

## The Relationship of Toddler Visits with the Government (SAMBAL MATAH) on Toddler Visits to POSYANDU

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### ABSTRACT

Posyandu activities can prevent malnutrition, currently visits to posyandu are still low where visits to posyandu have only reached 62.16%, so efforts are made for government involvement to increase visits to posyandu with the SAMBAL MATAH innovation, namely Visit Toddlers with the Government, government involvement in posyandu activities are very important to increase visits to posyandu. This type of research uses a quasi experimental research design, namely pre post-test with control group design. The population in this study were all mothers with toddlers of 93 people with a purposive sampling sample, as many as 17 people in the experimental group and 17 people in the control group. The measuring tool uses attendance documentation data from the posyandu and the MCH handbook. Data analysis used the Mann Whitney test. Visits to the posyandu before the intervention 100% did not visit and after the intervention 94.1% visited the posyandu. Visits to the posyandu before the WA Group conducted 100% did not visit and after the WA Group 11.7% visited the Posyandu. There is a relationship between SAMBAL MATAH activities and visits to posyandu for mothers with toddlers in the Work Area of the Handil Baru Health Center, Tanjung Harapan Village, with a p value of 0.000. Government involvement in supporting posyandu activities can provide motivation for mothers who have toddlers to bring their toddlers to posyandu because SAMBAL MATAH activities apart from providing motivation also provide information about the importance of posyandu activities

## **INTRODUCTION**

POSYANDU is the front guard for community health services. The low number of POSYANDU utilization by the community is influenced by the behavior of parents of toddlers in utilizing POSYANDU services. Based on the basic theory of Lawrence Green, it explains that visiting behavior at POSYANDU is influenced by three factors, namely predisposing factors consisting of age, occupation, education, knowledge and attitudes, enabling factors, namely distance to health facilities and strengthening factors, family support, support from health workers and community leaders. (Notoatmodjo, 2019).

One effort to increase visits to POSYANDU is by conducting home visits to increase mothers' knowledge and motivation for visiting POSYANDU (Satriani, Syarifuddin & Rusman, 2019).

Zega (2019) conducted research on the relationship between implementing elderly productivity at the Pancur Batu Community Health Center and the results of increasing elderly visits to POSYANDU with the name of the elderly door knocking program. In his research, he carried out home visits to increase knowledge and attitudes about visits to POSYANDU.

Based on data at the Handil Baru Health Center in 2022 in Tanjung Harapan Subdistrict, there were 20 stunted children, and the phenomenon in the field was found to be that people did not play an active role in visiting the POSYANDU, where the D/S coverage in Tanjung Harapan Subdistrict in 2022 also had not yet reached the 100% target, that is, it had only just reached 62.16 %. Health workers and cadres have often reminded mothers who have toddlers to go to POSYANDU regularly as an effort to detect growth and development and get immunizations through WA groups, toddler classes and home visits by cadres, but people are still less active in visiting POSYANDU because they don't think POSYANDU is important. So researchers need to innovate to collaborate with the government to visit people who have toddlers who are not diligent in going to the POSYANDU to visit the POSYANDU regularly. In this case the researchers involved the Village Head, Traditional Institutions, Babinsa, Bhabinkamtibmas and cadres.

LITERATURE REVIEW

Table 1. Literature Review

No	Researcher Name	Research Title	Research variable	Analysis Tools	Research result	Difference
1	Artanti (2020)	Implementation of Toddler Posyandu Activities during the Covid-19 Pandemic as an effort to Fulfill Toddler Rights in accordance with Minister of Health Regulation No. 4 of 2019	toddler posyandu activities	This research is analytical descriptive research with a sociological juridical approach, the type of data used is primary data and secondary data, with qualitative analysis of juridical research carried out using a sociological approach. Sampling was taken using a saturated sampling technique with a total of 42 mothers who had toddlers 1-5 years old. The instrument used was a questionnaire.	Based on the research results, the majority of children who visited the posyandu were aged 2-3 years, namely 22 children (52.4%), with parental education, 25 respondents (59.5%) with moderate education, dominated by parents who not working, namely 28 children (66.7%). From the research results, it was found that obstacles in the implementation of posyandu showed that Posyandu Pesona Rowobelang village complied with health protocols. However, there is still a lack of awareness among mothers of toddlers to comply with health protocols such as wearing masks and not keeping their distance. It is hoped that parents who have children aged 1-5 years will continue to regularly take their children to the posyandu so that the rights of toddlers are maximally fulfilled	The difference with the research above is that it is descriptive analytical with a sociological juridical approach, while the research that will be carried out uses a quasi experiment with a two group pre and post test design. The research sampling technique above is a saturated sample while the research sample that will be carried out uses total sampling. Meanwhile, the research that will be carried out will carry out a sambal matah intervention

