

The Relationship Between Maternal Knowledge of Posyandu and Toddler Attendance at Posyandu in Melungun Ratu Village, North Lampung Regency, 2025

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Integrated Health Service Posts (Posyandu) represent a strategic effort to improve maternal and child health status through promotive and preventive activities at the community level. However, low attendance rates among toddlers at Posyandu remain a significant issue. According to the 2024 Batu Nangkop Health Center report, of the 1,101 target toddlers in Melungun Ratu Village, only 548 (49.7%) participated in weight monitoring a figure far below the established target of 85%. This condition reflects low maternal participation in Posyandu activities, which potentially hinders early detection of nutritional disorders and childhood developmental delays. This study aims to analyze the relationship between mothers' knowledge levels regarding Posyandu and the frequency of toddler visits. A quantitative research design with a cross-sectional approach was employed. The study was conducted in July 2025 at the Melungun Ratu Village Posyandu with a sample of 65 respondents selected via total sampling. The research instrument consisted of a questionnaire, and data analysis was performed using the chi-square test. The results indicated that the majority of toddlers visited Posyandu irregularly (60%), and most mothers possessed a low level of knowledge (52.3%). Chi-square analysis yielded a p-value of 0.000 ($p < 0.05$), indicating a significant relationship between maternal knowledge and toddler attendance at Posyandu. The Odds Ratio (OR) of 29.7 indicates that mothers with good knowledge are 29 times more likely to bring their toddlers to Posyandu regularly compared to those with poor knowledge. It is recommended that healthcare workers and Posyandu volunteers enhance counseling and health education efforts to foster maternal awareness regarding the importance of Posyandu in monitoring toddler growth and development.

Keywords: Maternal Knowledge, Toddler Health Visits, Integrated Health Service Post.

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1. Introduction

The Integrated Healthcare Center (Posyandu) is a form of community health service that was originally categorized as a Community-Based Health Initiative (UKBM). It has since become an integral part of Village Community Institutions (LKD) in accordance with Ministry of Home Affairs Regulation Number 18 of 2018. Posyandu serves as a key agent in village development, specifically focusing on healthcare, community empowerment, and social guidance (Kementerian Kesehatan RI, 2023).

Nationally, the coverage of toddler visits to Integrated Healthcare Centers (Posyandu) in 2023 reached only 73.2%, falling short of the 100% national target (Ministry of Health of the Republic of Indonesia, 2024). This low attendance rate hinders the early detection of developmental disorders and stunting prevention. This is particularly concerning as Posyandu plays a critical role in monitoring toddler growth and

development, administering immunizations, providing Vitamin A supplementation, offering nutritional counseling, and delivering parenting education (Kementerian Kesehatan RI, 2023).

Based on the 2018 Basic Health Research (Riskesdas), the coverage of toddler growth monitoring in Lampung Province remains low; only 50.26% of toddlers were weighed, and 73.93% had their length or height measured at least twice in the past 12 months. In North Lampung Regency, the achievement for toddler weighing was only 50.34%, while length and height measurements reached 69.64% (Riskesdas, 2019). These conditions indicate a low rate of early detection for nutritional issues and developmental disorders among toddlers.

Data from the Batu Nangkop Public Health Center (Puskesmas) indicates that the coverage of toddler visits to Posyandu in Melungun Ratu Village has also failed to meet the established targets. In 2023, only 55.1% of toddlers were weighed against a 75% target. Furthermore, this figure decreased to 49.7% in 2024, despite an increased target of 85% (Profil Puskesmas Batu Nangkop, 2024). This decline indicates a low rate of sustained Posyandu utilization. Toddlers who do not visit Posyandu regularly are at risk of missing out on growth monitoring, Vitamin A supplementation, health education, and supplementary feeding (PMT). Irregular weighing can trigger serious nutritional problems, which may negatively impact health and ultimately increase the risk of toddler mortality (Umami. S. F., dkk., 2019).

