

# Optimizing *posyandu balita* with cross-sector support in Salakan Potorono Bantul hamlet building



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## ABSTRACT

**Introduction:** *Posyandu Balita* is one of the Indonesian government's strategic efforts to improve the health and welfare of toddlers through community-based health services. *Posyandu Balita* has provided services such as monitoring child growth and development, immunization, administering vitamin A, and health education for mothers and families. The involvement of all components of society in the implementation of *Posyandu Balita* Widuri is very much needed, such as policymakers, community leaders, health workers, health cadres, academics, and the community to create synergy in *posyandu* services that the entire community can feel. This research aims to find out and identify the optimality of *Posyandu Balita* for cross-sector support in Salakan Potorono Hamlet.

**Methods:** The method used is qualitative by conducting interviews with resource persons consisting of Community Health Center Health Workers, Head of Salakan Hamlet, Health Cadres, and the Community who regularly carry out *Posyandu Balita*.

**Results:** The results obtained from the interview were that the service at the *Posyandu Balita* was excellent because it was by the *posyandu* service flow determined by the Ministry of Health. Apart from that, support from health workers such as providing health education training and *posyandu* services to health cadres, carrying out monthly monitoring and evaluation of *posyandu* services, and advocating to local governments to create excellent *posyandu* services for toddlers. Support from the Hamlet Head has also been implemented optimally, such as the use of village funds for *posyandu* activities and the welfare of Health cadres. Health cadres involved in *posyandu* activities have maximally carried out their obligations. Health cadres always increase capacity in knowledge and implementation in *posyandu* services. So that the community can feel the benefits of the *posyandu* activities that are carried out every month.

**Conclusion:** The conclusion in this research is that *Posyandu Balita* Widuri located in Salakan Potorono Hamlet, Banguntapan, Bantul has been optimal in terms of health services because of the support from across sectors that have played a role so far.

**Keywords:** *Posyandu Balita*; cross-sector; community empowerment.

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## INTRODUCTION

*Posyandu* (Service Post Integrated Toddler) is one strategic effort by the Indonesian government to increase the health and well-being of toddlers through service-based health care. Since its introduction in the 1980s, *Posyandu Balita* has become an important component of the primary health system in Indonesia. It provides services like monitoring children's growth, immunization, vitamin A, and education on health for mothers and families.

*Posyandu Balita* is one of the activities in Primary health services in Indonesia carried out by community health centers spread across every area subdistrict

throughout Indonesia. Activity Primary care is an improvement effort degree in Public Health that focuses on 4 objectives that is, do education to the population by strengthening the role of Health cadres and campaigns, building movements through digital platforms and community figures, carrying out primary prevention with strengthening protection of child to disease through immunization, prevention secondary with do screening degenerative diseases stunting screening and improvement screening pregnancy, as well do enhancement capacity and capability primary care<sup>1</sup>.

Based on data from the Indonesian

Ministry of Health in 2018, the number of Integrated Healthcare Center toddlers spread throughout Indonesia in January 2019 numbered 283,370. An average of 68.3% of children are weighed at *posyandu* per month. Provinces that the highest percentage were found in the Bali region at 84.71%, while the lowest was found in Central Kalimantan Province at 32.51%. Meanwhile, the average in East Java is 79.20%<sup>2,3</sup>.

In 2023, there will be over 270,000 *Posyandu* nationwide, 97.2% of which provide basic health services for younger children. This claim was backed by Ministry of Health, 2023. The majority

are placed in the countryside and amount to 80% all together and they are going to be the basis for reaching the distant areas of the country and improving the proper treatment of health in those parts. Are also widely located in rural regions, making up about 80% of the total number of *Puskesmas*, with the objective of covering the wide area and thus enhancing health services accessibility for the local people<sup>1</sup>.

One of the main challenges in the child development journey under five in the local community can be seen in the participation rate of the *Posyandu*. Indonesia Health Profile 2022 records mention that the maternal attendance rate for events concerning *Posyandu* infants in the country is almost 58.3%, with a variance among provinces. These numbers are usually lower in urban areas compared to rural areas, the latter of which may even exceed 70% in some areas<sup>2</sup>.

