



The Relationship Between Knowledge Level and Attitudes of Mothers of Toddlers Towards Visits to Posyandu In Janti Village, Tarik District, Sidoarjo

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One of the objectives of the Posyandu program is to reduce nutritional problems. The rate of malnutrition in Sidoarjo Regency is 3.8%, at the Tarik Health Center it is 0.13%, and in Janti Village, it reaches 5.13%. Malnutrition negatively impacts toddler growth. Posyandu services aim to monitor the nutritional status of toddlers. In 2023, the visit rate of toddlers to Posyandu in Janti Village was low, at only 32.1% of the total number of toddlers in the village, resulting in suboptimal monitoring of their growth. One factor influencing mothers' visits to Posyandu is their knowledge and attitude. This research is an analytical observational study with a cross-sectional design, aiming to analyze the relationship between the knowledge and attitudes of mothers of toddlers towards visits to Posyandu in Janti Village, Tarik District, Sidoarjo. The population consisted of 224 mothers of toddlers, with a sample of 70 respondents selected randomly through random sampling. Data were collected through questionnaires on the knowledge and attitudes of mothers towards Posyandu, as well as attendance records at Posyandu, and analyzed using Chi-Square and Fisher's Exact tests. Most respondents were aged 25-34 years (72.9%), had completed high school education (50.5%), and were housewives (62.6%). They generally possessed good knowledge about Posyandu (68.6%) or adequate knowledge (31.4%). Regarding visitation, 64.3% were active and 35.7% were inactive. This suggests that positive knowledge and attitudes towards Posyandu significantly influence visitation rates, supported by statistically significant results with a p-value of 0.001 (≤ 0.05). There exists a relationship between the level of knowledge and attitudes of mothers towards visits to Posyandu.

Keywords : Knowledge, Attitude, Visits to Posyandu

INTRODUCTION

Posyandu (Integrated Health Service Post) is a community-based health effort aimed at facilitating access to health services for mothers, infants, and toddlers, including family planning, nutrition, immunization, diarrhea management, and maternal and child health (KIA). The primary goal of Posyandu is to reduce infant and toddler mortality rates as well as maternal mortality, thereby fostering small, happy, and prosperous families. Posyandu serves to monitor the growth and development of toddlers to prevent malnutrition or poor nutrition (Ministry of Health, Republic of Indonesia, 2012).

Infant mortality rate (IMR) and under-five mortality rate (U5MR) are indicators of the success of maternal and child health programs. In Indonesia, the IMR in 2021 was 16.9 per 1,000 live births, down from 17.2 the previous year. The U5MR reached 22.17 per 1,000 live births, slightly down from 22.93 in 2020 (Statistics Indonesia, 2020).

Based on the 2021 Riskesdas survey, the prevalence of stunting was 24.4% and wasting was 7.1%, both decreased from the previous year.

In East Java, health service coverage for toddlers in 2023 included 81.84% with a Maternal and Child Health Handbook (KIA book), 84.27% monitored for growth and development, 95.07% served by Integrated Management of Childhood Illness (SDIDTK), and 82.61% treated for illness through Integrated Management of Childhood Illness (IMCI) (East Java Health Office, 2023). The prevalence of stunting in East Java was 19.2% (SSGI, 2022).

In Sidoarjo Regency in 2023, 181,172 toddlers were targeted for health services, with 147,648 toddlers weighed. Among the 154,074 toddlers weighed, 3.8% were identified as malnourished (Sidoarjo Health Office, 2023). At Tarik Health Center, 5,310 toddlers were targeted, with 62.8% weighed; cases of malnutrition were 0.13%, short stature was 0.2%, and underweight was 0.4%. In Janti Village, 32.1% of 234 toddlers were weighed, with 5.13% identified as malnourished (Tarik Health Center, 2023).

The decline in Posyandu visits in Janti Village from 45.8% in October 2023 to 32.1% in November indicates a lack of maternal knowledge about the role of Posyandu. Research on maternal knowledge and attitudes towards Posyandu visits is needed to enhance participation and health service coverage.

METHODOLOGY

This study employed an analytical observational approach with a cross-sectional design aimed at examining the relationship between mothers' visits to Posyandu and their knowledge and attitudes in Janti Village, Tarik District, Sidoarjo. The study population consisted of 224 mothers with toddlers in Janti Village, Tarik District, Sidoarjo. A sample of 70 mothers was randomly selected using random sampling,

according to predefined inclusion criteria, with proportions from Posyandu Janti and Posyandu Balongan.

The main research instrument was a questionnaire addressing factors influencing mothers' interest in attending Posyandu. Data analysis utilized chi-square and Fisher's exact tests to examine the relationship between two categorical variables. Both tests were used to determine the statistical significance of the relationship between variables.

RESULT AND DISCUSSION

Based on Table 1, the analysis of respondent characteristics shows that the majority of respondents were aged 25-34 years, comprising 72.9% of the total sample. Most respondents had a secondary education level (high school), accounting for 50.5% of the sample. In terms of occupation, a significant portion of respondents worked as housewives (62.6%). Regarding the respondents' husbands, the majority worked in the private sector, specifically 82.9%.

