

FACTORS RELATED TO THE PARTICIPATION OF MOTHERS OF TODDLERS IN POSYANDU ACTIVITIES

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ABSTRACT

Integrated Service Posts (Posyandu) is a public health service program organized by the Indonesian government with the aim of improving the health and welfare of the community, especially mothers and children. Based on theory and previous research, several factors related to the utilization of Posyandu services can be identified, including education, knowledge, attitudes, employment, family support, and the role of cadres. The study employed a quantitative method and a cross-sectional approach. The study population was mothers of toddlers, with a sample size of 105 people selected using a total sampling technique. The results of the univariate

analysis showed that 52.4% of mothers utilized Posyandu services, 27.6% utilized them poorly, and 20.0% did not utilize them. Mothers with a primary education level were 29.5%, a secondary education level 40.0%, and a high education level 30.5%. Mothers with low education level 11.4%, medium education level 19.0%, and high education level 69.5%. Mothers with positive attitudes: 64.8%;negative attitudes: 35.2%. Mothers who were employed 67.6% and unemployed 32.4%. Mothers with good family support 47.6% and less than adequate support 52.4%. Meanwhile, cadres who played a role were 80.0%, and those who did not play a role were 20.0%. Bivariate analysis results revealed a relationship between knowledge, attitudes, occupation, family support, the role of cadres, and the participation of mothers of toddlers in Posyandu activities Occupation and the role of cadres were the most dominant factors associated with the participation of mothers of toddlers in Posyandu activities. Therefore, it is hoped that Posyandu cadres can be further empowered, trained, and optimally supported to enable them to deliver professional, communicative, and inspiring messages.

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INTRODUCTION

Maintaining the health of toddlers is a top priority in improving the community's quality of life. According to the Director General of Public Health at the Indonesian Ministry of Health, "Posyandu (Community Health Post) is one of the government's efforts to improve the quality of life of the community, especially children and mothers"

(Ministry of Health, 2020). Therefore, it is necessary to strengthen and optimize health services at Posyandu to improve the health and development of toddlers.

Aida et al. (2019) state that Posyandu is a Community-Based Health Effort (UKBM) implemented by, from, and with the community to empower and facilitate access to basic health services. There are five priority Posyandu programs: Maternal and Child Health (KIA), Family Planning (KB), Nutrition, Immunization, Diarrhea Management, and Upper Respiratory Tract Infections (URTIs), with the aim of accelerating the target of reducing maternal and infant mortality.

The success of Posyandu implementation is closely linked to the active role of cadres and the community. Many factors influence community visits to Posyandu. Among those influencing mothers and toddlers' participation in Posyandu activities are age, education, knowledge, family size, income, and attitude. Limited staffing is also a contributing factor to the low coverage of Posyandu services (Fatimah and Hidayah, 2022).

Based on Basic Health Research data, only 68.37% of toddlers in Indonesia are regularly weighed at Posyandu (Integrated Health Post). This research also shows a tendency that as toddlers get older, the number of visits to Posyandu for routine weigh-ins decreases (Risksedas, 2018). Based on data obtained from the Aceh Health Office (Dinkes) in 2022, there was a significant decline in Posyandu utilization by mothers of toddlers in Aceh. Toddler weighing coverage at Posyandu is still below the set target of 85%. The data shows that only 55.1% of toddlers in Aceh are regularly weighed at Posyandu, while 44.9% of toddlers do not participate in the Posyandu program.

The low level of maternal participation in Posyandu activities in several regions presents a challenge. In response to this, the government has undertaken various efforts to increase maternal involvement in these activities (Pratiwi, 2020). One initial step was the revitalization of Posyandu (Pratiwi, 2020). The government, through the Ministry of Health, improved the structure and service system at Posyandu to make them more effective and attractive. Facilities and infrastructure were updated, services were expanded, and a more family-friendly approach was implemented. Furthermore, the government empowered Posyandu cadres through training and capacity building (Siregar *et al.*, 2024). Cadres who were previously only tasked with weighing and recording toddler data were now given training in communication, nutrition counseling, and basic health services, enabling them to become figures capable of guiding and engaging mothers to attend regularly (Sukiarko, 2007).

