



# Implementation Analysis of the Youth Posyandu Program in Pekalongan City

Eltanin Kumala Dewi<sup>1\*</sup>, Sutopo Patria Jati<sup>1</sup>, Antono Suryoputro<sup>1</sup>

<sup>1</sup>Diponegoro University, Indonesia.

Received: February 01 2024

Revised: March 27, 2024

Accepted: May 25, 2024

Published: May 31, 2024

Corresponding Author:

Eltanin Kumala Dewi

[eltaninkumaladewi@gmail.com](mailto:eltaninkumaladewi@gmail.com)

DOI: [10.29303/jppipa.v10i5.7143](https://doi.org/10.29303/jppipa.v10i5.7143)

© 2024 The Authors. This open access article is distributed under a (CC-BY License)



**Abstract:** This research aims to analyze the implementation of the Youth Posyandu/Integrated Health Post program in Pekalongan city. The research design used qualitative with in-depth interview techniques and data triangulation. The informants consisted of relevant officials, *Posyandu* cadres, and stakeholders. The results indicate that strategies for increasing youth participation include intensifying education, involving community leaders, creating a youth-friendly atmosphere, and strengthening the role of cadres. The barriers to participation can be resolved through a creative and collaborative approach. Adolescents' health awareness is increased through understanding their needs. Health information was delivered using an attractive digital platform according to teenagers' interests. Overcoming access barriers required stigma-free educational campaigns, supportive environments, and active youth involvement. The positive role of parents and the social environment creates norms that support adolescent participation. A youth-friendly environment was created through participatory design, adequate facilities, and organizing activities by teenagers. Moreover, evaluation of program effectiveness involved measurable performance indicators, comprehensive data analysis, and ongoing feedback to optimize impact on youth knowledge, behavior, and well-being.

**Keywords:** Adolescent health; Implementation program; Youth posyandu

## Introduction

The success of health development is greatly influenced by the right approach, policies, and strategies (Agosti et al., 2017; Bordage et al., 2016). The resources need to be utilized effectively and efficiently through integrated health development efforts. Related to its situation, adolescents need to receive health monitoring from an early age in order to grow into healthy and productive adults (Budi, 2011; Prabandari et al., 2022; Ripan et al., 2021). Adolescent health problems are complex and require participation from all sectors. Youth *Posyandu*/Integrated Health Post provides facilities to handle adolescent health problems and education to avoid behavior that is bad for health (Fidian et al., 2022; Mawaddah et al., 2021; Shafa et al., 2022). Health development is influenced by the right approach, policies, and strategies so that resources are utilized

effectively and efficiently. Health development efforts are integrated from planning to evaluation. The Indonesian Republic Minister of Health Regulation No. 25 of 2014 states that every child must have the ability to live a clean and healthy lifestyle, healthy living skills, and social skills so that they can learn, grow, and develop harmoniously and optimally to become quality human resources (Kemenkes RI, 2014, 2018c; Nurhidayah et al., 2019; Suparto et al., 2022; Yustanta et al., 2020).

According to WHO, adolescents aged 10-19 years, The Indonesian Republic Minister of Health Regulation No. 25 of 2014, teenagers aged 10-18 years, and BKKBN teenagers aged 10-24 years who are not married. Article 136 of the Health Law states that teenagers need early health monitoring in order to become healthy and productive adults and free from health problems that hinder healthy reproduction (Efendi et al., 2021; Jannah

## How to Cite:

Dewi, E. K., Jati, S. P., & Suryoputro, A. (2024). Implementation Analysis of the Youth Posyandu Program in Pekalongan City. *Jurnal Penelitian Pendidikan IPA*, 10(5), 2446–2453. <https://doi.org/10.29303/jppipa.v10i5.7143>

et al., 2023; Kemenkes RI Dirjen P2P, 2020; Kemenkes RI, 2018a, 2018c; Sintiawati et al., 2021; Wandira et al., 2022). Adolescent health problems are complex so it needs participation from all sectors. Youth *Posyandu* provides facilities for dealing with their health problems comprehensively and providing education so that they can avoid bad behavior for health (BKKBN, 2018; Kamilah et al., 2020; Kemenkes RI Ditjen P2P, 2021).