					in carrying out posyandu visits, even while still implementing health protocols to reduce the death rate for infants and toddlers.	
2	Radiah (2021)	Analysis of the Low Activity of Mothers of Toddlers Visiting Tompo Posyandu, Taopa District, Parigi Moutong Regency	visit of toddler's mother to posyandu,	This type of research is Cross Sectional. The population in this study were all mothers who had toddlers aged between 24-60 months and were registered as residents in the working area of the Taopa Health Center, Taopa District, Parigi Moutong Regency. The sampling technique in this research was simple random sampling with a sample size of 106 people. Data analysis uses univariate and bivariate with Multiple Logistic Regression Tests.	The research results showed that there was an influence between attitude ( $\rho=0.001$ ) and family support ( $\rho=0.000$ ) on the active behavior of mothers of toddlers visiting the Posyandu, while knowledge ( $\rho=0.848$ ) had no influence on the active behavior of mothers of toddlers visiting the Posyandu.	The difference with the research above is that it is descriptive analytical with a cross sectional approach, while the research that will be carried out uses a quasi experiment with a two group pre and post test design. The research sampling technique above is simple random sampling while the research sample that will be carried out uses total sampling. The variables raised were visits to the posyandu before and after the intervention. Meanwhile, the research that will be carried out will carry out a sambal matah intervention

3	Purba diri and Lawa do (2020)	Assistance for Mobile Posyandu Cadres in the Era of the COVID-19 Pandemic in Sukodono District	Mobile Posyandu in the era of the Covid-19 pandemic	At Sukodono Permai Housing, Sukodono District, there is an innovative way that cadres use to facilitate the fulfillment of the health rights of toddlers during the Covid-19 pandemic, namely carrying out their activities mobile, in the sense of going around to visit directly the homes of pregnant women and mothers of toddlers, so that Toddlers do not lose their rights to support growth in their golden years	According to the Community Health Center, the results are very good, apart from monitoring the health condition of toddlers and pregnant women, this method can also eliminate the spread of the corona virus in the local environment. Another impact that was monitored by the Community Health Center was that the interest of the community and the Village Government to support this activity was very large, in line with the enlightenment that was intensively carried out by government officials across sectors. In this way, academic analysis can be carried out from a socio-juridical perspective, the results of which can be used as a reference for other regions in dealing with emergency conditions, especially in relation to the implementation of posyandu.	The difference with the research above is that the academic analysis is from a socio-juridical perspective, whereas the research that will be carried out uses a quasi-experiment with a two group pre and post test design. The research above raises the issue of mobile posyandu cadres while the research that will be carried out involves the sambal matah intervention.
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## METHODOLOGY

This type of research uses quasi-experimental research with a research design, namely post-test with control group. The population in this study were all mothers who had toddlers in the Working Area of the Handil Baru Community Health Center, Tanjung Harapan Subdistrict who were registered and had not regularly visited the POSYANDU in the last 1 year, namely 93 people. The sampling technique used purposive sampling technique with a total sample of 34 people who met the inclusion criteria and exclusion criteria.

The data collection technique for the SAMBAL MATAH variable uses service standards for POSYANDU activities, while the dependent visits to POSYANDU for toddlers use documentation data on attendance at POSYANDU and KIA books. The dependent variable is visits to the posyandu, while the independent variable is SAMBAL MATAH. The data were analyzed univariately in the form of a frequency distribution, while the data were analyzed bivariately to determine the differences in visits to POSYANDU between those carried out by SAMBAL MATAH and those carried out by the WA group using the Mann Whitney test.