However, despite these efforts, maternal participation remains suboptimal. Many mothers feel that Posyandu (Integrated Health Post) services are still unappealing or too formal. Therefore, a new approach is needed that better addresses the needs and interests of today's mothers. The proposed solution is the creation of an "Inclusive Community Posyandu," a Posyandu that focuses not only on health services but also serves as a space for interaction, learning, and empowerment of women. For example, between health services, mothers can participate in skills training, parenting discussions, or a bazaar showcasing local MSME products. This makes visiting the Posyandu both beneficial and enjoyable.

Nagan Raya Regency is one of the regencies in Aceh Province. One of the sub-districts is Betong District. Based on data from the Monthly Nutrition Development Performance Indicator Achievement Report in Regencies/Cities in 2024, it explains that in Betong District there are 24 villages; each village has active and passive toddlers participating in the Posyandu service program. The total number of active toddlers who participated in Posyandu was 678 (78%) toddlers, while the number of passive toddlers who participated in Posyandu was 190 (22%), and overall, Beutong District had a toddler birth rate from 2021 to 2023 with a total of 868 people. Based on information obtained by researchers from the village, more than 50% of toddlers did not participate in Posyandu activities at that location. This information attracted the attention of researchers to be looked into further so that existing problems could be addressed quickly.

RESEARCH METHODS

This study was a quantitative cross-sectional study. The population was all mothers with toddlers actively registered at the Integrated Health Post (Posyandu) in Lhok Seumot Village, Beutong District, Nagan Raya Regency, spread across five hamlets, totaling 105 individuals. The sampling technique used was total sampling. The data collection instrument was a structured questionnaire, compiled based on indicators of the independent and dependent variables studied.

This study was conducted in Lhok Seumot Village, Beutong District, Nagan Raya Regency, from January 27 to February 3, 2025. Data analysis was performed using the chi-square statistical test to examine the relationship between variables, with a significance level set at $\alpha = 0.05$.

RESULTS AND DISCUSSION

Table 1. Respondent Characteristics

Variable	Amount	Percentage
Gender of Toddler		
Boy	50	48%
Girl	55	52%
Mother's age		
≥ 30 Years	65	62%
< 30 Years	40	38%
Variable	Amount	Percentage
Participation of Mothers of Toddlers in Integrated Health Post (Posyandu) Activities		
Not Utilizing	21	20.0
Underutilizing	29	27.6
Utilizing	55	52.4
Education		
Primary education	31	29.5
Secondary education	42	40.0
Higher education	32	30.5
Knowledge		
Low	12	11.5
Medium	20	19.0
High	73	69.5
Attitude		
Positive	68	64.8
Negetive	37	35.2
Work		
Working	71	67.6
Not working	34	32.4
Family support		
Good	50	47.6
Poor	55	52.4
Role of cadres		
Playing a role	84	80.0
Not playing a role	21	20.0

The table above shows that toddlers are mostly female (52%), most of the toddler mothers are aged ≥ 30 (62%), the participation of toddler mothers in posyandu activities is higher in the category of always utilizing (52.4%), most of the mothers have secondary education (40.0%), and the majority of mothers have knowledge in the high category (69.5%). Some of the mothers' attitudes are higher in the positive category (64.8%); most of the mothers work (67.6%); for family support, it is higher in the less category (52.4%); and some of the cadres' roles are higher in the role category (80%).