*Posyandu* is a UKBM or Community-Sourced Health Efforts managed from, by, for and with the community including teenagers to empower and facilitate access to health services to improve the health status and healthy living skills of teenagers. Youth *Posyandu* is expected to facilitate teenagers understanding health problems, finding solutions, forming youth support groups, and expanding the reach of PKPR or Adolescent Care Health Services, especially in areas with limited access (Indonesian Ministry of Health, 2018). Pekalongan city in Central Java is located in the lowlands of the north coast of Java with four sub-districts and twenty-seven villages, an area of 4.525 ha or 0,14% of Central Java.

Pekalongan city has 26.346 teenagers aged 10-14 years. It is the city with the most MSMEs in Central Java, especially the home textile and batik industry, which supports 11.145 people. The growth of the batik industry is supported by the existence of batik sales centers. This is accompanied by the condition of some teenagers who drop out of school due to economic problems and choose to work (Haidar, 2016). Besides, teenagers in Pekalongan City face the problem of early marriage. Central Java DP3AP2KB data shows that cases of early marriage continue to increase, from 2.049 cases (2019) to 13.595 cases (2021). There are 69 young couples applied for underage marriage dispensation. This has the potential to increase the risk of infant/toddler mortality due to teenage pregnancy. Based on Pekalongan city Statistics data, mortality cases of pregnant women increased from 6 cases (2019) to 12 cases (2022). Infant mortality fell from 71 cases (2019) to 52 cases (2020 & 2021), but increased again in 2022. Now, the Pekalongan city Government is expanding prevention efforts through reproductive health education and early health monitoring to address the increasing maternal and infant mortality rates.

Based on data from the Pekalongan city Health Service, there has been a decrease in the prevalence of anemia in adolescent girls from 32.55% (2019) to 17,60% (2022). However, the achievement of pregnant women with chronic energy deficiency at the Tirto Community Health Center in 2022 was 25.66%, exceeding the target of 19.7%. It is suspected that teenage pregnancies that are not physically and psychologically ready are the main cause, resulting in LBW/stunting babies and mothers experiencing CED and anemia. Early pregnancy has the potential to cause complex physical,

psychological, economic and social problems (Jiang et al., 2022; Nuraini et al., 2021). Based on Central Java Health Profile data, there has been an increase in the prevalence of obesity among teenagers in Pekalongan city from 2.7% (2017) to 5.5% (2019). The highest prevalence was in the North Pekalongan Community Health Center area at 13.2% (2019). In fact, obesity in adolescents risks had caused physical and mental health problems not only during adolescence, but continuing into adulthood (Kurniasari et al., 2021).

Based on the health screening data from Pekalongan city, it was found that the prevalence of very thin nutritional status was 0.28%, 3.77% thin, 0.94% obese, and 0,09% stunting among teenagers. Underweight or CED teenagers are at risk of infectious diseases and hormonal disorders. In addition, Statistics Data of Central Java shows an increase in cigarette consumption among teenagers 15-24 years old from 13.23% (2019) to 18.32% (2020). This indicates that there is still cigarette consumption among teenagers in Pekalongan city, which has a negative impact on health. Based on 2014 data, there were 12 positive HIV cases and 24 AIDS cases. In addition, 22% of the 4 million drug abusers in Indonesia are students and teenagers and Pekalongan city is ranked in the top 20 drug cases in Central Java (Rahmawati et al., 2016). On the other hand, Pekalongan City LP-PAR recorded 10 cases of child-based violence and 12 gender-based cases in 2021, with the majority of victims being female teenagers under 18 years old. This data illustrates the vulnerabilities and health risks faced by Pekalongan city teenagers, especially female teenagers.

There are 27 Youth *Posyandu* under 14 Community Health Centers in Pekalongan city. However, the average number of Youth *Posyandu* visits is only 15 teenagers in 2022. The lowest visits are 10 teenagers per *Posyandu* in several areas. This is far below the minimum target of 50 teenagers per *Posyandu*. The low coverage of Youth *Posyandu* visits has become a concern for the Pekalongan city Government to increase awareness and participation of adolescents in maintaining health. Data from the Pekalongan city Health Service for 2022 shows that the number of Youth *Posyandu* cadres in Pekalongan city is 126, of which the remaining number is the Arwana Sehat Youth *Posyandu* located in the working area of the Klego Health Center with only three cadres, so that in the implementation of the Youth *Posyandu* cannot run according to the instructions for its implementation.