Apart from community leaders, health cadres also have an important role in the success maintenance activity of the Integrated Healthcare Center toddler. Health Cadres must have good knowledge of every piece of information that will be delivered to the mother, baby, and toddler. Communication between Community leaders, Health officials, and Community officials must be controlled by Health cadres so that they can accommodate Community aspirations and implement every activity in *Posyandu*.<sup>4</sup>

For these reasons, the Service *Posyandu* should be established in a public place. In an Integrated Health Center study, integrated services are implemented in the Integrated Health Center; children are the main players; therefore, they can prevent different types of health complications occurring in children and toddlers. They can also monitor the development of children and toddlers by measuring their growth. The Activity *Posyandu Balita* needs a lot of support not only from a different kinds of health centers, health workers, health, and the community, but also from community leaders<sup>5</sup>.

## METHOD

This research was conducted on June 10-30, 2024. Deep method study This use descriptive qualitative. The research location is at *Posyandu Balita* Widuri,

Salakan Hamlet Potorono Banguntapan Bantul Yogyakarta. Data collection using in depth interview on the respondents which include Community Health Center Health Officers, Head of Salakan Hamlet, Health Cadres and the Community who come regularly to Integrated Healthcare Center toddler. Amount respondents in study This as many as 5 people. Every Respondent has a list of different questions so can obtain data optimally. The data triangulation used in this study uses source triangulation.

## RESULTS

Based on in-depth interviews that have been conducted, researchers divide them into respondents as follows:

### a. Health Center Health Officer

Based on the results of the interviews, several questions were asked to the *Puskesmas* Health Officer, especially the Health Extension Officer.

#### 1) Facilities that the *Puskesmas* have provided to *Posyandu Balita*

According to the Health Promotion Officer at the *Puskesmas*, who oversees the *Posyandu Balita* Widuri area, the *Puskesmas* has provided a *Posyandu* Kit for use during the *posyandu*. The *Posyandu* Kit consists of digital weight scales for children who can stand and also needle scales for infants. In addition, there is also an infantometer board to measure the baby's body length. There are measuring instruments for upper arm circumference and head circumference. As stated by the Health Officer as follows:

**“From the puskesmas there is a stunting handling program so that the puskesmas provides facilities in the form of providing posyandu kits”**

If there is damage to the tool, it can be overcome by means of Health cadres reporting to the head of the hamlet, then the head of the hamlet can submit to the Head of Potorono Village in order to get a budget for renewing the *Posyandu* Kit. In accordance with what was conveyed by the Health Officer as follows:

**“If there is any damage to the Posyandu Kit, please contact the**

**Hamlet Head and Village Head so that it can be updated, because this Posyandu Balita activity is a Community Empowerment activity”**

### 2) *Puskesmas* assistance to *Posyandu* Balita

Assistance carried out by *Puskesmas* health workers has been scheduled according to the needs of health cadres and the availability of health workers' time.

The assistance provided can be in the form of administrative assistance for the implementation of *Posyandu Balita*; procedures for using measuring instruments at the *posyandu* if there are people who have health records such as stunting or coughing flu in children can be resolved immediately. Based on what was conveyed by the Health Officer is as follows:

**“Health cadre assistance for Posyandu Balita Widuri activities has been scheduled by Puskesmas activities. The program delivered by the midwife for monitoring posyandu administration data collection is carried out regularly. Puskesmas officers are always present during the implementation of posyandu, but we are present when the service at the puskesmas has been completed.”**

### 3) Training for Health Cadres

According to the *Puskesmas* Health Officer, the training provided to health cadres is commonly referred to as cadre refreshing. The activity is in the form of training for *posyandu* health cadres with the material presented including growth and development material, prevention of infectious diseases, balanced nutrition, and other material. Health cadre training activities are activities that have been scheduled by the Salakan Hamlet Head and then facilitated by the *Puskesmas* Health Officer. In line with what the Health Officer said in the following interview:

**“Health cadre training is scheduled by the hamlet head to suit the free time of the health**

cadres. The Puskesmas is only a facilitator in organizing the cadre training. Puskesmas officers can provide materials or assist in the implementation of cadre refreshing”

- 4) Monitoring and evaluation that has been carried out at the Posyandu Balita

The village midwife in the Potorono area always monitors *Posyandu Balita* Widuri activities. *Posyandu* activities, including the administration of data collection on the measurement of BW, TB Head Circumference, and Arm Circumference of infants and toddlers, are always reported to the Bantul Regency Health Office. In addition, *posyandu* services are also monitored by the *puskesmas*, in accordance with the *posyandu* service guidelines issued by the Ministry of Health in 2023. Monitoring activities are always carried out every month so that if there are obstacles, they can be resolved immediately. As stated by the health promotion officer during the interview as follows:

