



**THE RELATIONSHIP BETWEEN MOTHERS' KNOWLEDGE LEVEL ABOUT POSYANDU AND D/S COVERAGE**

**Ariyanti\*, Islami, Rizki Widyan Aisya**

Bachelor of Nutrition Study Program, Faculty of Health Sciences, Universitas Muhammadiyah Kudus, Jl. Ganesha Raya No. 1, Purwosari, Kudus, Jawa Tengah 59316, Indonesia

\*[ariya26baihaqi@gmail.com](mailto:ariya26baihaqi@gmail.com)

**ABSTRACT**

The low coverage of D/S (Simultaneous Arrival and Weighing) at integrated health posts (Posyandu) indicates underutilization of services by mothers of toddlers. Maternal knowledge, as a predisposing factor, plays a significant role in influencing visiting behavior at Posyandus. This study aims to analyze the relationship between maternal knowledge about Posyandus and D/S coverage in the Central Fakfak Community Health Center (Puskesmas) work area. This quantitative study used a cross-sectional design. The study was conducted from July to August 2025 at four Posyandus: Mawar, Kayu Merah Village, Dahlia, Melati, and Krawera, Air Besar Village, Central Fakfak Regency. The study population was all mothers with toddlers registered at these Posyandus. A sample of 70 respondents was determined using the Slovin formula with purposive sampling based on inclusion and exclusion criteria. The dependent variable was D/S coverage. The independent variable was maternal knowledge about Posyandus. Data were collected through a questionnaire that had been tested for validity and reliability, as well as documentation from Posyandu registers for D/S coverage data. Data were analyzed using the Spearman Rank test. The results showed a moderately significant positive correlation between maternal knowledge and D/S coverage in the Central Fakfak Community Health Center Work Area in 2025 ( $r = 0.36$ ;  $p = 0.002$ ). The higher the maternal knowledge, the better the coverage of health services received by toddlers, indicating the importance of education and information in improving child health. There is a significant positive correlation between maternal knowledge and D/S coverage in the Central Fakfak Community Health Center Work Area in 2025.

Keywords: D/S coverage; maternal knowledge; posyandu; toddler

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**INTRODUCTION**

The rate of growth and development varies at each age stage, depending on heredity, nutritional intake, parental treatment, and the child's environment. Parental behavior, especially the mother's, is a crucial factor in a child's continued growth and development. Maternal behavior is directly proportional to the mother's education level; higher education levels influence the mother's behavior in caring for, nurturing, and nurturing her child. A higher level of education enables a mother to gain knowledge about the nutrition a child needs to support the ongoing growth and development process (Muhanifah et al., 2024). If a child's nutritional needs are not or are insufficiently met, growth and development can be hampered (Siallagan et al., 2023).

Growth and development are continuous processes from conception to adulthood, following specific patterns for each child. There is a continuous and complex interaction between genetic and environmental factors, both the child's environment before and after birth. Postnatal environmental factors are the most significant factor influencing growth and development. Another dominant factor influencing growth and development is the nutritional status of the baby at birth. If a baby is malnourished after birth, it is certain that the child's growth will be delayed (Utami et al., 2023). Posyandu (Integrated Service Post) is a form of community-based health service globally recognized as a crucial strategy for improving maternal and child health. According to UNICEF

(2023), community-based interventions such as Posyandu have been proven to contribute to reducing maternal and child mortality through a sustainable promotive and preventive approach. Close proximity to the community allows for early detection of health problems and increases service coverage. At the national level, Indonesia still faces challenges in increasing the coverage of Posyandu services equitably. According to the Indonesian Health Profile (Ministry of Health, 2021), only around 60% of Posyandus have Detection/Target (D/S) coverage, meeting the national target of at least 85%. This low coverage indicates the continued underutilization of Posyandu services by the community, particularly by mothers with toddlers. One of the factors contributing to this is the low level of knowledge of mothers regarding the goals, benefits, and activities carried out at integrated health posts (Ministry of Health of the Republic of Indonesia, 2022).

To address this issue, the government has implemented a revitalization program for integrated health service posts (Posyandu) through cadre training, infrastructure improvements, distribution of maternal and child health books, and information and education campaigns through various media (Ministry of Health, 2021). However, the gap in public understanding of Posyandu remains significant in various regions, particularly in remote areas such as Fakfak Regency. This results in low attendance at Posyandus, which in turn impacts low D/S coverage and monitoring of toddler health status.