The complex health problems among adolescents in Pekalongan city require comprehensive and integrated treatment involving all elements from across programs and across related sectors, so that the Youth *Posyandu* program will be more effective in achieving the goal of improving overall adolescent health. Based on the explanation above, the researchers conducted a research

entitled "Implementation Analysis of the Youth Posyandu Program in Pekalongan City".

## Method

This is qualitative research using observation techniques and in-depth interviews. The time approach used in this research is cross sectional, namely research where measurements process was carried out at the same time for all research variables. The data collection method used primary data obtained from interviews and secondary data derived from documentary information or information that does not come from direct observation (Hardani et al., 2020).

The subjects of this research were taken purposively to obtain information in accordance with the research objectives, namely informants who were directly involved with the Youth *Posyandu* Program. The main informants in this research consisted of the Village Head, Head of the Community Health Center, Triangulation Informants (*Posyandu* Youth program holders, *Posyandu* Cadres, Team for Mobilization and Empowerment and Family Health (TP PKK), Non-Governmental Organizations (NGOs), Health Alert Village Forum (FKSS), Member of Youth Organization/*Karang Taruna* and Community Figures). Data processing and analysis techniques in this research employed analytical methods actors, content, context, and process. The stages carried out were data collection, reduction and categorization, data verification and presentation, as well as drawing conclusions.

## Results and Discussion

The efforts to increase youth participation in *Posyandu* Pekalongan City were carried out through intensifying health education that is interesting and relevant for teenagers, utilizing social media, and digital platforms. Involving community leaders and youth idols is also an effective way in building support. In addition, creating a youth-friendly atmosphere at *Posyandu* with comfortable facilities and fun activities. Strengthening the role of youth cadres through training is also strategic for a more personalized approach in conveying health information to teenagers.

Efforts to increase youth participation in *Posyandu* Pekalongan City were conducted through a holistic and creative approach with a focus on fulfilling the needs and interests of teenagers. *Posyandu* activities are designed to be integrative and cover various aspects of adolescent life. Utilization of digital platforms and social media is an effective tool through interactive sessions and online quizzes. Parental participation was also directed at supporting adolescent involvement, by building awareness and positive norms regarding

adolescent health in social environments, including schools and communities. Continuous program evaluation was carried out by establishing measurable performance indicators. Involving youth in the evaluation process is able to obtain more accurate feedback and provides the insights necessary for continuous improvement. By implementing this strategy, it is expected that adolescent participation in *Posyandu* activities can increase significantly, while also having a positive impact on adolescent health indicators, such as anemia and CED.

### *Factors Influencing Adolescent Participation in Posyandu Activities and How to Increase the Level of Adolescent Participation*

In order to increase adolescent participation in *Posyandu*, strategies that suit their needs are required, such as utilizing high curiosity, awareness of pre-marital health, and the desire to prepare themselves for the role of parents. Strategic steps need to be taken to ensure active involvement of teenagers in *Posyandu* activities. The first step is through increase education and campaigns about the benefits of *Posyandu* for adolescent health. It can involve community leaders, teachers, and *Karang Taruna* leaders to convey information. In addition, understanding the needs and preferences of teenagers to design interesting *Posyandu* activities, such as healthy discussions, healthy living skills workshops, or educational art activities is necessary to increase their interest in participation.

The main key is strengthening the role of Youth *Posyandu* cadres who can communicate well, understand the needs of teenagers, and be positive examples (Depkes RI, 2018; Kemenkes RI, 2018b; Khasanah et al., 2022; Meilinawati S.B. et al., 2022; Nugroho et al., 2021). Support from the community health center and local government in providing facilities and recognizing the contribution of Youth *Posyandu* is also crucial. Involving teenagers in planning and decision making for the Youth *Posyandu* program increases their sense of ownership and responsibility. With a holistic approach, it is expected that adolescent participation in Pekalongan city can increase awareness of the active role of adolescents in developing public health and have a positive impact on their health.