**“We always carry out monitoring and evaluation every month, together with the Village Midwife and also Health Promotion officers so that if there are health problems for infants and toddlers or other problems, they can be resolved immediately. In addition, we also have to report data on posyandu visits to the Health Office.”**

- 5) Efforts to improve the sustainability of *Posyandu Balita*

The sustainability of *Posyandu Balita* is a cross-sectoral obligation, not just for health workers. There needs to be support from community leaders and also enthusiasm from the community in carrying out these *posyandu* activities. There needs to be incentives given to health cadres who have served to carry out *posyandu* activities for toddlers. Incentives can be budgeted by village funds managed by the *kelurahan*. The results of interviews with health workers, are as follows:

**“Posyandu Balita is a community empowerment activity whose implementation must have assistance and support from the Village Government so that its activities must run continuously. Puskesmas officers are only facilitators in assisting posyandu health activities”**

- b. Head of Salakan Hamlet

Based on the results of the interviews that have been carried out, there are several questions asked to the Head of Salakan Hamlet.

- 1) Implementation of *Posyandu Balita*

According to the Head of Salakan Hamlet, the organization of *Posyandu* activities for toddlers is routinely carried out every month. The Head of the Hamlet also provides facilities related to the place for organizing *Posyandu*. For Salakan Hamlet, there are 10 RTs that are gathered in one *Posyandu* activity place. The *Posyandu Balita* is also subsidized by the village government and RT fees. Activities from *Posyandu* Toddlers such as health counseling held by the *Puskesmas* also include consumption for each participant. This was conveyed by the Hamlet Head during the interview

**“The implementation of the *Posyandu Balita* has been budgeted by the village fund so that the hope is that the *posyandu* can run optimally and sustainably”**

- 2) *Puskesmas* Support for the Implementation of *Posyandu Balita*

According to the head of Salakan hamlet, the *puskesmas*’ support in participating in this activity has been very good. There is always assistance for every *posyandu* activity every month, although the *Puskesmas* is present after the *puskesmas* service. In addition, the *Puskesmas* also has a training program for health cadres so that cadre knowledge is always increasing. The *Puskesmas* always coordinates with the village administration in the hope that there will be no errors in services at the *Posyandu Balita*. In accordance

with the Head of Helmet statement as below:

**“Puskesmas officers are always present when *Posyandu Balita* to complete baby and toddler measurement data. In addition, if there are people who want to consult health, they can meet directly”**

- 3) Community Leaders’ Support for the Implementation of the *Posyandu Balita*

Community leaders have tried to provide facilities in organizing *Posyandu Balita*. As well as providing a house yard along with table chairs that will be used during *posyandu* services. Furthermore, the village government also provides a budget for *Posyandu Balita* activities such as the Supplementary Food Provision (PMT) budget for mothers of toddlers.

In addition, the village also provides incentives for cadres that are given collectively at the end of the year. As stated in the interview below:

**“I provide my yard to be used for *Posyandu Balita* activities and strive for village funds that can be used for the continuity of *Posyandu Balita*”**

- 4) Community Participation in *Posyandu Balita*

The hamlet head has the task of encouraging his community to attend the monthly *Posyandu Balita*. Usually there will be health education conducted by the *puskesmas* so that the community can consult during the *posyandu*. The Head of Dukuh explained in the interview as follows:

**“After preparing tables and chairs for weighing, I always preach at the village mosque to attend *Posyandu Balita*. Alhamdulillah, the community participation is quite crowded, up to 60-70 people”**

- 5) Monitoring and Evaluation in *Posyandu Balita*

Monitoring and evaluation carried out by the Hamlet Head includes monitoring activities every month which are then coordinated with the Village Government and

Puskesmas. If a health cadre has any problems, they are immediately conveyed to the Head of the Hamlet, so that if a problem occurs, it can be resolved immediately.

- 6) Efforts to Improve Posyandu Balita Efforts to improve the welfare of posyandu toddlers will always be endeavored by the Village Government using the APBD. The welfare of health cadres needs to be prioritized because health cadres are the spearhead in the success of Posyandu Toddler services.

#### c. Health Cadre

Based on the results of the interviews conducted, there were several questions posed to the health cadres.