## RESULTS

### Respondent Characteristics

Table 2. Characteristics Based on Respondents in the Working Area of the Handil Baru Community Health Center, Tanjung Harapan Sub-District in 2023

No	Karakteristik	Frekuensi		Frekuensi		
		Jumlah	%	Jumlah	%	
1.	Umur	< 20 tahun	2	11,8	3	17,6
		20-35 tahun	10	58,8	9	52,9
		> 35 tahun	5	29,4	5	29,4
2	Paritas	Primigravida	4	23,5	4	23,5
		Multigravida	9	52,9	8	47,1
		Grandemulti	4	23,5	5	29,4
3.	Pendidikan	SMP	7	41,2	6	35,3
		SMA	8	47,1	8	47,1
		Diploma/PT	2	11,8	3	17,6
4.	Pekerjaan	IRT	11	64,7	11	64,7
		Karyawan	2	11,8	3	17,6
		Swasta	1	5,9	1	5,9
		Wiraswasta	3	17,6	2	11,8
5.	Umur Balita	Usia 0-11 bulan	5	29,4	5	29,4
		Usia 12-36 bulan	9	52,6	7	41,2
		Usia 37-60 bulan	3	17,6	5	29,4
		Laki-laki	10	58,8	8	47,1
6	Jenis Kelamin	Perempuan	7	41,2	9	52,9
		Jumlah	17	100,0	17	

Based on the table above, it shows that the majority of respondents in the experimental group were mostly aged between 20-35 years, namely 10 people (58.8%), parity, mostly multiparity, namely 9 people (52.9%), mostly high school education, 8 people. (47.1%), the occupation of most of the housewives is 11 people (64.9%), the age of toddlers is at most 12-36 months as many as 9 people (52.9%) and the gender is mostly male as many as 10 people (58.8%) while in the control group most of them were aged between 20-35 years, namely 9 people (52.9%), parity, mostly multiparity, namely 8 people (47.1%), mostly high school

education, 8 people (47.1%), the occupation of most of the housewives is 11 people (64.9%), the age of toddlers is at most 12-36 months as many as 7 people (41.2%) and the gender is mostly male as many as 9 people (52.9%).

### Univariate Analysis

#### Visits to the POSYANDU Before and After SAMBAL MATAH

Table 3. Visits to POSYANDU Before and After Administering Sambal Matah to Mothers Who Have Children in the Working Area of the Handil Baru Community Health Center, Tanjung Harapan Sub-District in 2023

Kunjungan Ke Posyandu	Pre		Post	
	F	%	F	%
Tidak Berkunjung	17	100,0	1	5,9
Berkunjung	0	0	16	94,1
Jumlah	17	100,0	17	100,0

Based on the results of data collection on visits to POSYANDU for toddlers, of the 17 respondents before the intervention, the results showed that 17 people (100%) did not visit the POSYANDU and none visited the POSYANDU, after the intervention with SAMBAL MATAH there were 16 people (94.1%) made a visit to the POSYANDU and there was still 1 person (5.9%) who did not visit the POSYANDU.

#### Visits to POSYANDU Before and After Carried Out by WA Group

Table 4. Visits to POSYANDU Before and After WA Group Implementation for Mothers with Toddlers in the Working Area of Handil Baru Community Health Center, Tanjung Harapan Sub-District in 2023

Kunjungan Ke Posyandu	Pre		Post	
	F	%	F	%
Tidak Berkunjung	17	100,0	15	88,2
Berkunjung	0	0	2	11,8
Jumlah	17	100,0	17	100,0

Based on the results of data collection on visits to POSYANDU for toddlers, of the 17 respondents before the intervention, the results showed that 17 people (100%) did not visit the POSYANDU and no one visited the POSYANDU, after the intervention with the WA group there were 2 people (11.8%) visited the POSYANDU and there were still many who did not visit, namely 15 people (88.2%) did not visit the POSYANDU.