### *Level of Adolescent Awareness about the Importance of Health and Disease Prevention Efforts through Posyandu*

Adolescents' awareness of the importance of health and efforts to prevent disease through *Posyandu* still face several obstacles. They are reluctant to participate because they are considered less interesting and monotonous. This lack of interest may be because teenagers feel that health is not too urgent for them. The efforts to prevent disease were carried out by providing

vitamins for nutrition and blood supplement tablets to prevent anemia, a condition that is still often found in teenagers. Early health education at Youth *Posyandu* is important to increase their understanding of the meaning of maintaining health. This counseling included information about healthy lifestyles, good eating patterns, and the impact of unhealthy habits. Focusing on understanding the risks of disease that can be avoided through lifestyle changes can encourage teenagers to be active in the Youth *Posyandu* program.

In order to overcome obstacles in youth participation, strategies can be focused on making Youth *Posyandu* activities more interesting and relevant. Introducing creative elements, such as art activities, performances or interactive discussions that can increase the appeal of the event. Involving teenagers in planning and implementing activities can provide a sense of ownership, encouraging their involvement, and contribution. The importance of using language and approaches that suit the needs and interests of teenagers not only increases participation, but also forms a positive mindset towards the role of Youth *Posyandu* in maintaining health. Adolescents' awareness of the importance of health and disease prevention efforts through *Posyandu* can be increased through a holistic approach that understands and responds to their needs and preferences.

#### *How to Provide Relevant and Interesting Information and Education to Adolescents on Age-Relevant Health Topics*

Providing information and education that is relevant and interesting to teenagers in a health context requires communication strategies that are appropriate to their age and interests. The first step aimed to identify relevant health topics, such as reproductive health, mental health, nutrition, exercise, and healthy lifestyles. Digital platforms and social media are effective tools, considering their integrality in teenagers' lives. Visual content, such as info graphics, short videos, or animations, can be adapted to make information more digestible and appealing to teens who tend to be responsive to visual forms. In addition, information delivery can be done through interactive sessions, such as webinars, panel discussions, or online classes. Utilizing apps or platforms that allow live participation and questions and answers can increase youth engagement. It is also important to invite resource persons who can speak language that is easily understood by teenagers and have expertise in communicating with that target age. When discussing health topics, it is important to use language that is informative, inclusive, and respectful of local values and culture. An open approach, without pressure or moralizing, can create an environment where teenagers feel comfortable talking and asking questions.

Involving teenagers in educational planning increases their sense of ownership. Building discussion forums at schools or health centers allows them to share experiences and learn together. The provision of relevant information should be related to the daily decisions and future aspirations of adolescents, promoting practical understanding. By providing relevant and interesting health information, it is expected that teenagers can make smart and proactive decisions regarding health and creating a young generation with a high awareness of taking care of themselves. Procurement of Youth *Posyandu* should use sophisticated equipment, such as a Youth *Posyandu* information system designed for archiving health, member, and activity data. This system makes it easier for *Posyandu* officers and members to obtain health information and consult with village midwives. The menu for officers involves health, member, and activity data, while members have access to profiles, health charts, health data, and consultations. For village midwives, the menu involves member health data and consultation menus from members (Zuhri et al., 2022).

#### *Obstacles and Obstacles Faced by Adolescents in Accessing Health Services at Posyandu and How to Overcome Problems*

Adolescents experience obstacles in accessing health services at *Posyandu*, including a lack of interest and awareness of preventive care. Some teenagers feel that visits to *Posyandu* are only needed when experiencing health problems, not as a preventive measure. Stigma and shame around certain health topics, such as reproductive health, can also prevent them from seeking help at *Posyandu*. This discomfort makes them reluctant to access services, even if they are relevant to their needs. Limited knowledge about *Posyandu* services is also an obstacle, as young people may not fully know the types of services available or the processes, causing uncertainty and reducing their access. Overcoming these obstacles involves a holistic approach with intensive educational campaigns in schools and communities. The focus is to increase teenagers' understanding of preventive health care and services at *Posyandu*, with a friendly and non-discriminatory approach. Creating a stigma-free *Posyandu* environment can make teenagers feel safe and motivated to seek services. Building trust between health service providers at *Posyandu* and adolescents is also a key factor.

In addition, involving teenagers in the process of planning and implementing activities at *Posyandu* can give them a sense of ownership and increase involvement. Regular consultation with local youth groups or youth organizations can help tailor health services to their needs and preferences. Collaborative efforts between *Posyandu*, schools, and families can also

play an important role in shaping adolescents' positive attitudes toward health care. Educating parents and families regarding the importance of their support in facilitating adolescents' access to *Posyandu* is also necessary. By understanding and responding to these barriers, *Posyandu* can become a more effective resource in supporting adolescent health, encouraging their participation, and creating a more health-conscious generation in the future.