- 1) Appropriateness of Implementation of Posyandu Service Guidelines from KEMENKES Posyandu Balita Widuri has developed a lot to date. Posyandu toddler service procedures are in accordance with the Ministry of Health's posyandu service guidelines because they are always monitored by the Village Government and Puskesmas. In accordance with the discourse delivered by Health Cadres during interviews with researchers, **“Since I became a Health cadre in 2015 until now, Posyandu Balita has experienced a rapid increase, thanks to the support of the Puskesmas and the Village Government”**

- 2) Implementation of Posyandu Balita by Health Cadres

The implementation of Posyandu Balita Widuri has sought compliance with the Ministry of Health guidelines which consist of a minimum of 5 tables including; registration table, weight measurement table, height measurement table, head circumference and upper arm circumference measurement table, growth and development chart recording table, consultation table and PMT provision table. Posyandu has also been held every month at the house of the Salakan Hamlet Head.

- 3) The enthusiasm of residents in participating in the Posyandu Balita The enthusiasm of the residents who follow the posyandu here is quite crowded, around 70-80 toddlers. Although the Posyandu Balita in carrying out its activities directly gathers 10 RTs in Salakan Hamlet, the enthusiasm of residents remains high. When the Posyandu schedule is held, the Health Cadre conveys the information in the group of parents who have infants and toddlers. In addition, Bu Dukuh or the Head of the Dukuh has spread the information through the loudspeakers of the local mosque.

- 4) Support from puskesmas health workers in implementing Posyandu Balita

Health worker support is good enough. Every month they always accompany Posyandu activities to provide health consultations and health counseling. In addition, health workers become facilitators in cadre training activities carried out to improve the knowledge of Posyandu cadres.

- 5) Support from community leaders in the implementation of Posyandu Balita Community leaders such as the Village Head, Hamlet Head, RT Head have provided support in organizing Posyandu Balita. Support can be in the form of providing facilities for organizing Posyandu Balita, advocacy related to the allocation of Posyandu Balita funds from the Village Fund budget or others.

- 6) Obstacles in the implementation of Posyandu Balita

During the organization of Posyandu Balita, there are still internal and external constraints. Internal constraints include limited human resources and knowledge of health cadres, because only those cadres who usually attend cadre training. Then the external obstacle in organizing posyandu is the need for gradual and comprehensive health education to the community.

#### d. Community

- 1) Participation in Posyandu Balita People with infants and toddlers have realized the importance of Posyandu Balita. In order to monitor children's growth and development regularly. It is hoped that health risks such as stunting, malnutrition and other diseases can be resolved immediately. The community routinely attends posyandu which is held every month.

- 2) Posyandu Balita Procedure Posyandu Balita Widuri's services have been carried out in accordance with the Ministry of Health guidelines which implement five tables. When you first arrive, you will register and submit the Pink Book. Furthermore, measurements of height, weight and head and hand circumference are taken. Then, the Health Cadre records the results on the KMS chart in the Pink Book. Furthermore, parents of infants and toddlers can conduct health education with trained health cadres or with Puskesmas health workers. Infants and toddlers can receive PMT that has been provided by the cadre.

- 3) Health Cadre Services at the Posyandu Balita According to the community members who regularly attend Posyandu, the cadre's service is quite good. Because they are always responsive when asked by the community. They always convey the schedule of the Posyandu Balita through the Whatsapp group. In addition, if there is a toddler class or additional health education from the puskesmas, it is always conveyed to the community.

- 4) Health worker support for Posyandu Balita

Health workers greatly facilitate and assist in Posyandu Balita activities. As evidenced by the presence of every posyandu meeting to record measurement data and also open consultation sessions for communities in need.

- 5) Community leaders' support for Posyandu Balita

Community leaders consisting of the Village Government, the Head of RT are very supportive of the sustainability of Posyandu Balita in Salakan Hamlet. Support from the Village Head always provides facilities and prepares since morning when the posyandu is scheduled. The posyandu funding budget is always sought so that posyandu activities run well and ensure the welfare of Health Cadres.

- 6) Criticisms and suggestions in the Posyandu Balita service  
Criticism and suggestions expressed by the community in the form of the presence of Health Officers should arrive since the start of posyandu, so that if anyone wants to do a health consultation can be immediately conveyed to the Health Officer.

