

## FACTORS RELATED TO MOTHERS' VISITS BRINGING TODDLERS TO PERMATA HATI POSYANDU IN DRIEN RAMPAK VILLAGE, WEST ACEH REGENCY IN 2024

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### Abstract

The activeness of visits to the posyandu is crucial for monitoring children's health and nutrition by regularly weighing toddlers' weight with the Kartu Menuju Sehat (KMS, or Healthy Growth Card). This study aims to determine the factors related to mothers' visits with their toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency, in 2024. The quantitative study uses an observational analytic design with a cross-sectional approach. The population consists of all mothers with toddlers aged 0-59 months, with a total sampling method of 87 mothers. The instrument used a questionnaire covering all variables, including maternal knowledge, education, occupation, family support, and visits to the posyandu. The analysis uses the Chi-Square test. The results show no relationship between maternal knowledge ( $p=1.000$ ) and education ( $p=1.000$ ), but there is a relationship between maternal occupation ( $p=0.004$ ) and family support ( $p=0.000$ ) with visits to the posyandu. The suggestion for the posyandu is to hold regular educational activities to increase mothers' awareness of the importance of visiting the posyandu. For working mothers or those with various other activities, it's essential to schedule time to bring their toddlers to the posyandu.

**Keywords:** *Posyandu Visits, Toddlers, Mother's Knowledge, Maternal Education, Mother's Occupation, Family Support*

### INTRODUCTION

One of the aspects that needs attention in health is toddler health. The toddler period is a golden age because growth increases rapidly during this time. If toddler growth is not properly monitored and experiences disturbances, it cannot be corrected in the next period. Therefore, regular growth monitoring is necessary to detect any growth deviations and take early interventions to prevent disturbances in toddler growth and development (Purbowati, 2020). Monitoring toddler growth is essential for identifying growth barriers at an early stage. Growth and development monitoring can be done by visiting the posyandu (Chanif Kurnia, 2021). Posyandu is a community-based health initiative managed and organized by and for the community to empower the community and provide easy access to basic health and social services, aiming to reduce Maternal Mortality Rate (MMR) and Toddler Mortality Rate (TMR) (Dewi et al., 2023). One of the goals of posyandu is to maintain and improve the health of infants and toddlers (Kurnia et al., 2023). Low community participation in utilizing posyandu is one of the problems hindering the implementation of health services through posyandu. On the other hand, various reasons for irregular toddler weighing also affect the level of active participation of mothers in weighing their children at posyandu (Mujaki, 2020). In Indonesia, the number of posyandu increased in 2018 to 291,447 (56.57%) from 280,225 units. The ratio of posyandu to villages/sub-districts is 8.55 posyandu per village/sub-district (Kemenkes, 2021). Efforts to monitor toddler growth and development include posyandu. Toddlers are one of the targets in health services at posyandu. Health disturbances in toddlers affect growth and development both during the toddler period and in the future, so it needs attention (Setyaningsih et al., 2017; Yanti et al., 2022). The role of mothers in actively visiting posyandu is crucial for monitoring child health and nutrition by regularly weighing toddlers with the Healthy Growth Card (KMS) (Ayu et al.,

2020). Mothers who actively utilize health services, such as taking their children to posyandu, receive information about their toddler's nutritional status provided by health workers. According to Green (1980), individual behavior in utilizing health services is influenced by three factors: predisposing factors, enabling factors, and reinforcing factors. Predisposing factors include basic individual characteristics that influence behavior, such as knowledge, attitudes, occupation, and education level. Enabling factors include conditions that support or facilitate behavior, such as availability of facilities and infrastructure, access to services. Reinforcing factors relate to elements that strengthen or maintain behavior, such as encouragement from family, health workers, and posyandu cadres (Pakpahan et al., 2021). Several important factors influencing mothers' compliance in visiting posyandu include knowledge, education, occupation, and family support (Pakpahan et al., 2021). Inactivity of mothers in posyandu activities results in not receiving health counseling, toddlers not receiving vitamin A, mothers not knowing about toddler growth and development, and not receiving supplementary food (PMT) (Nurdin et al., 2019). This can trigger nutritional problems that can lower toddler immunity, making them more susceptible to diseases and potentially leading to death. Parents need to regularly monitor their child's growth and development to prevent malnutrition or undernutrition (Kemenkes RI, 2020).

