Health consultations are not yet a primary need for Indonesian migrant workers stationed in Kuala Lumpur, Malaysia. However, it is still a necessity to maintain health. The second problem concerns body balance. It is still found that workers often pay little attention to their body position while working in the household at certain times. There are even those who spend the whole day in a squatting position, so that when they stand they experience unsteadiness for a long time that doesn't immediately recover. If you are sick, you will be cured using medicine, including feeling dizzy or easily swaying.

The third problem is recognizing anemia. From the results of the counseling, problems related to dizziness were found. Some workers complain that they often get dizzy if they do work for a long time in a day, for example in a squatting position for more than 2 hours. With this situation analysis,

the service wants to provide counseling and training regarding body balance and recognizing early anemia.

2. METHOD

The solution is in the form of activities using the Health Counseling method and training on recognizing balance and recognizing anemia in the Hasanudin hall, Indonesian Embassy in Kuala Lumpur, Malaysia on December 10 2023. PKM activities are carried out as a result of the collaboration between the NGO Sharing Indonesian Academic Community in collaboration with the Indonesian Embassy in Kuala Lumpur, Malaysia .

Health counseling is carried out by the counselee conveying health complaints and the counselor providing input and ways to overcome them without using medication. Meanwhile, practice balance by walking along the lines on the tiles and

counting the seconds to see whether you are able to walk straight without staggering until you finish. To practice recognizing anemia, stand in front of a mirror and look at the inner eyelids, which are pale or light red to red. If it is pale white then when you look in the mirror you are suffering from anemia.

The distribution of duties for each community service member at the Indonesian Embassy in Malaysia is as follows:

No	Name	Position as a service	Job desk
1	dr. J. Nugrahaningtyas W. Utami, M.. Kes	Chairman	Coordinating with members Conducting health counseling Provide health counseling an training to recognize body balance and anemia
2	Sukmawati, S.SiT, M.Kes	Member	Conduct documentation and Write down every activity carried out
3.	Tutik Astuti, S.Sit, M. M.Kes	Member	Together with the chairman Prepare activity reports and publish the results of the report

3. RESULT AND DISCUSSION

3.1 Result

1. Health counselling

All Indonesian migrant workers know that if they are sick, they will conduct health counseling to health workers.

2. Know the balance of the body

All Indonesian migrant workers have never known body balance. After training, you can find out whether your body has a balance disorder or not

3. How to recognize anaemia

All migrant workers do not know how to know anemia personally. After receiving training can know anemia independently.

3.2 Discussion

From the results obtained that all do not know the balance of the body and do not know how to independently check the condition of the anemia. As stated by Olchowik et al (2015) The equilibrium system of the human body is a complex system of organs and mechanisms, which generate postural reactions to counteract displacement from the equilibrium position of the center of gravity of the body, and which control eye movements to maintain a stable image of the environment. However, if it is not accompanied by coaching, the community does not know the balance of the body. This is as stated in the Indonesian Republic health law no 17 of 2023 concerning Health. Which states that efforts to be healthy can be done by counseling, consultation and training. Likewise, to recognize anemia independently, it will be possible for everyone to do counseling, communication and training.

3.3 Foto And Figure

The following is documentation of community service activities at the Indonesian Embassy in Kuala Lumpur, Malaysia



Figure 1: training to recognize anemia in oneself



Figure 2: Singing And Dancing Train Body Balance

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1	MENYATI RINAWATI	STIE PASUNDAR	08172200796	[Signature]	
2	CITIMIA LASMANA	STIE PASUNDAR	081220189366	[Signature]	
3	RETNO RESAWATI	STIE PASUNDAR	0804666222	[Signature]	
4	YUSRIIDAR YALIN	POLTERKES ARI	0802666666	[Signature]	
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6	Sanadiah A-K	UNUSIA	08122009836	[Signature]	
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11					
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1	Da'iyah	Malang		[Signature]	
2	HELINA	LAMPUNG		[Signature]	
3	STROBIKAH	PULUNGAGUNG		[Signature]	
4	PdC da Pakanbang			[Signature]	
5	HA KARIDA	JAWA BARAT		[Signature]	
6	ELLY SUKAMATI	MEKAR SUMUT		[Signature]	
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9	LENNI DEWI	Medan		[Signature]	
10	TUPENA SIMPU	Kangkot SUMUT		[Signature]	
11	JUMALIAH	PALEMBANG		[Signature]	
12	NORHANI	Medan		[Signature]	
13	MASRIYAH	SUKABUMI		[Signature]	
14	Ani SULISTIANI	SUMEDANG		[Signature]	
15	TITIN SAFRIWA LBS	Medan		[Signature]	

Figure 3. Attendance List Of Speakers And Trainees Body Balance And Training On Anemia And Health Counseling In Room C Of The Indonesian Embassy In Kuala Lumpur, Malaysia December 10, 2023

4. CONCLUSION

Based on Community Service activities for Indonesian Migrant Workers in Kuala Lumpur Malaysia, it can be concluded that

1. Indonesian migrant workers resettled in Kuala Lumpur, Malaysia already know one of the causes of dizziness is anaemia
2. Indonesian Migrant workers resettled in Kuala Lumpur, Malaysia, all unfamiliar with Body Balance
3. Indonesian Migrant workers resettled in Kuala Lumpur, Malaysia, all do not know how to recognize anaemia independently

For this reason, recommendations for the next are

1. The need for health education for migrant workers and the need for self-care to stay healthy.
2. The need to train yourself so that the body remains balanced
3. Need to train yourself simply to know whether he has anemia or not

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CONFLICT OF INTERESTS

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