#### *The Role of Parents and Social Environment in Encouraging Adolescent Participation in Posyandu Activities*

The role of parents and the social environment is very important in encouraging adolescent participation in *Posyandu*. Parents serve as powerful role models, shaping their children's attitudes and behavior. Active support from parents creates an environment that supports adolescent participation in *Posyandu*. Parents can provide accurate information and motivate teenagers to use health services at *Posyandu*. In addition, they can act as mediators between adolescents and health services at *Posyandu*, encouraging open communication to reduce stigma or shame. Positive encouragement and parental understanding about the benefits of *Posyandu* activities also make teenagers feel valued and involved. The social environment, including peers, teachers, and community, plays an important role in encouraging youth participation in *Posyandu*. A positive culture regarding health and participation in social activities can have a strong influence. Peers can shape social norms that support participation in health activities such as *Posyandu*. Moreover, schools can also be a platform to increase youth awareness about *Posyandu* through educational programs that discuss the benefits of preventive health, motivating them to become more actively involved.

The importance of support from the social environment can also be seen in efforts to build joint initiatives, such as organizing joint health events or social campaigns involving teenagers and the surrounding community. Collaboration between *Posyandu*, schools, families and communities can create an environment that supports and encourages youth participation. In order to increase youth participation in *Posyandu* activities, there needs to be a collaborative effort involving parents, the social environment, and various related parties. By involving all stakeholders, *Posyandu* can be more effective in meeting the health needs of adolescents and creating sustainable health awareness in the community.

#### *How to Create a Posyandu Environment that is Youth Friendly and Concern to Their Needs*

Creating a *Posyandu* environment that is youth-friendly and pays attention to their needs requires a

holistic approach and a focus on active youth involvement. First, listen to the voices and opinions of teenagers and involve them in planning and decision making regarding *Posyandu* activities. The formation of youth discussion groups or formal participation mechanisms can give them a role in shaping the *Posyandu* environment. Furthermore, the design of the *Posyandu* environment needs to be in accordance with the preferences and needs of teenagers. A comfortable waiting area with interesting elements such as creative educational posters creates a friendly and attractive atmosphere for them. Clean facilities, respected privacy, and comfort for teens are also important factors. In *Posyandu* health services, staffs need to be trained to communicate effectively with adolescents through a friendly attitude, use of language that is easy to understand, and availability to answer questions. It is also important to provide services that respect adolescents' privacy, especially in the context of reproductive health. Activities at *Posyandu* can be adjusted to make them more attractive to teenagers, such as healthy living skills workshops, interactive discussions, or art activities related to health issues. Involving teenagers as volunteers or giving them an active role in organizing events can build a sense of responsibility and pride in the *Posyandu*.

In the case of health education, information needs to be presented in an attractive format, perhaps by utilizing technology, such as short videos or health education applications that can be accessed via smartphone. This fits teenagers' preferences for digital media and can make information easier to digest. Lastly, the efforts are needed to reduce the stigma associated with visiting *Posyandu*. Education campaigns at schools or in the community can help change negative perceptions or embarrassment associated with visits to *Posyandu*. With an inclusive approach, listening to the voices of teenagers, and adapting the *Posyandu* environment to take their needs into account is expected that *Posyandu* can become a friendly, inviting and effective place to improve the health of teenagers and the community as a whole.

#### *Posyandu Programs and Measure Their Impact on Overall Youth Health and Well-being*

Evaluating the effectiveness of the Youth *Posyandu* program and measuring its impact on the health and welfare of adolescents requires a systematic and comprehensive approach. The first step is to establish clear and measurable performance indicators, including youth participation, health literacy, and expected positive impacts, such as increased knowledge and behavior change. Data collection can involve surveys, interviews, and observations. Surveys can measure knowledge and behavior change, interviews provide in-

depth insight into youth perceptions, and observations help measure practical program participation and implementation. This approach allows for a holistic assessment of program effectiveness.

