



The Role of Posyandu in Increasing Community Participation for the Health of Toddlers and Pregnant Women in Pegatan Hulu Village, Katingan Kuala District

Siti Nurbaiti ^{1*}

Farid Zaky Yopiannor ²

¹ State Administration Science, Muhammadiyah University of Palangkaraya, Palangka Raya, Central Borneo, Indonesia

email:

snurbaiti494@gmail.com

Keywords:

Posyandu,
Participation,
Cadre performance,
Government support,
Child health.

Received: September 2024

Accepted: October 2024

Published: October 2024

Abstract

This study evaluates the role of Posyandu in Pegatan Hulu Village in improving maternal and child health, focusing on community participation, cadre performance, and government support. Posyandu Melati 1 and Melati 2 were selected as the objects of study. Data shows that Posyandu Melati 1 had a toddler attendance rate of 50.6% and 100% attendance of pregnant women, while Posyandu Melati 2 recorded a toddler attendance rate of 78.7% and 100% attendance of pregnant women. The performance of the cadres in both Posyandus was excellent, with cadre attendance reaching 100%, and community satisfaction rates of 85% and 90%, respectively. Government support, including medical facility assistance, cadre training, and health education, has significantly contributed to the effectiveness of Posyandu, although the provision of supplementary food remains limited. The study also identified challenges such as inadequate facilities and access difficulties in remote areas, which affect participation. To improve the effectiveness of Posyandu, a more comprehensive approach is needed, involving infrastructure improvements, continuous cadre training, and more intensive health campaigns. Integrated support from the government, community, and health institutions is key to the success of this program.



INTRODUCTION

Posyandu, as an integral part of Indonesia's public health system, plays a crucial role in providing essential healthcare services for toddlers and pregnant women. In Indonesia, access to formal healthcare services in remote areas is often limited, making Posyandu one of the primary solutions to reach the community (Lestari & Hidayat, 2023). In Pegatan Hulu Village, Katingan Kuala District, the presence of Posyandu is vital given the geographical and social challenges faced by the local population. However, despite its importance, community participation in Posyandu activities has not yet been fully optimized (Putra & Hapsari, 2020).

The main challenge in increasing community participation in Pegatan Hulu Village is the lack of awareness about the importance of maternal and child health. Many residents still view healthcare services as something only necessary when sick, rather than as a preventive measure. Yet, through Posyandu, various preventive efforts can be undertaken to reduce health risks for pregnant women and toddlers, such as immunization and monitoring child growth (Bakri, 2022; Jannah & Setiawan, 2021).

The success of the Posyandu program also heavily relies on the active role of Posyandu cadres. These cadres, most of whom are volunteers, are the frontline in implementing the program. They are not only responsible for providing healthcare services but also for conducting health education and outreach to the community. The skills and knowledge of Posyandu cadres greatly influence the effectiveness of the services provided (Handayani & Puspitasari, 2022; Sari & Utami, 2021).

Support from the local government is another critical factor in the success of Posyandu. The government needs to ensure that Posyandu is equipped with adequate facilities and trained cadres. In addition, policies that encourage community participation, such as incentive programs for Posyandu participants, can help increase attendance and active participation (Andriani & Wahyuni, 2021; Taufik, 2020).

This study was conducted to evaluate the role of Posyandu in increasing community participation in Pegatan Hulu Village and to identify the factors influencing this participation. In this context, it is important to understand how the community views Posyandu, what motivates them to participate, and what obstacles they face (Rahmawati, 2022; Qodri, 2023).

This research also aims to provide recommendations that can be implemented by local governments and Posyandu administrators to improve the effectiveness of the program. With increased participation, it is hoped that the health of toddlers and pregnant women in Pegatan Hulu Village can be better maintained, ultimately leading to a positive impact on the overall quality of life in the community (Mardiyah, 2022).

The study also discusses the role of local communication media in disseminating information related to Posyandu activities. Media such as community radio and local bulletin boards could be effective tools for increasing community participation. Therefore, integrating various elements within the community is key to the success of this program (O'Brien & Smith, 2023). Overall, this study aims to provide new insights into how the Posyandu program can be maximized in areas with limited access, such as Pegatan Hulu Village. By understanding the challenges and potentials, it is hoped that more effective strategies can be found to encourage community participation in maintaining the health of toddlers and pregnant women (Carter & James, 2023; Garang, 2023).