## DISCUSSION

- a. Analysis Facilities and Resources  
The facilities provided by the puskesmas to Posyandu Balita Widuri, such as Posyandu Kit and other measuring instruments, are important support in organizing posyandu activities. Studies show that the availability of adequate facilities greatly affects the quality of maternal and child health services at the community level<sup>8</sup>. However, the system of reporting and replacing damaged equipment, which still relies on the dusun head and village head, shows the need for more systematic and responsive management<sup>7</sup>.
- b. Mentoring and Training  
The significant contribution of officers from health centers is very crucial in the preparation of cadre health for them to develop greater capacity and be more competent as a result of the health

cadres capacity. Supporting the claim of on-time and individually-tailored training enables health staff to upgrade their expertise and the competence of a cadres health is a validated truth.

- c. Monitoring and Evaluating  
The Posyandu Balita Widuri has been regularly monitoring and performing an excellent analysis, ensuring that they can detect and provide solutions for impending issues, by doing so, services quality is assured Integrated Healthcare Center assessment is still operating well. According to the study conducted by<sup>10</sup>, monitoring and evaluation play an important role in the success of public health programs<sup>9</sup>.
- d. Support from Public Figure  
Support from the public leader such as the head of the village, the chief of hamlets, and RT heads have been instrumental in the sustainability and the success of Posyandu Balita. A study by<sup>11</sup> reveals the fact that active participation in the public figures who are involved invariably leads to societal encouragement that is important for the success of community-based health programs which is achieved through the presence of the community at such programs. Such environment becomes then health-promoting through participation and excitement<sup>10</sup>.
- e. Community Participation and Enthusiasm  
Proper and active society follow up the activity that is concentrated in the Integrated Healthcare Center is an indication of a good awareness about power and life supporting health. With a study that was conducted by the author of part 1, it is noticed that the savings of active society is a very important thing because through

successful posyandu program only. Efforts are made in the program to educate the community and provide continuous health in order to reach people to participate in the program all the time<sup>11</sup>.

- f. Obstacles and Challenges  
Local availability, capacity building, and knowledge sharing in healthcare are all inevitable obstacles to overcome. Health centers can be used as a base, while education and health facilities will be needed to be supported as well. In order to deal with such a situation or bring it to the right path, it is necessary to be able to implement the health program in a full and balanced way. According to<sup>13</sup>, the empowerment of cadres and the increased education of health manpower through training and seminars is the solution to be offered to counteract this limitation<sup>12</sup>.
- g. Optimization Strategy  
Based on the above analysis, we have a number of optimization strategies.
1. Improvement of Management Facilities and Resources: Systems should be updated regularly and the repair of malfunctioned tools should not affect service delivery. The procurement of more modern and quality tools should be taken into account<sup>6</sup>.
  2. More Cadre Training Intensive: Training can be made more intensive and frequent if it reaches the most cadre they might be capable enough to follow and use new things taught in practice everyday<sup>8</sup>.
  3. Strengthening Monitoring and Evaluation: More evaluation needs to be carried out in more detail and comprehensively in order to establish different needs of the improvements, and to develop more such strategies. The effectiveness of the improvement<sup>13</sup>.
  4. Integrated Cross-Sector Support: It is essential to create a supportive and encouraging environment that would contribute to the active participation of the community in the improvement of community health this can be achieved if health, government (in villages), and public figures cooperate and create the



Figure 1. Activity from Posyandu Balita Widuri.

right atmosphere for community engagement<sup>14</sup>.

5. Massive Health Education Campaign: A more aggressive campaign is required to improve health education in society and involve different sectors to reach a greater number of the population than previously<sup>15</sup>.

## CONCLUSION

Based on the research that has been carried out, it can be concluded that in this study Posyandu Balita Widuri located in Salakan Hamlet Potorono Banguntapan Bantul has been optimal in health services because of the support of cross-sectoral roles so far. The importance of support from Puskesmas Health Officers as Facilitators in the sustainability of Posyandu Balita Activities, support from Community leaders and Village Government in providing facilities and incentives for Health cadres can provide enthusiasm in running Posyandu Balita. The persistence and enthusiasm of health cadres is key to the successful implementation of the Posyandu Balita. Community participation is also an important factor in the implementation of sustainable Posyandu. Therefore, the synergy of cross-sectors will result in the optimal service of Posyandu Balita Widuri.

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## CONFLICT OF INTERESTS

No conflict of interest.

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## AUTHOR CONTRIBUTION

Writer in a way whole involved direct in study This. Implementation preparing research proposals, collecting data using interviews, data analysis, and preparation article scientific in JCOEMPH journal.

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