According to Lawrence Green (1980) in Notoatmodjo (2014), a person's behavior is influenced by three main factors: predisposing factors, enabling factors, and reinforcing factors. Predisposing factors include community knowledge and attitudes toward health, traditions and beliefs regarding health-related matters, community value systems, education levels, socioeconomic status, and so on (Notoatmodjo, 2014). Mothers' behavior in bringing their toddlers to Posyandus will be facilitated if they understand the benefits of bringing their children to Posyandus. Knowledge is the result of knowing, and it occurs after a person senses a particular object, including health information gained through experience or education (Notoatmodjo, 2014). In the context of maternal and child health, a mother's knowledge plays a crucial role because it determines her attitudes and behaviors in caring for her child, including her utilization of health services such as integrated health posts (Posyandu). Mothers who have good knowledge about the function and benefits of Posyandu tend to be more aware of the importance of regularly monitoring their child's growth and development (Sutatik et al., 2023; Nadhilah and Djauharoh, 2022). Furthermore, this knowledge is usually closely related to the mother's level of education, experience, and access to health services (Nurhidayah et al., 2023).

Previous research has shown that maternal knowledge is a significant factor in determining participation in Posyandu activities. Research (Liem, 2019) found that mothers with high knowledge about Posyandu were more likely to actively bring their children to Posyandu than mothers with low knowledge ( $p < 0.05$ ). Similar results were obtained in Wahyuningsih et al. (2022) study, which stated that there was a significant relationship between the level of maternal knowledge and the coverage of integrated health post services, including immunization, and toddler weighing (Nurfirda and Herdiani, 2022).

Integrated Health Posts (Posyandu) are an important tool in monitoring toddler growth and development, where the level of toddler attendance is an indicator of service success. D/S coverage (the number of toddlers attending compared to the number of targets) reflects the extent to which mothers bring their children to the Posyandu on schedule. Based on the results of a preliminary study, data from four Posyandus in the working area of the Central Fakfak Community Health Center, it was found that D/S coverage varied. Posyandu Mawar Kampung Kayu Merah had 66 targets and recorded a cumulative attendance of 31 children, with a D/S coverage of 47%. Posyandu Dahlia with a target of 31 children recorded a D/S coverage of 52% (16 children in attendance). Posyandu Melati had 25 targets with a D/S coverage of 64% (16 children in attendance), and Posyandu Krawera Kampung Air Besar recorded the highest D/S coverage of 100% (25 children in

attendance out of 25 targets). These differences in D/S coverage achievement may reflect the varying levels of mothers' knowledge about the importance of Posyandu. Low toddler attendance may be due to mothers' lack of information or understanding of the benefits of integrated health service posts (Posyandu). Therefore, this study is important to determine the relationship between mothers' knowledge of Posyandu and D/S coverage in the Central Fakfak Community Health Center (Puskesmas) work area.

## **METHOD**

This quantitative study used a cross-sectional observational design aimed to study the correlation between the independent variable, namely the level of mothers' knowledge about integrated health posts (Posyandu), and the dependent variable, namely the coverage of D/S at Posyandu. Data were collected simultaneously at one point in time (point-time approach). The research population is all mothers who have toddlers in four Posyandu in Central Fakfak Regency, namely the Posyandu Mawar Kampung Kayu Merah, Dahlia, Melati, and Krawera Kampung Besar, with a total target of 88 children under five. The sample was taken using a total sampling from mothers who actively visited for the past six months, with the inclusion criteria for family members who lived in the study area and were willing to follow research, while mothers who did not complete the questionnaire or did not visit the posyandu were expelled from the sample. The study was conducted from July to August 2025.