Table 5. The Relationship Between SAMBAL MATAH Activities and Visits to POSYANDU Among Mothers with Toddlers in the Working Area of the Handil Baru Community Health Center, Tanjung Harapan Sub-District in 2023

Kunjungan ke Posyandu	N	Mean Rank	Sum Of Rank	P Value
SAMBAL MATAH	17	24,50	416,50	0,000
WA Group	17	10,50	178,52	
Jumlah	34			

The results of the Mann Whitney test obtained a probability value (p value) =  $0.000 < \alpha 0.05$ ,  $H_0$  was automatically rejected, which means that there was a relationship between SAMBAL MATAH activities and visits to POSYANDU among mothers with toddlers in the Handil Baru Community Health Center Working Area, Tanjung Harapan District.

## DISCUSSION

### Respondent Characteristics

#### 1. Mother's Age

Based on the research results, most of the respondents were aged between 20-35 years. According to Manuaba (2018) the healthy production age is 20-35 years.

Notoatmodjo (2017) explains that over 20 years of age is a mature age for thinking. The results of this research are in accordance with the theory that mothers aged between 20-35 years are good at visiting POSYANDU for toddlers. The results of this research show that before SAMBAL MATAH was implemented, the number of visits to posyandu was very low because no one visited the POSYANDU.

The research results are in accordance with research conducted by Desty (2021) where the age variable shows that the Chi-Square test results obtained a p value of 0.002, because the p value  $< 0.05$  then  $H_0$  is rejected. It can be seen that there is a relationship between age and toddlers' visits to POSYANDU. In the risk estimate calculation, it was found that the Prevalence Ratio (RP) was 4.397 ( $PR > 1$ ) with 95% CI= 1.774-10.902, which means that respondents aged 20-35 years were 4.397 times more likely to visit the posyandu regularly than respondents aged  $> 35$  years.

According to researchers, the low number of visits to POSYANDU for toddlers is related to the age of the mother, where most mothers are between 20-35 years old, but because the location of the posyandu is far away and the POSYANDU activities coincide with the workplace, mothers do not bring toddlers to visit the POSYANDU.

#### 2. Education

Based on the research results, most of the respondents had secondary education. According to Notoatmodjo (2017) education means guidance that someone gives to others about something so that they can understand. In this study, the level of education was related to visits to POSYANDU for toddlers because most mothers had a secondary level of education but visits to POSYANDU

were low. This does not match the theory put forward by Notoatmodjo (2017) which states that the higher the education, the better the POSYANDU visits. According to Suharjo in Ilmusiana (2018), it is stated that low levels of education are closely related to mothers' behavior in using health facilities (POSYANDU).

The mother's low level of education influences the reception of information so that knowledge about POSYANDU is limited. The higher the mother's education, the lower mortality and morbidity will be. So the higher the mother's education level, the more active the awareness of visiting the POSYANDU. The level of education is also related to knowledge, which is also a factor that influences the behavior of mothers of toddlers in bringing their toddlers to the POSYANDU. other people about something so they can understand.

The results of this research are in line with research conducted by Khrisna, Hamid & Amalia (2018) which states that there is a significant relationship between maternal education and the frequency of visits by toddlers to POSYANDU in the Sukaraya Health Center UPTD working area. Sari's (2021) research also shows similar results, namely that there is a significant relationship between maternal education and visits by toddlers to the toddler POSYANDU at POSYANDU Kantil, Tirtononirmolo Village, Kasihan II Bantul Community Health Center Working Area. The results of other research also show that mothers with higher education are 2.7 times more likely to actively participate in weighing toddlers at POSYANDU than mothers with low education (Fara, Fauziah, & Rahmayani, 2019),

Education influences a person's ability to think about the decisions they will take. In other words, someone with higher education will make rational and open decisions compared to someone with lower education (Khrisna, Hamid & Amalia, 2018). Apart from that, the higher a person's education, the more knowledge and understanding they will have, which can give rise to a higher level of awareness. On the other hand, if education is low, it will hinder the development of a person's attitude towards acceptance, information and new values obtained (Ardhiyanti, 2019). Thus, highly educated mothers will make wise decisions and have good understanding and high awareness regarding the importance of bringing toddlers to the POSYANDU every month.