The low attendance of toddlers at Posyandu is influenced by various factors, primarily predisposing factors such as maternal knowledge. Adequate knowledge encourages mothers to participate in utilizing Posyandu services and is shaped by education, attitude, age, and occupation. Furthermore, environmental support including the roles of community health volunteers (cadres), healthcare providers, health facilities, and community leaders also significantly influences Posyandu attendance behavior (Notoatmodjo, 2023).

Mothers play a central role in maintaining toddler health, as children in this age group remain highly dependent on their caregivers. Research by Nurhayani et al. (2023) demonstrates a significant correlation between maternal knowledge and the frequency of toddler visits to Posyandu. This knowledge is acquired through personal experience, information provided by healthcare professionals, and various other information media (Nurhayani et al., 2023). The quality of Posyandu services is evaluated based on several indicators: a minimum attendance frequency of eight visits per year, weight measurements and length/height measurements conducted at least twice annually, the recording of data in the Health Metrics Card (KMS), immunization coverage, Vitamin A supplementation, and nutritional counseling. Furthermore, the quality of service is influenced by infrastructure and facilities, the performance of community health volunteers (cadres) and healthcare providers, and support from the village government (Kementerian Kesehatan RI, 2023).

In the era of Primary Health Care Integration (ILP), Posyandu services are digitally integrated through the SATUSEHAT mobile platform and the Sehat IndonesiaKu Application (ASIK). However, implementation still faces obstacles such as limited internet access, human resources, and budget constraints, particularly in remote areas (Ministry of Health of the Republic of Indonesia, 2023). In Melungun Ratu Village, limited distance and infrastructure make Posyandu the primary healthcare service most accessible to the community.

Despite extensive literature examining maternal knowledge as a determinant of Posyandu utilization in Indonesia, significant evidence gaps limit the generalizability and practical applicability of existing findings to specific regional and village contexts. Previous studies conducted in Aceh Province and other endemic areas have established statistically significant relationships between maternal knowledge and Posyandu attendance patterns; however (Paradhiba et al., 2025), these studies predominantly focus on district-level analyses with limited

examination of village-specific dynamics, particularly in the Lampung region, which demonstrates persistently high maternal mortality rates exceeding 117 per 100,000 live births (Nazri et al., 2015). Furthermore, existing research predominantly measures maternal knowledge dimensions awareness of Posyandu benefits, understanding of child growth monitoring protocols, and recognition of preventive health services without providing nuanced analysis of the mechanistic pathways through which knowledge translates into sustained and regular attendance behaviors, as opposed to episodic or event-driven participation that commonly occurs during mass-weighing campaigns and micronutrient supplementation programs (Goyal et al., 2014). Additionally, the knowledge-practice gap identified in prior investigations reveals that while approximately 98% of mothers possess fundamental understanding of Posyandu services, national coverage rates remain substantially lower at 73.2%, suggesting that maternal knowledge alone is insufficient to explain attendance patterns without examining contextual factors specific to resource-limited rural settings (Ulfa & Monica, 2021). North Lampung Regency, where budget allocation for maternal healthcare services remains limited at approximately 17% of total health expenditure, represents an underrepresented geographic context in posyandu attendance literature, with no identified studies examining the knowledge-attendance relationship at the individual village level with consideration of local health system capacity constraints and community health worker knowledge dissemination efficiency (Basrowi et al., 2024). These gaps underscore the necessity for a village-specific investigation that clarifies how maternal knowledge of Posyandu's specific functions and benefits correlates with consistent attendance patterns in a peripheral rural setting characterized by resource constraints and variable health system accessibility.

A pre-survey conducted at the Melungun Ratu Village Posyandu showed that the average monthly toddler attendance was only approximately 40%, significantly below the 85% target. Interviews with ten mothers revealed that 40% were unaware of the benefits of Posyandu, 40% did not attend regularly due to work commitments, and only 20% visited consistently to monitor their child's development. Attendance peaks only during mass-weighing months and Vitamin A distribution, while it tends to decline during other months, necessitating 'sweeping' (home visit) activities by Posyandu staff.