The research instrument in the form of a homemade questionnaire containing 10 multiple choice questions to measure the level of mother's knowledge about posyandu, especially the coverage of d/s. Each correct answer is given a score of 1 and incorrect 0, so the maximum score is 10. This questionnaire has gone through a content validity test (content validity) by experts to ensure the suitability of indicators with the construct measured, as well as a reliability test using the Cronbach's Alpha formula to assess internal consistency between items. Validity and reliability tests are carried out on a sample of 70 respondents with results showing the questionnaire can be used valid and reliable. The validity test results for all questionnaire items were  $>0.20$ . Meanwhile, the reliability test used a Cronbach's alpha value of 0.67 ( $>0.60$ ). Data was collected through direct interviews with respondents, where filling the questionnaire was carried out independently or assisted if the respondent had difficulty understanding the question

Data analysis was performed using the Kolmogorov-Smirnov normality test to determine data distribution. Because the data for the knowledge and D/S coverage variables were not normally distributed, the correlation analysis used the nonparametric Spearman test to examine the relationship between maternal knowledge and D/S coverage. Researchers also maintained the validity of the data by paying attention to the validity and reliability of the instruments and ensuring that respondents' participation was voluntary. The research licensing process was conducted through the Head of the Papua Provincial Health Office and Fakfak Regency to ensure the legality and ethics of the research. Respondents were given a consent form to become participants and could withdraw at any time without coercion, in accordance with ethical research principles.

## **RESULT**

### **Dichotomous Data Characteristics Results**

Based on 1, it shows that the majority of mothers of toddlers are high school graduates (36 people) (51.4%), and are housewives (56 people) (80.0%). Most mothers bring toddlers to Posyandu Mawar and Air Besar (23 people) (32.9%). Most mothers have male children (36 people) (51.4%).

Table 1.  
Characteristics of Mothers Based on Dichotomous Data

Variable	f	%
Education Level		
No Education	3	4.3
Elementary School	7	10.0
Junior High School	5	7.1
Senior High School	36	51.4
Higher Education	19	27.1
Occupation		
Housewife	56	80.0
Private Employee	3	4.3
Civil Servant	5	7.1
Others	6	8.6
Name of Posyandu		
Mawar	23	32.9
Dahlia	10	14.3
Air Besar	23	32.9
Melati	14	20.0
Child's Gender		
Male	36	51.4
Female	34	48.6

**Continuous Data Characteristics Results**

Table 2, it shows that the average age of mothers of toddlers is 32 years, with an average knowledge score of 7.70, and the number of children is 2.

Table 2.  
Characteristics of Mothers Based on Continuous Data

Variabel	N	Mean	SD	Min	Maks
Age	70	31.26	7.23	17	49
Knowledge Score	70	7.70	1.79	4	10
Number of children	70	1.17	0.45	1	3

**Characteristics of Toddlers**

Table 3 shows that the average age of toddlers is 22 months, with an average number of toddler visits to the integrated health post (Posyandu) of 25 times. Most toddlers are weighed on average, with an average of 4 toddlers, with an average number of targeted weighing at the Posyandu of 44 toddlers, and the coverage of D/S Posyandu is 61.15.

Table 3.  
Characteristics of Toddlers

Variabel	N	Mean	SD	Min	Maks
Age (months)	70	21.86	12.92	0	59
Number of visits to integrated health posts (Posyandu)	70	3.11	1.11	1	4
Number of weigh-ins	70	25.90	4.09	18	30
Number of target weigh-ins at integrated health posts (Posyandu)	70	44.26	11.47	32	60
D/S coverage	70	61.15	13.71	45	75

**Analysis Bivariate**

Based on Table 4, the results of the bivariate analysis obtained a Pearson correlation value (r) of 0.36 with a significance value of  $p = 0.002$ . The value of  $r = 0.36$  indicates a positive direction of the strength of the relationship, and is in the moderate category, so that knowledge can be said to play a sufficient role in influencing D/S coverage. The positive direction of the relationship means that the higher the level of knowledge, the D/S coverage also tends to increase. The  $p$  value = 0.002, so  $H_0$  is rejected, which means that knowledge has an important contribution in increasing D/S

coverage, where individuals with better levels of knowledge tend to show higher D/S coverage.

Table 4.

Bivariate Results of the Effect of Knowledge on D/S Coverage

Independent varibale	D/S coverage	
	Rank Spearman (r)	p-value
Knowledge	0.36	0.002

## DISCUSSION

### Characteristics of Mothers of Toddlers

The education level of mothers of toddlers plays a crucial role in parenting patterns and child health. In this study, the majority of mothers (51.4%) had a high school education, indicating secondary education as the primary background. This adequate education enables mothers to understand the importance of nutrition and child health, enabling them to make informed decisions about meeting their toddler's needs. Previous research by Ertiana (2023) also showed that maternal education improves nutritional knowledge, which is crucial for childcare. Education provides access to valid information and fosters health awareness within the family.