### 3. Employment

Based on the research results, most of the respondents were workers, where the majority of respondents did not work, this shows that working and non-working mothers both did not visit the POSYANDU.

The results of this research are in accordance with the theory of Notoatmodjo (2017) which states that individuals who have social structures such as different jobs have different tendencies in using health services. However, in this study mothers who did not work also did not visit the POSYANDU for toddlers. This can be caused by the mother being busy at home taking care of her household, so she does not have free time to take her toddler to visit the POSYANDU. Apart from that, it can also be caused by mothers' low understanding of the importance of POSYANDU for toddlers.

Working mothers do have less time than non-working mothers (Sari, Wahyuni, & Sucipto, 2021). This makes it difficult for working mothers to have

time and it is possible that the POSYANDU's schedule coincides with their work, making it less likely for mothers to take their toddlers to the POSYANDU. However, there should be no reason for working mothers not to take their toddlers to the POSYANDU because there are still family or caregivers who can replace them to take their toddlers to the POSYANDU every month (Nurjanah, 2018).

The results of this research support research conducted by Desty (2021) on work variables showing that the results of the Chi-Square test obtained a p value of 1.000, because the p value was  $> 0.05$  then  $H_0$  was accepted. It can be seen that there is no relationship between work and toddlers' visits to POSYANDU during the COVID-19 pandemic. The results of this research are in line with research by Hasliana (2019) which states that there is no significant influence or relationship between maternal employment and toddler visits to POSYANDU in the UPTD work area of the Lamurukung Community Health Center. According to researchers, low posyandu visits can be caused by working mothers who do not have time to take their toddlers to visit the POSYANDU, but because POSYANDU visiting hours coincide with working hours, mothers cannot take their toddlers to the POSYANDU, but mothers who do not work also do not bring their toddlers to the POSYANDU. POSYANDU even though they have time to take their toddler to the posyandu.

#### 4. Parity

Based on the research results, most of the parity respondents were multiparities who had 2 to 4 children, this shows that families in the Handil Baru Community Health Center Working Area, Tanjung Harapan Subdistrict are included in large families.

Parity is the number of children born to a mother, both live births and still births. The research results show that the health behavior of mothers with low parity is better than those with high parity. The number of family members influences the mother's attendance at Posyandu. But all of this still requires further research (Notoatmodjo, 2017).

The research results are not in accordance with the research of Desty (2021) where the results of his research on the parity variable show that the Chi-Square test results obtained a p value of 0.017, because the p value  $< 0.05$  then  $H_0$  is rejected. It can be seen that there is a relationship between parity and toddler visits to POSYANDU.

According to researchers' assumptions, primiparous mothers should be more likely to be diligent in going to the POSYANDU because the mother is still focused on caring for her child and is not distracted by other children, besides that the mother understands the important benefits of coming to the POSYANDU. This means that mothers who have one toddler can continue to monitor their child's intake and activities well, while mothers who have more than 1 child are busy taking care of their children and don't have time to take their children to the POSYANDU. In this study, both primiparous and multiparous mothers did not bring his son went to the posyandu. Toddler age

Based on the research results, most of the respondents were aged between 12-36 months or  $< 3$  years, where this age is toddler age. According to Pardede &

Watini (2021), toddler age from 13-36 months is the age that has the most influence on toddler growth.

Toddlers in this age group are a vulnerable period because they are vulnerable to lack of nutritional intake, especially if accompanied by sudden cessation of breast milk and inadequate provision of solid food. This period has quite a big influence on the growth and development of children. Children need special attention from parents, such as fulfilling nutritional needs through the behavior of parents and caregivers in terms of closeness to children, providing love and education. This is as stated by Suhardjo (2006) in Damaiyanti, Anna Eliya (2016) that the behavior and patterns of caregivers are one of the factors that influence the nutritional status of toddlers.

According to researchers, the low number of visits to POSYANDU causes mothers not to carry out regular weigh-ins at the POSYANDU. Research shows a tendency as the age of a toddler increases, the level of visits to the POSYANDU to carry out routine weigh-ins decreases.