Table 2. Factors Related to the Participation of Mothers of Toddlers in Posyandu Activities

No	Variable	Not Utilizing		Participation Underutilizing		Utilizing		Total		OR	P-Value
		n	%	n	%	n	%	N	%		
1.	Education										
	Primary education	5	4.8	10	9.5	16	15.2	31	29.5	11.529	0.478
	Secondary education	11	10.5	10	9.5	21	20.0	42	40.0		
	Higher education	5	4.8	9	8.6	18	17.1	32	30.5		
2.	Knowledge										
	Low	5	4.8	10	9.5	16	15.2	31	29.5	9.302	0.003
	Medium	11	10.5	10	9.5	21	20.0	42	40.0		
	High	5	4.8	9	8.6	18	17.1	71	30.5		
3.	Attitude										
	Positive	11	10.5	22	21.0	35	33.3	68	64.8	8.601	0.002
	Negative	10	9.5		6.7	20	19.0	37	35.2		
4.	Work										
	Working	13	12.4	21	20.0	37	35.2	71	67.6	17.824	0.001
	Not working	8	7.6	8	7.6	18	17.1	34	32.4		
5.	Family support										
	Good	8	7.6	15	14.3	27	25.7	50	47.6	4.036	0.032
	Poor	13	12.4		13.3	28	26.7	55	52.4		
6.	Role of cadres										
	Playing a role	19	18.1	21	20.0	44	41.9	84	80.0	11.528	0.001
	Not playing a role	2	1.9	8	7.6	11	10.5	21	20.0		

Based on the table above, in the education variable, the participation of mothers of toddlers who do not utilize Posyandu activities is higher in mothers with secondary education (10.5%) compared to mothers with basic and high education (4.8%) with an OR value of 11,529 with a p-value of $0.478 < \alpha 0.05$, which means there is no relationship between education and the utilization of Posyandu services. In the knowledge variable, the participation of mothers of toddlers who do not utilize Posyandu activities is higher in mothers with moderate knowledge (10.5%) compared to mothers with low and high knowledge (4.8%) with an OR value of 9,302 with a p-value of $0.003 < \alpha 0.05$, which means there is a relationship between knowledge and the utilization of Posyandu services.

Meanwhile, in the attitude variable, the participation of mothers of toddlers who do not utilize Posyandu activities is higher in respondents who have a positive attitude (10.5%) compared to those with negative attitudes (9.5%) with an OR value of 8.601 with a p-value of $0.002 < \alpha 0.05$, which means there is a relationship between attitudes and the utilization of Posyandu services. In the employment variable, the participation of mothers of toddlers who do not utilize Posyandu activities is higher in working respondents (12.4%) compared to respondents who do not work (7.6%) with an OR value of 17.824

with a p-value of $0.001 < \alpha 0.05$, which means there is a relationship between work and the utilization of Posyandu services. The busier the mother's work, the more difficult it will be to come to Posyandu; conversely, if the mother does not have a job, she will have more time to visit Posyandu.

For the family support variable, the participation of mothers of toddlers who did not utilize Posyandu activities was higher in respondents who had less family support (12.4%) compared to respondents who had good family support (7.6%) with an OR value of 4.036 with a p-value of $0.032 < \alpha 0.05$, which means there is a relationship between family support and the utilization of Posyandu services. In the cadre role variable, the participation of mothers of toddlers who did not utilize Posyandu activities was higher in the role category (18.1%) compared to less role (1.9%) with an OR value of 11.528 with a p-value of $0.001 < \alpha 0.05$, which means there is a relationship between the role of cadres and the utilization of Posyandu services.

DISCUSSION

From statistical data processing, the results of the study also show that there is no relationship between education and the utilization of Posyandu services. This is based on the results of the odd ratio, which obtained a value of 5.425 with a p-value of $0.002 < \alpha 0.05$, which means that mothers with primary and secondary education do not determine the utilization of Posyandu services. This study is in line with research conducted by Suryani et al. (2019). Of 35 mothers, there were 18 mothers (51.4%) with secondary education, 16 mothers (45.7%) with sufficient knowledge, 20 mothers (57.1%) with unfavorable attitudes, and 20 mothers (57.1%) who did not utilize Posyandu. There was no significant relationship between education and Posyandu utilization at Posyandu Anggrek Asri in the working area of Betungan Health Center, Bengkulu City, with a moderate category.