Indonesia is one of the countries with a low percentage of toddler visits to posyandu. The coverage of toddler weighing in Indonesia decreased from 80.8% in 2019 to 73.0% in 2020, which is considered suboptimal because it has not reached the standard of 90% (Kemenkes, 2021). Among the provinces in Indonesia, Aceh is one of the provinces showing a low percentage of toddler visits to posyandu. The number of posyandu in Aceh Province in 2022 was 7,527, with the coverage of toddler health services through posyandu reaching 70% in 2017, decreasing to 61% in 2018, increasing to 78% in 2019, decreasing again to 73% in 2020, and significantly dropping to 44% in 2021 (Aceh, 2022). Based on the report from the West Aceh District Health Office in 2023, there are 13 health centers in West Aceh District. Among these health centers, three have the highest toddler visits to posyandu, namely Drien Rampak Health Center (97.38%), Tangkeh Health Center (88.47%), and Suak Ribee Health Center (86.27%), while Johan Pahlawan Health Center has 79.37%.

Based on the report from the West Aceh District Health Office in 2023, it is known that there are 13 health centers in West Aceh District. Among these health centers, three have the highest toddler visits to posyandu, namely Drien Rampak Health Center (97.38%), Tangkeh Health Center (88.47%), and Suak Ribee Health Center (86.27%), while Johan Pahlawan Health Center has 79.37%. Based on the report from Johan Pahlawan Health Center, West Aceh District, there are 11 villages with varying percentages of toddler visits, with Gampong Darat having the highest at 100%, followed by Rundeng (69%), Desa Panggung (61%), and the lowest being Desa Drien Rampak with 26%. Based on the background above, the researcher is interested in exploring in-depth the factors related to mothers' visits with their toddlers to the posyandu. Therefore, a study entitled "Factors Related to Mothers' Visits with Toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency, 2024" was conducted.

## **LITERATURE REVIEW**

Integrated Service Post (Pos Pelayanan Terpadu or Posyandu) is a community-based health initiative (UKBM) implemented by, for, and with the community, providing services to the community, especially mothers, infants, and children (Hafifah & Abidin, 2020). Posyandu is a community activity center that embodies community participation in health development, where people can access family planning services, maternal and child health (MCH), nutrition, immunization, and diarrhea management all in one place. The activities at posyandu involve community participation in health services provided by and for the community, carried out by health cadres who have received education and training from the health center team on basic health services. Posyandu can also be utilized as a platform for exchanging opinions and experiences, as well as for deliberating to solve problems faced by the community (Imanuddin et al., 2021). Age is one of the indicators that influences a mother's behavior in utilizing health services, including posyandu. Age is related to a person's level of maturity, experience, and thought patterns in

making decisions about their child's health. Research by Damayanti and Fitriyani (2020) shows that mothers in the productive age range (20-35 years) are more active in taking their children to posyandu compared to mothers outside this age range, as they have better understanding and sufficient physical energy.

Education is a process of changing an individual's or group's attitudes and behavior through teaching and training for improvement. Low maternal education can lead to low interest in visiting posyandu for toddler weighing. Education influences an individual's lifestyle, especially in motivating them to participate in health development. Mothers need to visit posyandu to gain beneficial information for their child's growth and development. Individuals with higher education tend to understand health better and strive to implement known health measures (Emilia Yunritati Rehing et al., 2021). Toddlers are children under the age of 5 (0 to 59 months) (Saputri dan Parmi, 2023). The 0-59 month age range is a critical period for toddler growth and development. During this period, it is essential to carefully monitor toddler growth and development to detect any abnormalities early. Early detection of growth and development disturbances is done by assessing physical growth and development in toddlers (Rosidi, 2012).

## **METHOD**

This study is a quantitative research with an observational analytic design and uses a cross-sectional approach. This approach involves collecting data at a single point in time and analyzing the relationship between independent and dependent variables (Notoatmodjo, 2018). The dependent variable in this study is mothers' visits with their toddlers to Posyandu Permata Hati, and the independent variables are mother's knowledge, maternal education, mother's occupation, and family support. This research was conducted at Posyandu Permata Hati in Drien Rampak Village, Johan Pahlawan District, West Aceh Regency, from October 2024 to January 2025. This study was conducted at Posyandu Permata Hati in Drien Rampak Village, Johan Pahlawan Subdistrict, West Aceh Regency, from October 2024 to January 2025.