Research by Irianawati (2013) found that most respondents had an elementary or junior high school education. This is because low education levels can affect the number of visits to integrated health service posts (Posyandu). However, the study showed that 4 of the 35 respondents who had inactive visits had a high school or university education. Maternal education plays a role in supporting a child's holistic development, which means developing their physical, emotional, moral, knowledge, and skills to the maximum extent possible so they can become human beings (Almushawwir, 2016). Furthermore, education level also influences how easily a person absorbs and understands the nutritional knowledge they acquire. This can serve as a basis for determining appropriate counseling methods. From the perspective of family nutrition, education is essential for being more responsive to toddler nutritional issues (Saputri and Lisnianti, 2016).

A cross-sectional study by Atik and Susanti (2020), conducted on 99 individuals selected using cluster sampling at five out of eight integrated health posts (Posyandu), showed that mothers had good knowledge (74.7%) and good behavior (89.9%). A non-parametric Spearman rank correlation test revealed a significant relationship between mothers' knowledge and toddler visits to Posyandus, with a  $\mathcal{D}$  value of  $<0.001$  ( $p < 0.05$ ). Atik and Susanti's (2020) study recommends increasing the number of mothers taking their children to Posyandus to improve early detection of toddler growth and development. Furthermore, it is recommended that mothers with toddlers be educated about the importance of integrated health service posts (Posyandu) to ensure adequate coverage of visits.

Furthermore, the majority of mothers of toddlers are housewives (80%), implying a direct role for mothers as the primary caregivers for toddlers. Housewives typically have more time to devote to their children's health needs than mothers who work outside the home. According to Arini (2011), factors influencing mothers' visits to Posyandu include education, employment, and sources of information. Furthermore, according to Riskesdas (2010), the child's age influences mothers' visits to Posyandu for toddlers. Respondents' visits to Posyandu Anggrek were influenced by factors such as employment, age, and education. Employment is a routine activity undertaken to earn income to meet family needs. Research by Irianawati (2013) showed that the majority of respondents were housewives, but 77.7% were inactive in Posyandu visits. This indicates that mothers' employment does not significantly influence their visits. It is suspected that inactive visits are due to mothers' lack of knowledge and attitudes.

### **Toddler Characteristics**

Toddlers in this study were on average 22 months old, a golden period of growth that requires optimal nutritional attention (Putri et al., 2021). The varying ages of toddlers, from 0 to 59 months, reflect different needs. Younger toddlers require intensive attention, especially in providing age-appropriate breastfeeding and complementary foods, while older toddlers begin to develop a varied family diet. Research by Mayar and Astuti (2015) emphasized the need to adjust nutritional intake according to age to optimize toddler growth. Research by Irianawati (2013) found that most toddlers, aged 13-60 months, have inactive visits to the integrated health post (Posyandu) for toddlers. According to Riskesdas (2010), this is likely due to a tendency for lower Posyandu visit coverage (weighing) for the larger child group. Increasing child age influences mothers' attitudes toward Posyandu visits.

Furthermore, a child's gender can also influence parenting patterns and the attention provided. Based on this study, the number of boys is slightly higher than that of girls (51.4%). Several studies indicate that in some cultures, boys tend to receive more attention in terms of feeding and care. However, this also needs to be balanced with efforts to provide fair treatment for all children to prevent gender discrimination in health. An average of two children indicates a relatively stable family in terms of caregiving. However, this situation may differ in families with more children, which may result in less optimal time allocation for childcare. A study by Awani et al. (2025) showed that as the number of children in a family increases, the amount of attention each child can receive tends to decrease, thereby increasing the risk of suboptimal nutritional status in some children.

Data on the number of toddler visits to the integrated health post (Posyandu) averaged three times, with a range of one to four times, indicating active maternal involvement in monitoring their children's health. Posyandus are primary health care centers crucial for early detection of nutritional disorders and diseases, as well as monitoring growth and development. A study by Hafifah and Abidin (2020) emphasized the importance of regular Posyandu visits as part of promotive and preventive efforts for child health in Sukawening Village, Bogor Regency.