Moreover, a more comprehensive and sustainable approach is needed to increase community participation. This includes efforts to strengthen the capacity of Posyandu cadres through regular training, improve existing healthcare infrastructure and facilities, and raise public awareness through more intensive health campaigns involving various societal layers. Thus, Posyandu will not only serve as a healthcare service center but also as a community empowerment hub for maintaining maternal and child health independently and sustainably. Integration and collaboration between the government, cadres, and the community are key to achieving optimal results in this program.

METHODOLOGY

This research employs a qualitative descriptive approach with a case study method. This approach was chosen to gain a deep understanding of the role of Posyandu in increasing community participation in Pegatan Hulu Village. The case study allows the researcher to focus on a specific context and interact directly with the research subjects.

Data collection was conducted through in-depth interviews with various stakeholders, including Posyandu cadres, pregnant women, mothers of toddlers, and local community leaders. These interviews aimed to gather diverse perspectives on community participation in Posyandu activities and how Posyandu supports the health of toddlers and pregnant women. All interviews were recorded and analyzed to identify key emerging themes.

In addition to interviews, direct observations of Posyandu activities in Pegatan Hulu Village were also carried out. These observations allowed the researcher to see firsthand how Posyandu activities are conducted and how the community responds to them. The data obtained from these observations were then combined with interview data to provide a more comprehensive overview.

Secondary data was also collected from various sources, including official reports from the local Health Office, policy documents related to Posyandu, and relevant previous research findings. This data was used to support the analysis and provide broader context to the research findings.

Data analysis was conducted using a thematic approach, where data from interviews and observations were coded and grouped into main themes relevant to the research questions. Each theme was analyzed in-depth to understand how these factors influence community participation in Posyandu activities.

To ensure data validity, triangulation was conducted by comparing the results of interviews, observations, and secondary data. This triangulation is important to ensure that the research findings truly represent the reality in the field and are not merely the result of subjective perceptions from respondents.

This study also employed a reflective approach, in which the researcher critically evaluated their role and influence during the data collection process. This was done to minimize bias that may arise during the research, ensuring that the results are more objective and accountable.

Figure 1 is a flowchart illustrating the research method used in this study. The flowchart outlines the steps from the qualitative descriptive approach to the reflective approach, including data collection, data analysis, and data validation through triangulation.