Based on these conditions, the author is interested in conducting a study titled 'The Relationship Between Maternal Knowledge Regarding Posyandu and Toddler Attendance at Posyandu in Melungun Ratu Village, North Lampung Regency, 2025.' This research is expected to illustrate the importance of maternal knowledge in increasing attendance and serve as a foundation for efforts to improve education and motivation for mothers to utilize Posyandu services optimally in support of toddler growth and development.

2. Methods

This study is a quantitative research project employing a descriptive-analytic design with a cross-sectional approach. The study will be conducted in July 2025 at the Melungun Ratu Village Posyandu, North Lampung Regency. The research population includes all 65 mothers with toddlers aged 24–59 months. The entire population was selected as the sample using a total sampling technique, resulting in a sample size of 65 respondents. The research instruments consist of a questionnaire to measure the mothers' level of knowledge and a checklist to assess the regularity of toddler visits to the Posyandu. Data analysis will be performed using the Chi-Square test to determine the relationship between maternal knowledge levels and the regularity of toddler attendance.

3. Result And Discussion

Result

Univariate Analysis

Table 1. Frequency Distribution of Maternal Knowledge Regarding Posyandu in Melungun Ratu Village, North Lampung Regency

Maternal Knowledge	Frequency (<i>n</i>)	Percentage (%)
Good	34	52.3
Poor	31	47.7
Total	65	100

Based on the data in Table 1, it is evident that the majority of mothers possess a poor level of knowledge regarding Posyandu, accounting for 34 respondents (52.3%).

Table 2. Frequency Distribution of Toddler Attendance at Posyandu in Melungun Ratu Village, North Lampung Regency

Toddler Attendance	Frequency (<i>n</i>)	Percentage (%)
Irregular	39	60
Regular	26	40
Total	65	100

The data in Table 2 indicates that out of 65 respondents, the majority of mothers specifically 39 individuals (60%) exhibit irregular attendance at the Posyandu.

Bivariate Analysis

Table 3. The Relationship Between Maternal Knowledge Regarding Posyandu and Toddler Attendance at Posyandu in Melungun Ratu Village, North Lampung Regency

Maternal Knowledge	Posyandu Attendance				Total		<i>P-value</i>	OR (95%)
	Irregular		Regular		N	%		
	N	%	N	%				
Good	31	91.2	3	8.8	34	100	0.000 (3.533 -124.433)	
Poor	8	25.8	23	74.2	31	100		
Total	39	60	26	40	65	100		

Based on Table 3, the majority of mothers with poor knowledge did not attend Posyandu regularly, accounting for 31 individuals (91.2%). Conversely, most mothers with good knowledge attended regularly, totaling 23 individuals (74.2%). The Chi-Square test results indicate a significant relationship between maternal knowledge regarding Posyandu and toddler attendance (p -value = 0.000). The Odds Ratio (OR) was 29.708 (95% CI: 3.533–124.433), indicating that mothers with good knowledge are approximately 29 times more likely to bring their toddlers for regular visits compared to those with poor knowledge.

Discussion

Frequency Distribution of Maternal Knowledge Regarding Posyandu in Melungun Ratu Village, North Lampung Regency

Based on the analysis results, the majority of mothers in Melungun Ratu Village, North Lampung Regency, possess a poor level of knowledge regarding Posyandu, totaling 34 individuals (52.3%), while 31 individuals (47.7%) have a good level of knowledge. This indicates that many mothers do not yet optimally understand the functions, benefits, and activities of Posyandu, such as the importance of monitoring child growth and development, immunization, vitamin supplementation, and health education.

Knowledge is the result of human understanding regarding truth, acquired after an individual perceives an object through the five senses; this sensory process is further influenced by the individual's perception of that object. Knowledge, or the cognitive domain, is a crucial determinant in the formation of an individual's actions (overt behavior) (Wawan. A, 2019).