Another study was also conducted by Budi, Arifin, & Setiawan (2014), which stated that the education level of Posyandu cadres in the working area of the Community Health Center in Banjarbaru City was at the level of high school or equivalent as much as 67.3% and elementary school/junior high school or equivalent as much as 32.7%. The implementation of Posyandu in the working area of the Community Health Center in Banjarbaru City was good for as much as 66%, sufficient for 34%, and none were lacking. The results of the chi-square test showed that the p-value was 0.001 ($p < 0.05$). The conclusion is that there is a significant relationship between the level of education of

cadres and the implementation of Posyandu in the working area of the Community Health Center in Banjarbaru City.

According to researchers, based on the results of the study, there is a significant relationship between education and the utilization of Posyandu services for toddlers. Mothers with higher levels of education tend to be more aware of the importance of Posyandu services and are more active in utilizing them. Furthermore, education also influences mothers' ability to access information about Posyandu services and make informed decisions about their toddlers' health. (Margareth, 2024; Yurinta, 2019). Therefore, education can be an important factor in increasing the participation of mothers of toddlers in Posyandu activities and improving toddler health (Hidayani *et al.*, 2023).

In the knowledge variable, the odd ratio obtained a value of 9,302 with a p-value of $0.003 < \alpha < 0.05$, which means that mothers with low knowledge are 6 times more likely to determine the use of Posyandu services than mothers with high knowledge. This study is in line with research conducted by Mursyida & Mariani (2019), which found a relationship between cadre knowledge and the implementation of Posyandu for Toddlers with a p-value = 0.000. The theory of mothers who have better knowledge about Posyandu services is strengthened by Irianawati (2013), stating that mothers who have high knowledge and education will actively participate in bringing their children to Posyandu. This is because high knowledge and education can increase mothers' awareness of the importance of health services for their children (Dongoran & Siregar, 2023).

Another study was also conducted by Liani *et al.* (2019), which found that the lack of public knowledge about health services at Posyandu greatly influences the intensity of visits to Posyandu because knowledge is a predisposing factor for a person's behavior (Liani *et al.*, 2023), so that if the community's knowledge of Posyandu is lacking then the person's behavior is also the same as their level of knowledge (Wijayanti, 2024). The results of the study Most respondents had good knowledge (72.4%), good utilization of Posyandu (56.8%) and the chi-square test showed a value of $\rho (0.003) < \rho (0.05)$. There is a relationship between maternal knowledge of Posyandu and the utilization of Posyandu in the work area of the Kayu Kunyit Bengkulu Selatan Health Center.

According to researchers, mothers who have better knowledge about Posyandu services tend to have a better awareness of the importance of these services and are more active in utilizing Posyandu services for their children. Good knowledge of Posyandu services also influences mothers' ability to identify danger signs in children and take

appropriate action to prevent complications. Therefore, knowledge can be an important factor in increasing the participation of mothers of toddlers in Posyandu activities and improving toddler health.

From statistical data processing, the results of the study indicate that there is a relationship between attitudes and the utilization of Posyandu services. This is based on the results of the Odd Ratio, which obtained a value of 8.601 with a p-value of $0.002 < \alpha 0.05$, which means that mothers who have negative attitudes are 5 times more likely to determine the utilization of Posyandu services than mothers who have positive attitudes. The results of this study are in line with research conducted by Mandagi (2018). The results obtained were 65.5% of respondents with good attitudes and utilized Posyandu with a p-value = 0.000. According to the researcher's assumption, mothers who have positive attitudes towards Posyandu services tend to be more active in utilizing these services for their toddlers. This positive attitude can motivate mothers to participate in Posyandu programs regularly, comply with the advice of health workers, and carry out better child health care.

According to the researchers' assumptions, mothers who have a positive attitude toward Posyandu services tend to be more active in utilizing these services for their toddlers. This positive attitude can motivate mothers to regularly attend Posyandu programs, comply with health workers' advice, and provide better child health care. Conversely, mothers who have a negative attitude toward Posyandu services tend to be less active in utilizing these services, which can affect their children's health. Therefore, attitude can be an important factor in increasing the utilization of Posyandu services for toddlers.