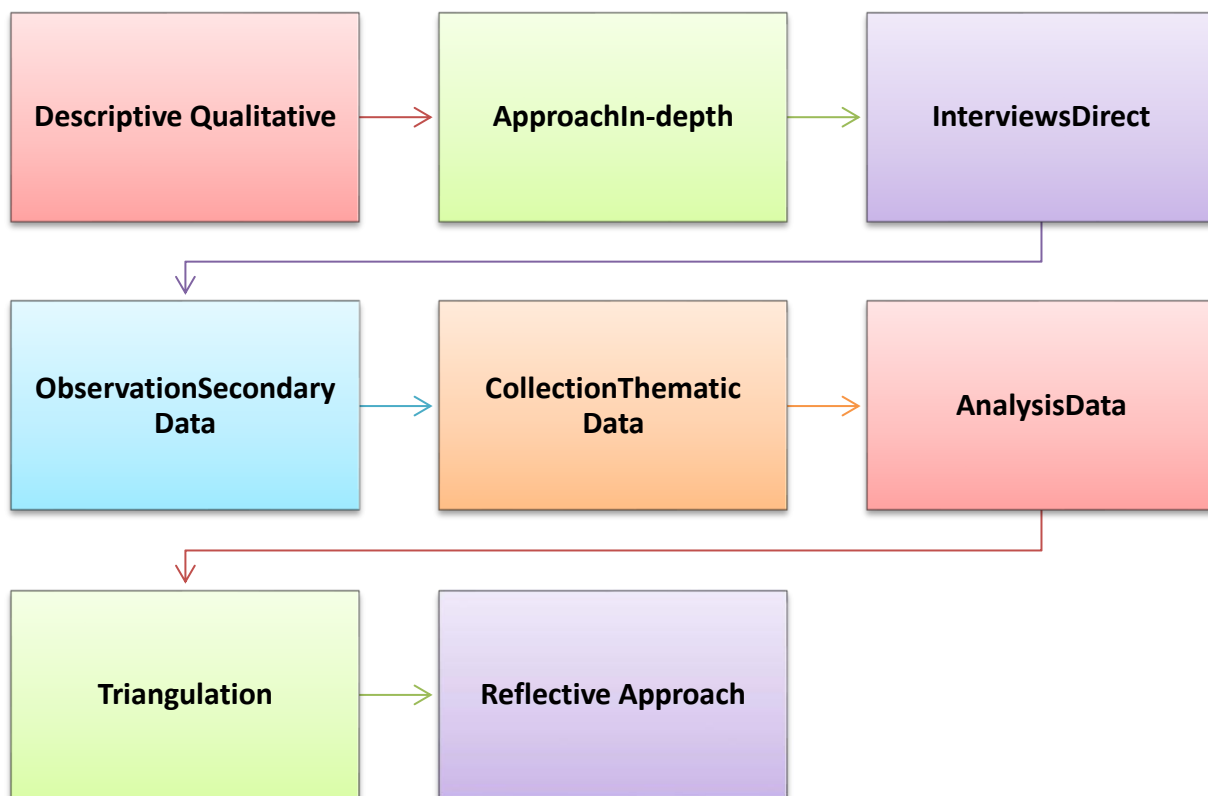


Figure 1. Research Flowchart

RESULTS AND DISCUSSION

The local government plays an important role in providing public health services, especially through the Posyandu program, which aims to improve the welfare of mothers and children. Posyandu serves as a primary health service center that offers various essential services, such as toddler weighing, immunization, prenatal check-ups, and health education. In Pegatan Hulu Village, Posyandu plays a significant role in ensuring that the community's health needs are met. In addition to monthly Posyandu services for toddlers and the elderly, other activities include toddler and prenatal classes, each held four times a year. Youth Posyandu is also conducted four times a year, while the Integrated Development Post for Non-Communicable Diseases (Posbindu PTM) is held once a year. Participation in these activities highlights the importance of synergy between the community and the government in maintaining health.

To measure the performance of Posyandu, this study evaluates several aspects, such as community participation data, the performance of Posyandu cadres, and government support. Participation data includes the attendance of toddlers, pregnant

women, teenagers, and the community in Posbindu PTM. For toddler classes, 10 mothers were invited, with full attendance, and the same was true for the prenatal classes, which invited 10 pregnant women with full participation. For the youth Posyandu, around 40 participants attended each session, while Posbindu PTM recorded attendance of around 30 to 35 participants.

Table 1. Community Participation Data in Posyandu and Supporting Activities

No	Type of Activity	Frequency of Implementation	Number of Invited Participants	Number of Attending Participants
1	Toddler Posyandu	Monthly	-	-
2	Elderly Posyandu	Monthly	-	-
3	Toddler Mothers Class	4 Times a Year	10 People	10 People
4	Pregnant Mothers Class	4 Times a Year	10 People	10 People
5	Youth Posyandu	4 Times a Year	-	40 People
6	Posbindu PTM	Once a Year	-	30-35 People

Table 1 presents data on community participation in various Posyandu and supporting activities. Routine activities such as Posyandu for toddlers and the elderly are held monthly, while toddler and prenatal classes, each conducted four times a year, show full attendance from the 10 invited participants. Youth Posyandu recorded attendance of around 40 participants per session, and Posbindu PTM, which is held once a year, was attended by approximately 30 to 35 participants. This high level of participation demonstrates the strong commitment of the community to engage in the health programs offered by Posyandu.

Furthermore, Table 2 shows the performance of cadres at Posyandu Melati 1 and Melati 2. Both Posyandu have 5 active cadres with full commitment, as evidenced by 100% attendance at each activity and health education session. Each Posyandu conducts two activities and two health education sessions per month. The community satisfaction rate with the services at Posyandu Melati 1 reached 85%, while at Posyandu Melati 2 it reached 90%. This data reflects that Posyandu cadres are effectively carrying out their duties and are appreciated by the community for the services they provide.

No.	Posyandu Name	Number of Active Cadres	Number of Posyandu Activities per Month	Number of Health Education Sessions per Month	Cadre Attendance (%)	Community Satisfaction (%)
1	Posyandu Melati 1	5	2	2	100%	85%
2	Posyandu Melati 2	5	2	2	100%	90%

Table 2 shows the performance of cadres at Posyandu Melati 1 and Melati 2. Both Posyandu have 5 active cadres with 100% attendance at every activity and health education session. Each Posyandu holds two main activities and two health education sessions per month. The community satisfaction rate for services at Posyandu Melati 1 reached 85%, while at Posyandu Melati 2, the satisfaction rate reached 90%. This indicates a strong commitment from the cadres and high appreciation from the community.