Additionally, data analysis can assess improvements in adolescents' understanding of health, positive changes in health behaviors, and long-term impacts on specific health indicators, such as reductions in anemia, increases in vaccinations, or changes in reproductive health practices. Evaluation of adolescent well-being involves psychosocial aspects, by including questions or indicators about satisfaction, engagement, and perceived social support. Monitoring ongoing participation and getting regular feedback from youth helps assess program sustainability and make adjustments. Listening to teenagers' first-hand experiences and tracking changes in their behavior and knowledge provides a more complete picture of the positive impact of the *Posyandu* program. Evaluation may also involve comparison with a control group to identify the true impact of the program. With a comprehensive approach, evaluation of the Youth *Posyandu* program can provide in-depth understanding, improve, and ensure significant benefits for the overall health and well-being of youth.

## Conclusion

This research shows the importance of educational intensification strategies, involving community leaders, and creating a youth-friendly atmosphere to increase youth participation in *Posyandu* at Pekalongan city. Strengthening the role of Youth *Posyandu* cadres and involving them in planning also plays an important role. Barriers to participation can be overcome with creative strategies and actively involving young people in planning. Adolescents' awareness of health can be increased with a holistic approach that understands their needs. Providing interesting health information requires communication strategies tailored to teenagers' interests and using digital platforms. Overcoming barriers to youth access also requires friendly educational campaigns, a stigma-free environment, and active involvement of youth. Involving the entire community, including families and schools, can increase awareness and participation of adolescents in preventive health care at *Posyandu*. The positive role of parents and the social environment, including peers and the community, has a great influence in encouraging adolescent participation in *Posyandu*. Holistic support from the family and social environment creates positive norms regarding health, motivates adolescents, and increases the effectiveness of *Posyandu*. Creating a youth-friendly *Posyandu* environment requires active youth participation in planning, designing and

organizing activities. By involving teenagers directly, providing comfortable facilities, and adopting appropriate communicative and educational approaches. *Posyandu* can become an inspiring and effective place to improve adolescent health. Evaluation of the Youth *Posyandu* program needs to measure performance indicators, diverse data collection, and comprehensive analysis for its impact on youth knowledge, health behavior, and well-being. Engaging youth participation, monitoring long-term changes, and integrating continuous feedback will provide deep insights for continuous improvement in youth health outcomes. Increasing youth participation in *Posyandu* can be done with interesting educational campaigns, involving community leaders, and creating a friendly *Posyandu* atmosphere. In order to overcome barriers to participation, creative and innovative events are needed, and involve teenagers in planning activities. Moreover, communication strategies adapted to social media can provide health information that is of interest to adolescents. Youth-friendly campaigns, a stigma-free *Posyandu* environment, and community support are needed to resolve the barriers. It is expected that *Posyandu* can be more effective in providing preventive health services to teenagers. In an effort to increase the role of parents, the social environment and peers in Youth *Posyandu*, health information sessions were held for parents and community and school programs to promote positive norms around health. Besides, to create a youth-friendly *Posyandu* environment, Youth *Posyandu* participants can involve teenagers directly in environmental planning and design, provide comfortable facilities, and use communicative and educational approaches according to their interests. In evaluating program effectiveness, participants can establish performance indicators, engage youth participation, and thoroughly analyze data to measure the program's impact on youth knowledge, health behaviors, and well-being, in order to make continuous improvements and improve overall youth health outcomes.

## Acknowledgments

The authors would like to thank to University for give occasion for this research.

## Author Contributions

Investigation, E.KD, S.P.J and A.S; formal analysis, E.KD, S.P.J and A.S; E.KD, S.P.J and A.S; resources, E.KD, S.P.J and A.S; data curation E.KD, S.P.J and A.S; writing—original draft preparation, E.KD, S.P.J and A.S; writing—review and editing, E.KD, S.P.J and A.S; visualization, E.KD, S.P.J and A.S; supervision, E.KD, S.P.J and A.S; project administration, E.KD, S.P.J and A.S; funding acquisition, E.KD, S.P.J and A.S. All authors have read and agreed to the published version of the manuscript.

## Funding

This research is fully supported by the author's funds without any external funding sources.

## Conflicts of Interest

We certify that there is no conflict of interest with any financial, personal and other relationships with other peoples or organization related to the material discussed in the manuscript.