The average number of weight measurements, 26 times within a given period, reflects a good monitoring frequency. Weighing is a key indicator in assessing the nutritional status of toddlers. Routine monitoring results in early detection of stunting and other nutritional disorders, allowing for more timely intervention. A study by Badawi (2014) showed that routine weighing is positively correlated with the success of community-level nutrition interventions. This study concluded that the diverse characteristics of toddlers, in terms of age and number of children in the family, require an adaptive approach to care and intervention. Increasing the frequency of integrated health post (Posyandu) visits and weighing is expected to be an indicator of success in community-based child health programs.

### **The Influence of Mothers' Knowledge about Posyandu on D/S Coverage**

Analysis shows a significant positive relationship between mothers' knowledge and D/S coverage at Posyandu ( $r=0.36$ ;  $p=0.002$ ). A cross-sectional study involving 185 toddlers at the Mawar Integrated Health Post (Posyandu) in Tajurhalang Village, Bogor Regency, conducted by Azzahra et al. (2024) revealed a relationship between knowledge and mothers' visits to the Posyandu. The result was a p-value of  $0.004 < 0.05$ , which concluded that  $H_0$  was rejected and  $H_a$  was accepted, indicating a relationship between mothers' knowledge and attitudes towards Posyandu visits at the Mawar Integrated Health Post (Posyandu) in Tajurhalang Village, Bogor Regency, in 2024. Furthermore, Salsabila et al.'s (2024) study also suggested that mothers of toddlers increase their knowledge of the benefits of bringing their toddlers to Posyandu. This is in line with research conducted by Heniarti (2020) using a cross-sectional study involving 90 respondents in the Belawan Community Health Center Work Area. The p-value was 0.019, thus concluding that  $H_0$

was rejected and  $H_a$  was accepted, indicating a relationship between mothers' knowledge and visits to Posyandu in the Belawan Community Health Center Work Area. Similarly, research conducted by Elva et al. (2020), involving a sample of 87 respondents at the Integrated Health Post (Posyandu) in the Pamandati Community Health Center (Puskesmas) area of South Konawe Regency in 2020, revealed a significant relationship between knowledge ( $p$ -value = 0.014) and attitudes ( $p$ -value = 0.025) of mothers of toddlers and the frequency of weighing their toddlers at the Posyandu.

Knowledge is related to activeness because increased maternal knowledge increases mothers' interest or motivation to participate in Posyandu activities. Knowledge can shape attitudes and lead to behaviors in daily life. A person's level of knowledge significantly influences their behavior. The higher a mother's knowledge about the benefits of Posyandu, the higher their level of awareness of participating in the Posyandu program. Low knowledge about Posyandu will lead to low awareness among mothers of toddlers about visiting Posyandu. Maternal knowledge is related to their participation in bringing their toddlers to the integrated health post (Posyandu). Research shows that mothers with good knowledge tend to participate well, while mothers with less knowledge tend to participate less (Mawarti, 2020). According to Notoatmodjo (2014), knowledge is an indicator of a person's actions. A person with good health knowledge will understand the importance of maintaining health and motivate themselves to apply it in their lives. Knowledge is needed to support self-confidence and foster daily attitudes and behaviors. Therefore, it can be said that knowledge is the evidence that supports a person's actions.

According to researchers, knowledge is crucial for mothers of toddlers regarding the benefits of visiting the integrated health post (Posyandu) for toddlers. This is a form of care for toddlers, as it is a family responsibility. Therefore, visiting the Posyandu is crucial and involves mothers, who are the primary figures responsible for their children's health. The more knowledge a mother has, the more likely she is to apply what she has learned through learning, experience, and reflection. This allows her to evaluate the extent to which she has implemented the information and the results achieved for her toddler's health. Therefore, to improve mothers' knowledge of toddler health, cadres and midwives can promote information on improving toddler health, which can be reviewed monthly during Posyandu activities through information media such as posters, leaflets, and so on. This can broaden mothers' understanding of the importance of visiting Posyandu and participating in its activities. Therefore, it can be concluded that improving mothers' knowledge is an effective strategy for increasing Posyandu service coverage, which in turn will improve the nutritional status and health of toddlers. Intervention programs should focus on disseminating health education information that is easily accessible and understandable by mothers so that increased D/S coverage can have a direct impact on child well-being.

### **Research Limitations**

This study used a cross-sectional design, so it cannot prove a cause-and-effect relationship. Furthermore, measuring D/S knowledge and coverage based on self-reports has the potential to introduce recall bias and affect data validity.

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