The results of the study indicate that there is a relationship between employment and the utilization of Posyandu services. This is based on the results of the Odd Ratio, which obtained a value of 17,824 with a p-value of $0.001 < \alpha 0.05$, which means that mothers who have jobs are 10 times more likely to determine the utilization of Posyandu services than mothers who do not have jobs. The same study was also conducted by Jannah & Afifah (2023), stating that Posyandu is a basic health service that can monitor the growth and development of infants and toddlers so that it can detect health problems early. Maternal participation is the main factor in achieving monitoring of toddler growth and development at Posyandu. This study shows that the variables that influence maternal participation in Posyandu are employment status (p 0.001) (OR 17.179), where

unemployed mothers will be more active in participating in Posyandu than working mothers.

According to researchers, mothers with flexible and self-managed jobs tend to be more active in utilizing Posyandu services for their children. Conversely, mothers with busy and inflexible jobs tend to be less active in utilizing Posyandu services due to limited time and energy. Therefore, employment can be a factor influencing the utilization of Posyandu services for toddlers and should be considered in efforts to improve the utilization of health services for children.

The results of the study also showed that there is a relationship between family support and the utilization of Posyandu services. This is based on the results of the Odd Ratio, which obtained a value of 4.036 with a p-value of $0.032 < \alpha 0.05$, which means that mothers who have less family support are 8 times more likely to determine the utilization of Posyandu services than mothers who have good family support. The results of this study are in line with research conducted by Pratiwi (2023). Posyandu is one of the government's efforts to improve public health standards, which functions as health monitoring, especially for toddlers. One of the factors that influence visits to Posyandu for toddlers is family support. Hypothesis analysis used chi-square p-value = 0.000. According to researchers, mothers who receive strong family support, such as husbands and other family members, tend to be more active in utilizing Posyandu services for their children. Family support can help mothers overcome obstacles and difficulties in utilizing Posyandu services, as well as increase mothers' motivation and confidence in caring for their children's health. Therefore, family support can be an important factor in increasing the utilization of Posyandu for toddlers.

The results of the study also show that there is a relationship between the role of cadres and the utilization of Posyandu services. This is based on the results of the odd ratio, which obtained a value of 11,528 with a p-value of $0.001 < \alpha 0.05$, meaning that cadres who have less of a role are 14 times more likely to determine the utilization of Posyandu services than cadres who have a role. The results of this study are in line with research conducted by Harahap, Batubara & Rosmega (2024). Posyandu is a form of community-based health effort that is a concrete manifestation of community participation in health development.

The results of the study explain the relationship between the role of cadres and toddler visits at Posyandu, finding a p-value of 0.025. Another study was also conducted by Antara (2024) Posyandu health efforts refer to primary health efforts that lead to the

formation of village community health, one of the important principles in Posyandu health efforts is community participation. According to researchers Cadres who have an active role in promoting and supporting the utilization of Posyandu services tend to increase the awareness and participation of mothers in utilizing Posyandu services for their children. The effective role of cadres can help mothers overcome obstacles and difficulties in utilizing Posyandu services and improve the quality of Posyandu services. Therefore, the role of cadres can be a crucial factor in increasing the participation of mothers and toddlers in Posyandu activities and improving children's health.

CONCLUSION

There is a relationship between education, knowledge, attitudes, employment, family support, the role of cadres, and the utilization of Posyandu services. Good education and knowledge can shape positive attitudes toward health services. Supportive employment and family support also play a role in encouraging participation in Posyandu. Furthermore, the active role of cadres in providing information and motivation increases community utilization of Posyandu services.

SUGGESTIONS

It is recommended that Community Health Centers (Puskesmas) provide more health program training for mothers of toddlers, such as infant and toddler care training and supplementary food preparation (PMT), to increase utilization of Posyandu services. Health workers, especially health promotion officers, should continue to educate the community about the use of Posyandu services through outreach, counseling, and community empowerment.

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