Table 1. Distribution of respondent characteristics

	Frequency	Percentage (%)
Mother's Occupation		
Civil Servant (PNS)	4	4.4
Private Sector (Swasta)	9	9.9
Housewife (IRT)	57	62.6
Total	70	100.0
Father's Occupation		
Unemployed	2	2.9
Farmer	3	4.3
Trader	5	7.1
Private Sector (Swasta)	58	82.9
Civil Servant (PNS/ABRI)	2	2.9
Total	70	100.0

Variable	Frequency	Percentage (%)
Age		
≤ 24	5	7.1
25-34	51	72.9
≥35	14	20.0
Total	70	100.0
Mother's Education		
Elementary (SD– SLTP)	10	11.0
Secondary (SLTA)	46	50.5
Higher (Diploma/College)	14	15.4
Total	70	100.0

Based on table 2, it can be seen that the majority of respondents have good knowledge, accounting for 68.6%. The majority also demonstrate a positive attitude towards Posyandu, with 57.1% of respondents. Regarding visits to Posyandu, the majority of respondents actively visit, comprising 64.3% of the total sample

Variable	Frequency	Percentage (%)
Knowledge		
Good	48	68.6
Sufficient	22	31.4
Poor	0	0
Total	70	100.0
Attitude		
Negative	30	42.9
Positive	40	57.1
Total	70	100.0
Visit to Posyandu		
Active	45	64.3
Inactive	25	35.7
Total	70	100.0

Based on table 3, it was found that respondents with good knowledge or positive attitudes tend to be more active in visiting Posyandu. Among respondents with good knowledge, the majority are actively visiting (39 out of 48 respondents), while among those with positive attitudes, all respondents are actively visiting (40 out of 40 respondents). Statistical tests using chi-square for knowledge and Fisher's exact test for attitudes showed a significant p-value ($0.001 \leq 0.05$), indicating a strong relationship between respondents' knowledge and attitudes with visits to Posyandu.

Variable	Visit to Posyandu						p-value
	Active		Inactive		Total		
	f	%	f	%	f	%	
Knowledge							
Good	39	81.25	9	18.75	48	100	0.001
Sufficient	6	27.28	16	72.72	22	100	
Poor	0	0	0	0	0	0	
Total	45	64.29	25	35.71	70	100	
Attitude							
Negative	5	16.7	25	83.3	30	100	0.001
Positive	40	100	0		40	100	
Total	45	64.3	25	35.7	70	100	

This study identifies several factors influencing mothers' participation in Posyandu visits, including age, education, maternal occupation, and paternal occupation. The majority of respondents are aged 25-34 years, which correlates with being more active in caring for their children, consistent with previous research findings (Nanda Atika Sari & Setianingsih, 2023). The majority of respondents have a secondary education level, which generally affects their knowledge and awareness of the importance of Posyandu visits (Mubarak & Mikkelsen, 2007). In terms of occupation, most mothers do not work outside the home, which positively contributes to their participation in Posyandu visits, aligning with the finding that non-working mothers have more time to attend such activities (Nurul Furqoni, 2018). The husbands' occupations also play a crucial role, with the majority employed in the private sector, influencing their availability and support for family health activities.

The study investigates the relationship between mothers' knowledge and attitudes towards Posyandu visits, collecting data from 70 respondents. The results show that the majority of mothers have good knowledge of Posyandu (68.6%) and exhibit positive attitudes towards its activities (57.1%). Both factors significantly correlate with mothers' active participation in visiting Posyandu. Maternal knowledge is influenced by processes of acquiring, transforming, and evaluating information about child health and the benefits of Posyandu (Mubarok, 2015). Meanwhile, maternal attitudes towards Posyandu stem from social interactions and personal experiences in utilizing healthcare services (Notoatmojo, 2012).

Statistical analysis indicates a significant relationship between mothers' knowledge level (p-value = 0.001) and attitudes (p-value = 0.001) with compliance in attending Posyandu visits (Atik & Susanti, 2020; Irasantalianan et al., 2024). These findings are consistent with other studies showing that good knowledge and positive attitudes towards Posyandu contribute to mothers' compliance in attending these activities (Damayanti et al., 2022; Andriani, 2019).

The implications of this study underscore the need for more intensive approaches to enhance knowledge and foster positive attitudes towards Posyandu among mothers of toddlers. Health education and counseling focused on the benefits of Posyandu and the importance of regular visits can be effective strategies to increase maternal participation in monitoring the health and development of children. Therefore, it is hoped that this active participation will positively impact the health and development of children in the local community.

CONCLUSION

In conclusion, this study underscores the critical role of nurses in promoting influenza vaccination among pregnant women, revealing that while the majority possess adequate knowledge and favorable attitudes towards the vaccine, significant gaps remain, particularly concerning the implications of influenza on newborn health. The findings indicate a pressing need for targeted educational interventions to enhance nurses' understanding and to effectively communicate the importance of vaccination to expectant mothers. Furthermore, the data suggest that improving nurses' awareness and education can positively influence vaccination uptake, thereby reducing morbidity and mortality associated with influenza during pregnancy. Future research should explore the development and implementation of comprehensive training programs for nursing staff, as well as strategies to address misinformation and apprehensions surrounding vaccination in the community, thereby facilitating higher vaccination rates among this vulnerable population.

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