The level of maternal knowledge influences behavior and participation in Posyandu activities. Mothers with a good understanding of the benefits of Posyandu tend to have higher health awareness and more frequent attendance. Conversely, low levels of knowledge are associated with the suboptimal utilization of Posyandu services (Liani *et al.*, 2023). This disparity in knowledge is influenced by maternal access to health information and the mother's interest in receiving it. Therefore, increasing knowledge and enhancing the utilization of Posyandu requires collaborative efforts from various stakeholders, including family members, community leaders, and healthcare professionals (Yusdiana et al., 2023).

In addition, maternal education levels influence the ability to comprehend health information, parenting practices, nutritional fulfillment, and awareness regarding the importance of monitoring toddler growth and development. Mothers with higher education are generally better equipped to filter information and make appropriate health decisions, whereas lower educational attainment may limit the understanding of the benefits of routine Posyandu visits (Komalasari dkk, 2020).

This is consistent with the research conducted by Yunola & Anggarini (2024) in which, out of 51 respondents, 28 mothers (54.9%) possessed a good level of knowledge, while 23 mothers (45.1%) had a poor level of knowledge (Yunola & Anggarini, 2024).

Based on the research data, the distribution of maternal knowledge indicates that the highest proportion falls into the 'poor knowledge' category. Despite the fact that most mothers had a high school education, this does not guarantee high levels of knowledge specifically regarding Posyandu. This condition suggests that mothers with secondary education still require comprehensive information about the functions and benefits of Posyandu. For mothers categorized with poor knowledge in Melungun Ratu Village, North Lampung Regency, enhancing understanding can be achieved through various information sources, particularly from healthcare providers. Therefore, healthcare professionals need to be more proactive in providing education on the importance of Posyandu visits for toddlers aged 24–59 months, utilizing easily accessible media such as leaflets, posters, and direct counseling. These educational efforts should be conducted continuously every month at the Posyandu, specifically targeting mothers with poor knowledge, to improve attendance behavior and deepen their understanding of the importance of Posyandu for toddlers.

The role of healthcare providers is essential in transforming poor maternal knowledge into good knowledge. This improvement is reflected in increased Posyandu attendance, which serves as a measurable indicator of program success. While adequate knowledge motivates mothers to attend Posyandu consistently, a lack of knowledge often results in a reluctance to utilize these services. Furthermore, cultural factors within the community significantly influence maternal knowledge and participation. One prevalent misconception is the belief that if a toddler appears healthy, early detection and Posyandu attendance are unnecessary.

Frequency Distribution of Toddler Attendance at Posyandu in Melungun Ratu Village, North Lampung Regency

Based on the analysis results, the majority of toddlers in Melungun Ratu Village, North Lampung Regency, exhibit irregular attendance at the Posyandu, totaling 39 children (60%), while 26 children (40%) attend regularly. These findings indicate that the level of toddler attendance at the Posyandu in this region is still considered low.

In line with the Ministry of Health (2023), the Integrated Healthcare Center (POSYANDU) is a Community-Based Health Effort (UKBM) serving as a vehicle for community empowerment. It is established based on community needs and is managed by, from, for, and together with the community, under the guidance of Community Health Center (Puskesmas) staff, cross-sectoral partners, and other relevant institutions. According to the Ministry of Home Affairs Regulation Number 18 of 2018, Posyandu has become an integral part of Village Institutional Systems as a type of Village Community Institution (LKD). The Village Community Institution (LKD) serves as a forum for village community participation and aspirations, acting as a partner to the Village Government. Its duties include empowering the village community, participating in the planning and implementation of development, and improving public services (Kementerian Kesehatan RI, 2023).

The primary activities of Posyandu encompass maternal and child health (MCH) services, immunization, nutritional status monitoring, family planning (KB), as well as education and counseling (Kemenkes RI, 2024). Meanwhile, according to Umami. S. F., dkk., (2019) monthly activities at the Posyandu are routine initiatives aimed at, among other things, monitoring toddler weight gain using the Growth Chart (locally known as Kartu Menuju Sehat or KMS), providing nutritional counseling, and delivering basic nutritional and health services. Posyandu sessions are conducted at least once a month; however, if necessary, the operational days may be increased to more than once a month. The specific day and date are determined based on a mutual agreement with the local community (Kementerian Kesehatan RI, 2023).