## **RESULTS AND DISCUSSION**

### **RESULTS**

Drien Rampak Village is one of the villages in Johan Pahlawan District, West Aceh Regency, Aceh Province, Indonesia. The village is in the center of Meulaboh City, which is also the capital of West Aceh Regency. According to the data obtained from the Central Statistics Agency, Gampong Drien Rampak has an area of 6.40 km<sup>2</sup> and is inhabited by 7,533 people, consisting of 1,787 households. Drien Rampak Village has basic health facilities such as a Puskesmas Pembantu (PUSTU, or Sub-Community Health Center), Posyandu, and several private clinics. Posyandu Permata Hati is one of the active posyandu in providing maternal and child health services, especially for toddlers, with various programs such as immunization, toddler weighing, nutrition counseling, and others. Posyandu Permata Hati located in the center of Drien Rampak Village and serves as a health service center for the community, especially for mothers and toddlers. This posyandu is managed by health cadres who work with the local health center and the West Aceh District Health Office. Posyandu activities are carried out regularly every month according to a predetermined schedule. Despite the regular activities, a low rate of mothers bringing their toddlers to posyandu is still found. This is an important concern because regular visits to Posyandu play a crucial role in monitoring the health and development of children. Bivariate analysis was used to analyze the factors related to mothers' visits with their toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency in 2024. The variables analyzed included mothers' visits with their toddlers to posyandu as the dependent variable and mother's knowledge, maternal education, mother's occupation, and family support as independent variables. This analysis used the Chi-Square test.

**Table 1.1 The Relationship Between Maternal Knowledge and Mothers' Visits With Their Toddlers to Posyandu.**

Variable		Mother's Visit Brings Toddler to Posyandu						P-Value
		Not Active		Active		Total		
		N	%	N	%	N	%	
<b>Mother's Knowledge</b>	Not enough	5	71,4	2	28,6	7	100,00	1,000
	Good	51	63,7	29	36,3	80	100,00	

Based on the results of the bivariate analysis, it was found that there is no relationship between maternal knowledge and mothers' visits with their toddlers to Posyandu. This can be seen from the results of statistical tests using Chi Square, which obtained a p-value of  $1.000 > 0.05$

**Table 1.2 The Relationship Between Maternal Education and Mothers' Visits with Their Toddlers to Posyandu.**

Variable		Mother's Visit Brings Toddler to Posyandu						P-Value
		Not Active		Active		Total		
		N	%	N	%	N	%	
<b>Maternal Education</b>	Low Education	21	63,6	12	36,4	33	100,00	1,000
	High Education	35	64,8	19	35,2	54	100,00	

Based on the results of the bivariate analysis, it was found that there is no relationship between maternal education and mothers' visits with their toddlers to Posyandu. This can be seen from the results of statistical tests using Chi Square, which obtained a p-value of  $1,000 > 0.05$ .

**Table 1.3 The Relationship Between Maternal Occupation and Mothers' Visits with Their Toddlers to Posyandu.**

Variabel		Mother's Visit Brings Toddler to Posyandu						P-Value	OR
		Not Active		Active		Total			
		N	%	N	%	N	%		
<b>Mother's Occupation</b>	Not Working	30	83,3	6	16,7	36	100,00	0,004	4,808
	Working	26	51,0	25	49,0	51	100,00		

Based on the results of the bivariate analysis, it was found that there is a relationship between maternal occupation and mothers' visits with their toddlers to Posyandu. This can be seen from the results of statistical tests using Chi Square, which obtained a p-value of  $0.004 < 0.05$  and an OR value of 4.808.

**Table 1.4 The Relationship Between Family Support and Mothers' Visits with Their Toddlers to Posyandu.**

Variabel		Mother's Visit Brings Toddler to Posyandu						P-Value
		Not Active		Active		Total		
		N	%	N	%	N	%	
<b>Family Support</b>	Not Enough	37	88,1	5	11,5	42	100,00	0,000
	Enough	17	58,6	12	41,4	29	100,00	
	Good	2	12,5	14	87,5	16	100,00	

Based on the results of the bivariate analysis, it was found that there is a relationship between family support and mothers' visits with their toddlers to Posyandu. This can be seen from the results of statistical tests using Chi Square, which obtained a p-value of  $0.000 < 0.05$ .

## **DISCUSSION**

### **a. The Relationship Between Maternal Knowledge and Mothers' Visits with Their Toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency**

Based on the results of the bivariate test using Chi-square analysis, a P-value of  $1.000 > 0.05$  was obtained, indicating that  $H_a$  was rejected and  $H_0$  was accepted, meaning there is no relationship between maternal knowledge and mothers' visits with their toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency. This study is in line with research by Tri Wanti et al. (2024), which obtained a p-value of  $1.000 > 0.05$ , indicating no relationship between maternal knowledge and toddler visits to Posyandu in Sambuli Village in 2023. The study by Nur et al. (2023) also showed a p-value of 0.756, meaning there is no significant relationship between maternal knowledge and toddler visits to Posyandu. Most respondents, 80 people (92%), demonstrated good knowledge. This study's results indicate that the majority of mothers in the research location have an adequate understanding of Posyandu. This level of knowledge appears to be related to their education level and age. Many mothers in the location have an educational background ranging from junior high school to diploma, which contributes to better knowledge. Additionally, the majority of mothers are in the 25-34 age range, which is the early adult phase, making them more open to receiving information, especially regarding Posyandu.