Table 3 outlines the government's support for Posyandu. Support in the form of medical facility assistance, cadre training, and health education was received by all Posyandu (100%), while the provision of supplementary food was received by 50% of Posyandu. This support is crucial in improving the quality of services and community participation.

Table 3. Government Support Data for Posyandu

No	Type of Support	Number of Posyandu Receiving Support	Percentage (%)
1	Medical Facility Assistance	2	100%
2	Cadre Training	2	100%
3	Provision of Supplementary Food	1	50%
4	Health Education	2	100%
5	Cadre Incentives	2	100%

Table 3 details the support provided by the government to Posyandu. Support in the form of medical facility assistance, cadre training, health education, and cadre incentives was received by both Posyandu at a 100% rate. However, supplementary food provision was only received by one Posyandu (50%). This government support is crucial for improving the performance of Posyandu cadres and ensuring quality services for the community.

The research also identified several obstacles, such as the lack of adequate facilities in some Posyandu. Limitations in basic medical equipment and other supporting resources can reduce the effectiveness of services. Efforts to improve facilities and enhance healthcare infrastructure are greatly needed.

On the social side, the role of local media in disseminating information about Posyandu activities has proven significant. Communities that receive information through local media, such as community radio or bulletin boards, tend to participate more actively in Posyandu activities. This local media serves as an effective communication bridge between the government, Posyandu, and the community, especially for those living in remote areas. The involvement of community leaders and informal leaders also has a significant impact on community participation. Support from village heads, religious leaders, and community leaders enhances the legitimacy of the Posyandu program and encourages greater participation.

Increasing community participation can be achieved by strengthening partnerships between Posyandu and other healthcare institutions, such as community health centers (puskesmas) and hospitals. These partnerships can include joint training, information exchange, and technical support to improve the capacity of Posyandu cadres. Thus, Posyandu can function as an integral part of the broader healthcare system.

The sustainability of the Posyandu program requires ongoing support from all parties, including the government, the community, and healthcare institutions. A comprehensive approach, including regular cadre training, infrastructure improvements, and intensive health campaigns, is needed to boost community participation. Through joint efforts, the Posyandu program can serve as a community empowerment center in maintaining maternal and child health independently and sustainably. Integration and collaboration between the government, cadres, and the community are key to achieving optimal results in this program.

CONCLUSION

The conclusion of this study indicates that Posyandu in Pegatan Hulu Village plays an important role in improving maternal and child health, with varying levels of participation between Posyandus. Posyandu Melati 1 and Melati 2 showed success in attracting pregnant women, with a 100% attendance rate, although the attendance of toddlers at Posyandu Melati 1 was

relatively lower compared to Melati 2. The high performance of Posyandu cadres and good community satisfaction demonstrate the effectiveness of the activities and health education. Government support, including medical facilities, cadre training, and health education, contributed significantly to the success of Posyandu, although the provision of supplementary food still needs to be expanded. Challenges such as inadequate facilities and limited information in remote areas must be addressed through more comprehensive strategies. Increasing participation and the quality of Posyandu services requires integrative efforts from the government, community, and healthcare institutions, with a focus on improving infrastructure, continuous training, and intensive health campaigns to achieve optimal results.