Ideally, toddler attendance at Posyandu should be regular, occurring every month or 12 times per year. For the purpose of this study, attendance is defined with a threshold of 8 visits per year; thus, it is categorized as 'compliant' if the toddler attends more than 8 sessions per year and 'non-compliant' if the attendance is less than 8 sessions per year (Atik, 2020).

This is consistent with research by Nurhayani (2023), which states that toddler visits to Posyandu are a critical factor in the process of monitoring child growth and development. One of the primary obstacles regarding maternal attendance is the level of family understanding concerning the benefits of Posyandu. This understanding directly influences a mother's activeness in attending and participating in every Posyandu activity. Mothers should recognize that Posyandu is the primary facility for improving and conducting early health monitoring for their toddlers. A mother's willingness to bring her toddler to Posyandu is closely related to her level of knowledge (Nurhayani, 2023).

This is consistent with the research conducted by Yunola & Anggarini (2024) which found that among 51 respondents, the frequency of regular Posyandu attendance was 38 individuals (74.5%), while 13 individuals (25.5%) attended irregularly (Yunola & Anggarini, 2024).

Based on the research findings, among the 65 respondents, regular Posyandu attendance was dominated by housewives, with 24 out of 37 non-working mothers recorded as attending regularly. Conversely, working mothers were more prevalent in the irregular attendance category, totaling 26 individuals. This indicates that maternal employment status contributes significantly to Posyandu attendance behavior. Working mothers tend to face time constraints due to divided responsibilities between work and family, which may limit their opportunity to attend these vital sessions for infants and toddlers. Beyond monitoring growth and development, participating in Posyandu activities enhances maternal health knowledge and enables the early detection of diseases or abnormalities, as healthcare professionals collaborate with Posyandu volunteers (cadres) during these sessions. Ultimately, the successful implementation of Posyandu programs relies heavily on the active participation of mothers in bringing their toddlers to the facility (Nurhayani, 2023).

The gap between the actual community participation rate in Posyandu attendance and the established targets may be attributed to several factors, one of which is maternal knowledge regarding toddler Posyandu. Knowledge serves as a critical domain in the formation of an individual's actions. Consequently, a high level of knowledge is expected to positively influence maternal participation in bringing children to the Posyandu (Daryanti, 2023).

Knowledge is the result of sensory perception through the five senses primarily hearing and sight which is significantly influenced by an individual's focus and prior experiences (Salsabilla et al., 2024). A lack of maternal knowledge, including understanding regarding Posyandu schedules and benefits, can lead to a decline in toddler attendance. This occurs because knowledge plays a pivotal role in shaping attitudes and behaviors, whereby a high level of knowledge tends to encourage positive behaviors in utilizing healthcare services (Nurhayani, 2023).

This is consistent with the research conducted by Liani et al. (2023) which found a significant relationship between maternal knowledge regarding Posyandu and the utilization of Posyandu services in the Kayu Kunyit Community Health Center (Puskesmas) work area, South Bengkulu Regency, with a p-value of 0.003 (Liani et al., 2023). This is further reinforced by research conducted by Atik (2020) which found that there is a significant relationship between the level of maternal knowledge and toddler attendance behavior at Posyandu, with a p-value of 0.000 ($p < 0.05$) (Atik, 2020).

Based on the research results, there is a significant relationship between maternal knowledge and low toddler attendance at Posyandu in Melungun Ratu Village, North Lampung Regency, in 2025. While good knowledge can increase parental awareness to bring toddlers to Posyandu, some mothers with high knowledge still attend irregularly due to work constraints. Conversely, some mothers with poor knowledge continue to visit the facility due to support from cadres, healthcare providers, and family, as well as the proximity of their residence to the Posyandu location.