## References

- Agosti, M., Tandoi, F., Morlacchi, L., & Bossi, A. (2017). Nutritional and metabolic programming during the first thousand days of life. *La Pediatria Medica E Chirurgica*, 39(2). <https://doi.org/10.4081/pmc.2017.157>
- BKKBN. (2018). *Survei Demografi Kesehatan Indonesia*. Badan Kependudukan Dan Keluarga Berencana Nasional. Retrieved from <https://www.bps.go.id/id/statistics-table/1/MjExMSMx/laporan-survei-demografi-dan-kesehatan-indonesia.html>
- Bordage, G., Lineberry, M., & Yudkowsky, R. (2016). Conceptual Frameworks to Guide Research and Development (R&D) in Health Professions Education. *Academic Medicine*, 91(12), e2–e2. <https://doi.org/10.1097/ACM.0000000000001409>
- Budi, I. S. (2011). Manajemen Partisipatif; Sebuah Pendekatan dalam Meningkatkan Peran Serta Kader Posyandu dalam Pembangunan Kesehatan di Desa. *Jurnal Ilmu Kesehatan Masyarakat*, 2(November), 153–160. Retrieved from <https://ejournal.fkm.unsri.ac.id/index.php/jikm/article/view/75>
- Depkes RI. (2018). Kementerian Kesehatan Republik Indonesia. In *Kementerian Kesehatan RI*.
- Efendi, D., & Ismaniar, I. (2021). Correlation Between Interest With Participation of Toddlers Mothers in the Activities of the Posyandu. *SPEKTRUM: Jurnal Pendidikan Luar Sekolah (PLS)*, 9(3). <https://doi.org/10.24036/spektrumpls.v9i3.113796>
- Fidian, A., Oftiyani, A., Rahayu, A. S., Fatmawati, N., & Rahmatin, Y. (2022). Education to increase the role of posyandu cadres in efforts to reduce stunting in Krajan Hamlet, Magelang. *Community Empowerment*, 7(5). <https://doi.org/10.31603/ce.6649>
- Jannah, A. P. R., & Afifah, C. A. N. (2023). The Effect Of Employment Status, Parity and Maternal Knowledge on the Participation of Mothers of Toddlers in the Posyandu Program. *Jurnal Gizi Dan Kesehatan*, 15(1). <https://doi.org/10.35473/jgk.v15i1.379>
- Jiang, Q., Zhang, C., Duan, X., & Pei, S. (2022). A Social Intervention Approach to Rehabilitate the Health Psychology of Left-behind Children with Psychological Problems in Healthcare Settings. *International Journal of Mental Health Promotion*, 24(3). <https://doi.org/10.32604/ijmhp.2022.017787>
- Kamilah, F., & Ratnasari, A. (2020). Analisa dan Perancangan Sistem Informasi Posyandu Berbasis Web (Studi Kasus: Posyandu Mandala 2). *Jurnal Sistem Informasi Dan E-Business*, 2(4), 479–495. Retrieved from <https://jurnal.ikhafi.or.id/index.php/jusibi/article/download/236/131>
- Kemendes RI. (2014). Pedoman Gizi Olahraga Prestasi. In *Peraturan Menteri Kesehatan Nomor 75 Tahun 2014 Tentang Puskesmas*. Jakarta: Kementerian Kesehatan RI.
- Kemendes RI. (2018a). *Hasil utama RISKESDAS 2018*. Jakarta: Kementerian Kesehatan RI.
- Kemendes RI. (2018b). *Laporan Nasional RISKESDAS 2018*. Jakarta: Kementerian Kesehatan RI.
- Kemendes RI. (2018c). *Profil Kesehatan Indonesia 2017*. Jakarta: Kementerian Kesehatan RI.
- Kemendes RI Dirjen P2P. (2020). *Kementerian Kesehatan Republik Indonesia*. Jakarta: Kementerian Kesehatan RI.
- Kemendes RI Ditjen P2P. (2021). *Profil Kesehatan Indonesia*. Jakarta: Kementerian Kesehatan RI.
- Khasanah, F., Pujiati, E., & Bariyah, K. (2022). Strengthening the role of posyandu cadres through green life programs in sustainable development. *Community Empowerment*, 7(4). <https://doi.org/10.31603/ce.6267>
- Mawaddah, N., Prastya, A., Arianti, F. W., Rahmah, S., & Mujiadi. (2021). Tatanan Hidup Baru Pelayanan Kesehatan Posyandu Lansia pada Era Pandemi COVID-19 di Desa Sumbertebu Kecamatan Bangsal Kabupaten Mojokerto. *Jurnal Abdimakes*, 1(1), 6–13. Retrieved from <http://ejournal.stikesmajapahit.ac.id/index.php/AMK/article/view/678>
- Meilinawati S.B., E., Khusniyati, E., & Purwati, H. (2022). The Effect of Lactation Management Training on Cadre Attitudes During Assistance for Breastfeeding Mothers. *Jombang Nursing and Midwifery Journal*, 1(1). <https://doi.org/10.57101/jnmj.v1i1.3>
- Nugroho, M. R., Sasongko, R. N., & Kristiawan, M. (2021). Faktor-faktor yang Mempengaruhi Kejadian Stunting pada Anak Usia Dini di Indonesia. *Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini*, 5(2), 21–30. <https://doi.org/10.31004/obsesi.v5i2.1169>
- Nuraini, A., Sari, P., Astuti, S., Gumilang, L., & Didah, D. (2021). Effect of Health Education Video on