Visits to posyandu for mothers with toddlers before and after carrying out SAMBAL MATAH

Based on research data, it shows that all respondents did not visit the posyandu because based on the data, 0% visited the POSYANDU, and 100% did not visit the POSYANDU.

The low number of visits to POSYANDU for toddlers shows that the role of mothers in POSYANDU activities is still lacking. Kozier & Berman (2017) explained that the role of a mother is very important in the development of toddlers because mothers have the role of caregivers. This means that mothers have a big responsibility in the child's growth and development process.

The negative impact if the mother of a toddler does not visit the POSYANDU is that the mother cannot find out and get information about the growth and development of her toddler. The further impact of a lack of information/knowledge is that toddlers are not weighed, do not get vitamins, and do not receive immunizations, so that toddlers can be attacked by various diseases such as tuberculosis, diphtheria, measles, or other infectious diseases, as well as experiencing malnutrition or malnutrition. During the research, researchers made visits to residents to encourage residents to visit the POSYANDU, providing information and motivation about the importance of visiting the POSYANDU.

According to researchers, what causes the low number of visits to POSYANDU is the long distance from POSYANDU activities and to reach them requires sufficient time and access is not supported, besides that, many mothers work and POSYANDU activities coincide with working hours so mothers cannot bring their toddlers. to the POSYANDU.

Visits to POSYANDU for mothers with toddlers Before and After WA Group

Based on research data, it shows that all respondents did not visit the POSYANDU because based on the data, 0% visited the POSYANDU, and 100% did not visit the POSYANDU.

So far, POSYANDU activities have been delivered through WA groups but visits to POSYANDU are still low, the use of WA groups has not been able to

increase POSYANDU visits for toddlers, in the WA group so far the benefits of POSYANDU have been conveyed, what activities are carried out at POSYANDU and most importantly reminding mothers who have toddlers to come to the POSYANDU according to the POSYANDU schedule that has been submitted (Notoatmojo, 2019).

According to researchers, the use of WA groups in conveying information about POSYANDU activities does not get enough attention from the community, some information is sometimes not read or even ignored by mothers and mothers do not come to POSYANDU. Relationship between Visiting Toddlers and the Government (SAMBAL MATAH) towards visiting toddlers to POSYANDU

Based on the research results, it shows that there is a significant relationship between the SAMBAL MATAH program and visits to POSYANDU for toddlers with a p value of 0.000. This can be seen from the fact that after SAMBAL MATAH was carried out, almost all respondents made visits to POSYANDU, while only a small number of groups who used the WA group did so Visit to POSYANDU.

One effort to increase visits to POSYANDU is by conducting home visits to increase mothers' knowledge and motivation for visiting POSYANDU (Satriani, Syarifuddin & Rusman, 2019).

This research supports research conducted by Herdianti (2020) where the results of the research show that government participation can increase visits to POSYANDU for toddlers with a significant value of 0.000.

The implementation of the SAMBAL MATAH innovation received extraordinary appreciation from the government and in March it was included in the POSYANDU competition at the sub-district level, the SAMBAL MATAH program won 3rd place at the sub-district level. According to researchers, visits to POSYANDU for toddlers increased because POSYANDU activities carried out involved the government giving positive responses from the community and considering that visits to POSYANDU for toddlers were very important because of the government's great attention to these POSYANDU activities. However, the implementation of SAMBAL MATAH has shortcomings because in collaboration with the government, sometimes government officials are busy and cannot participate in SAMBAL MATAH activities so that SAMBAL MATAH activities are hampered.

## **CONCLUSIONS AND RECOMMENDATIONS**

### **Conclusions**

Based on the results of the analysis using the Mann Whitney test, it was found that the p value was  $0.000 \leq \alpha (0.05)$ , it can be concluded that there is a relationship between SAMBAL MATAH activities and visits to POSYANDU among mothers who have toddlers in the Handil Baru Community Health Center Working Area, Tanjung Harapan District.

### **Recommendations**

The results of this research are a reference for creating the SAMBAL MATAH program to increase visits to posyandu for toddlers and can be applied to other activities such as posyandu for the elderly so that the coverage of visits to posyandu can be increased

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