The findings reveal that among 34 respondents with poor knowledge, 31 individuals (91.2%) did not attend regularly. This is primarily because mothers with limited knowledge tend to lack an understanding of the objectives and benefits of growth and development monitoring, have low trust in healthcare providers, and experience ineffective communication with cadres. These factors lead mothers to perceive Posyandu as unimportant, resulting in inconsistent attendance. However, a small portion of mothers with poor knowledge (3 respondents or 8.8%) still attended regularly, likely influenced by family and environmental support, as well as active motivation from health workers and community leaders.

Among respondents with good knowledge, 8 individuals (25.8%) still failed to utilize Posyandu services, leading to overall lower participation. Therefore, healthcare providers must implement strategies to reduce these barriers, such as adjusting Posyandu schedules to be more flexible, for instance, by holding sessions on weekends or in the late afternoon. Furthermore, increasing health education regarding the importance of routine visits, particularly for working mothers, can foster more optimal participation. Consequently, the frequency distribution of attendance shows a clear trend where non-working mothers are better able to attend regularly compared to working mothers.

Additional efforts could include encouraging other family members to bring toddlers to Posyandu when the mother is unavailable. Healthcare providers should also develop innovations such as mobile Posyandu (*Posyandu Keliling*) and utilize digital media including WhatsApp groups or social media as tools for education and growth monitoring. These initiatives are expected to increase Posyandu attendance despite the time constraints faced by working mothers.

The Relationship Between Maternal Knowledge Regarding Posyandu and Toddler Attendance at Posyandu

These research findings demonstrate that among 31 respondents with good knowledge, 23 (74.2%) conducted regular visits to the Posyandu and 8 (25.8%) did not conduct regular visits to the Posyandu. In contrast, among 34 respondents with poor knowledge, only 3 (8.8%) conducted regular visits to the Posyandu and 31 (91.2%) did not conduct regular visits to the Posyandu.

Based on chi-square test analysis, the statistical test yielded a p -value = 0.000 (p -value < α = 0.05), indicating a significant relationship between mothers' knowledge about Posyandu and toddler visits to the Posyandu in Melungun Ratu Village, North Lampung Regency, 2025. The Odds Ratio (OR) was 29.708 with a 95% Confidence Interval (CI) = 3.533–124.433, demonstrating that mothers with good knowledge about Posyandu are approximately 29 times more likely to bring their toddlers for regular Posyandu visits compared to mothers with poor knowledge.

Regular health facility checkups and participation in the Posyandu for toddlers may be limited by time constraints or other activities that conflict with the Posyandu schedule. This situation indicates that good knowledge does not always guarantee optimal visitation behavior; therefore, an active role by community health workers in communicating schedule information and strengthening mothers' motivation is necessary. Overall, these findings reinforce that maternal knowledge plays a role in shaping visitation behavior to the Posyandu, although it remains influenced by other external factors (Purwoastuti. E., 2021).

The researchers assert that maternal knowledge constitutes a critical factor in promoting Posyandu utilization and health service uptake among toddlers. Enhanced maternal knowledge correlates with increased capacity to apply health information that supports optimal child growth and development. Consequently, systematic health education initiatives conducted by community health workers and midwives utilizing diverse educational media channels are essential to enhance maternal participation in Posyandu services.

4. Conclusion

This study demonstrates that a substantial proportion of toddlers in Melungun Ratu Village, North Lampung Regency, fail to maintain regular Posyandu attendance, a phenomenon attributable to limited maternal knowledge regarding the benefits and clinical significance of child growth and development monitoring. Chi-square analysis revealed a statistically significant association between maternal knowledge and Posyandu attendance frequency (p -value = 0.000; OR = 29.708), demonstrating that mothers with adequate knowledge were approximately 29 times more likely to ensure regular Posyandu visits for their children. These findings underscore maternal knowledge as a critical determinant of Posyandu program effectiveness. Implementing comprehensive health education initiatives targeting mothers through multiple media platforms, combined with enhanced community health worker engagement and expanded healthcare professional involvement, represents a priority intervention. Concurrent attention to family support systems and scheduling optimization is imperative. This investigation provides a foundation for future research investigating additional factors influencing Posyandu service utilization.

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