- Knowledge about among Women in Childbearing Age. *Althea Medical Journal*, 8(1), 96–102. <https://doi.org/10.15850/amj.v8n1.2150>
- Nurhidayah, I., Hidayati, N. O., & Nuraeni, A. (2019). Revitalisasi Posyandu melalui Pemberdayaan Kader Kesehatan. *Media Karya Kesehatan*, 2(2). <https://doi.org/10.24198/mkk.v2i2.22703>
- Prabandari, F., Sumarni, S., Suryati, S., Putri, N. A., Erika, E., & Septianingsih, S. (2022). Efforts to Improve Integrated Services Post (POSYANDU) Cadre Skills in Stunting Detection Through Cadre Training. *ABDIMAS: Jurnal Pengabdian Masyarakat*, 4(2). <https://doi.org/10.35568/abdimas.v4i2.1545>
- Rahmawati, I., Purnowo, I., & Latif, N. V. (2016). Strategi Penguatan 8 Fungsi Keluarga Dalam Pencegahan Triad KRR (Seksualitas, Napza, HIV & AIDS) di Kota Pekalongan. *Jurnal Pena Media*, 6(1), 46–57. <https://doi.org/10.31941/pmjk.v6i1.377>
- Ripan, R. A. T., Dunggio, T., & Hadi, N. S. (2021). The Role Of Posyandu Cadres In Efforts To Improve the Nutritional Status of Toddlers In Suka Makmur Village, Patilanggio District. *Journal of Health, Technology and Science (JHTS)*, 2(1), 37–43. <https://doi.org/10.47918/jhts.v2i1.151>
- Shafa, F., Rahmawati, A., El, D., Malik, H., & Madanih, R. (2022). Penyuluhan Teknik Pemberian Makanan Pendamping Air Susu Ibu (MPASI) Untuk Mencegah Stunting Di Posyandu Seroja 2 Kaliabang Tengah, Bekasi Utara. *Jurnal UMJ*, 1(1), 1–6. Retrieved from <http://jurnal.umj.ac.id/index.php/semnaskat>
- Sintiawati, N., Suherman, M., & Saridah, I. (2021). Partisipasi Masyarakat Dalam Mengikuti Kegiatan Posyandu. *Lifelong Education Journal*, 1(1). <https://doi.org/10.59935/lej.v1i1.2>
- Suparto, T. A., Nur Azizah, N., Andriyani, S., Puspita, A. P. W., & Hermayanti, Y. (2022). The Problems Affecting the Implementation of Posyandu Program: A Literature Review. *JIKO (Jurnal Ilmiah Keperawatan Orthopedi)*, 6(1). <https://doi.org/10.46749/jiko.v6i1.74>
- Wandira, B. A., Hermiyanti, H., Suwendro, N. I., & Suarayasa, K. (2022). Impact of the COVID-19 Pandemic on Integrated Health Service for Child (Posyandu) Management in Palu City. *Open Access Macedonian Journal of Medical Sciences*, 10. <https://doi.org/10.3889/oamjms.2022.8149>
- Yustanta, B. F., Dwi Setyorini, H., Hanifah, S. N., Fatikasari, C., & Haryani, R. (2020). Optimalisasi kunjungan posyandu balita melalui program inovasi “corong posyandu.” *Journal of Community Engagement and Employment*, 2(1), 9–14. Retrieved from <http://ojs.iik.ac.id/index.php/JCEE>