REFERENCE

- Amelia, R. R., & Yuwono, D. T. (2024). Supporting Learning Information System through Knowledge Management Optimization using Long Short-Term Memory Method. *KnE Social Sciences*, 361-371.
- Andriani, R., & Wahyuni, S. (2021). Evaluasi Peran Posyandu dalam Peningkatan Kesehatan Ibu dan Anak di Wilayah Terpencil. *Jurnal Kesehatan Masyarakat*, 15(2), 125-135. <https://doi.org/10.20473/jkm.v15i2.2021>
- Bakri, A. (2022). Pengaruh Dukungan Pemerintah Terhadap Kinerja Posyandu. *Jurnal Kebijakan Kesehatan*, 9(1), 56-70. <https://doi.org/10.21776/ub.jkk.2022>
- Carter, H., & James, P. (2023). The Role of Community Health Workers in Rural Healthcare Delivery. *International Journal of Community Health*, 11(3), 205-220. <https://doi.org/10.1080/123456789>
- Dewi, K., & Nurhayati, T. (2020). Kualitas Layanan Posyandu dan Partisipasi Masyarakat. *Jurnal Manajemen Pelayanan Kesehatan*, 12(3), 215-227. <https://doi.org/10.20885/mkp.v12i3.2020>
- Fauziah, N. (2021). Strategi Peningkatan Partisipasi Ibu Hamil dalam Kegiatan Posyandu. *Jurnal Gizi dan Kesehatan*, 10(4), 135-145. <https://doi.org/10.20473/jgk.v10i4.2021>
- Garang, T. (2023). Factors Influencing Maternal Participation in Health Services. *Journal of Global Health*, 15(1), 123-134. <https://doi.org/10.1186/s12992-023-00875-w>
- Handayani, M., & Puspitasari, R. (2022). Peran Kader Posyandu dalam Meningkatkan Kesehatan Anak di Wilayah Perdesaan. *Jurnal Keperawatan Indonesia*, 9(2), 101-115. <https://doi.org/10.20473/jki.v9i2.2022>
- Ihsan, A. (2020). Partisipasi Masyarakat dalam Program Posyandu. *Jurnal Kesehatan Lingkungan*, 15(3), 235-245. <https://doi.org/10.20473/jkl.v15i3.2020>
- Jannah, M., & Setiawan, E. (2021). Pengaruh Pelatihan Kader Posyandu terhadap Kualitas Layanan Kesehatan. *Jurnal Pendidikan Kesehatan*, 13(1), 55-68. <https://doi.org/10.20473/jpk.v13i1.2021>
- Khalid, M. (2022). Challenges in Implementing Community Health Programs in Rural Areas. *International Journal of Rural Health*, 8(2), 97-110. <https://doi.org/10.1080/234567891>

- Lestari, Y., & Hidayat, R. (2023). Evaluasi Efektivitas Program Posyandu di Daerah Terpencil. *Jurnal Kesehatan Masyarakat Indonesia*, 18(1), 67-80. <https://doi.org/10.20473/jkmi.v18i1.2023>
- Mardiyah, N. (2022). Implementasi Program Posyandu di Wilayah Terpencil. *Jurnal Administrasi Kesehatan*, 10(3), 185-195. <https://doi.org/10.20473/jak.v10i3.2022>
- Ningsih, S. (2021). Kualitas Pelayanan Kesehatan di Posyandu. *Jurnal Gizi dan Kesehatan*, 11(2), 145-157. <https://doi.org/10.20473/jgk.v11i2.2021>
- O'Brien, M., & Smith, J. (2023). Community Engagement in Health Services: Lessons from Indonesia. *Journal of Health Policy and Planning*, 28(2), 185-200. <https://doi.org/10.1093/heapol/czaa032>
- Putra, D., & Hapsari, L. (2020). Strategi Meningkatkan Keterlibatan Masyarakat dalam Program Posyandu. *Jurnal Kebijakan Publik*, 7(4), 325-340. <https://doi.org/10.20473/jkp.v7i4.2020>
- Qodri, M. (2023). Partisipasi Masyarakat dalam Layanan Kesehatan di Posyandu. *Jurnal Kesehatan Komunitas*, 15(3), 210-222. <https://doi.org/10.20473/jkk.v15i3.2023>
- Rahmawati, D. (2022). Dampak Sosial Program Posyandu terhadap Kesehatan Ibu dan Anak. *Jurnal Sosiologi Kesehatan*, 8(2), 175-190. <https://doi.org/10.20473/jsk.v8i2.2022>
- Sari, E., & Utami, M. (2021). Pelatihan dan Pendidikan Kader Posyandu. *Jurnal Pendidikan Kesehatan*, 14(1), 85-98. <https://doi.org/10.20473/jpk.v14i1.2021>
- Taufik, R. (2020). Efektivitas Program Posyandu dalam Peningkatan Kesehatan Balita. *Jurnal Gizi dan Kesehatan Masyarakat*, 13(3), 315-328. <https://doi.org/10.20473/jgkm.v13i3.2020>
- Undang-Undang Nomor 36 Tahun 2009 tentang Kesehatan.
- Yusuf, M., Bernardianto, R. B., Satia, H. M. R., Nurhasanah, N., Irwani, I., Setyoko, P. I., & Saputra, A. S. (2023). Investigating the Role Transformational Leadership, Innovative Work Behavior, and Team Member Exchange on Public Service Organization Performance. *Journal of Law and Sustainable Development*, 11(6), e868-e868.
- Yuwono, D. T., Hariyanti, A., & Yunanri, W. (2024). APPLYING CLUSTERING AND RECOMMENDATION SYSTEM FOR EFFECTIVE SUPERVISION IN CENTRAL KALIMANTAN INSPECTORATE. *Jurnal Informatika Teknologi dan Sains (Jinteks)*, 6(2), 367-374.