The researchers assume that good knowledge about Posyandu is not followed by good behavior in visiting Posyandu. This is because some mothers with good knowledge have a better understanding of health service standards and consider doctors or medical facilities to be more professional, comprehensive, and accurate in handling children's health issues. Posyandu is often seen as only a place for weighing and immunization, without in-depth medical services, which decreases mothers' interest in bringing their children to Posyandu. Mothers with good knowledge tend to come from higher economic and educational backgrounds, enabling them to afford paid healthcare services such as pediatricians or private clinics. This condition reinforces the assumption that high knowledge does not necessarily guarantee active visiting behavior, as the perception of facility quality and services plays a significant role. Therefore, improving supporting facilities, service quality, and Posyandu services, including cadre skills, professional healthcare involvement, and infrastructure, is key to increasing mothers' trust and encouraging them to regularly bring their children to Posyandu.

### **b. The Relationship Between Maternal Education and Mothers' Visits with Their Toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency.**

Based on the results of the bivariate test using Chi-square analysis, a P-value of  $1.000 > 0.05$  was obtained, indicating that  $H_a$  was rejected and  $H_0$  was accepted, meaning there is no relationship between maternal education and mothers' visits with their toddlers to Posyandu Permata Hati in Drien Rampak Village, West Aceh Regency. This study is consistent with research by Mersiana et al. (2024), which obtained a p-value of  $0.170 > 0.05$ , showing no relationship between education and mothers' activeness in Posyandu activities in the working area of Peot Health Center, East Manggarai Regency. The study by Susanto et al. (2023) also showed no relationship between education and mothers' compliance with visits to Posyandu for toddlers, with a p-value of 0.63, which is greater than the  $\alpha$  value of 0.05. Therefore, the researchers believe that maternal education is not the primary issue in the problem of mothers' visits with their toddlers to Posyandu in Drien Rampak Village, West Aceh Regency. The Posyandu in Drien Rampak Village, despite being strategically located (in the center of Meulaboh City), still faces obstacles in terms of suboptimal service quality. This is supported by data showing that the village has the lowest Posyandu visit rate in the Johan Pahlawan Health Center area,

which is only 26%. Thus, the low quality of services and Posyandu facilities is the main inhibiting factor, even for mothers who have good understanding and educational background. Some mothers also stated that the quality of services provided was unattractive. This has led to a decrease in visit interest, despite their understanding of the importance of Posyandu, as shown by the univariate results indicating that 92% of mothers have good knowledge but remain inactive in visiting Posyandu. This finding is consistent with the Ministry of Health's theory (2011), which states that obstacles such as low service quality at Posyandu can reduce mothers' motivation to bring their toddlers to Posyandu. Therefore, the researcher assumes that the low quality of services at Posyandu might be the reason for mothers' inactivity in bringing their toddlers to Posyandu.

**c. The Relationship Between Mothers' Occupation and Their Visits to Posyandu Permata Hati with Toddlers in Drien Rampak Village, West Aceh Regency.**

This study's results show a significant relationship between mothers' occupation and their visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency. The researcher used the Chi-Square test to analyze the relationship between the two variables. The statistical test results yielded a p-value of 0.004, which is smaller than the significance level ( $\alpha = 0.05$ ), and an OR value of 4.808. Therefore, the results are statistically significant, indicating sufficient evidence to conclude that there is a relationship between mothers' occupation and their visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency. This finding suggests that mothers' occupation is related to their visits to Posyandu with their toddlers. This study's findings are in line with research by Lydia et al. (2022), which shows that mothers' occupation is related to the activeness of weighing toddlers at Posyandu ( $p=0.035$ ). Non-working mothers have more flexibility in managing their own schedules, allowing them to regularly or actively weigh their toddlers at Posyandu each month. Research by Isnoviana et al. (2020) also found that the majority of mothers with toddlers at Posyandu X Surabaya were not working (47.3%), while 50.5% of them showed low activeness in visiting Posyandu. The statistical test showed a p-value of 0.000 and a correlation coefficient of 0.465, indicating a relationship between occupation and activeness of mothers' visits to Posyandu. Therefore, it can be concluded that working mothers tend to have less free time to visit Posyandu compared to non-working mothers. The lack of time available to mothers to seek information due to their busy work schedules is suspected to be one of the causes.

This phenomenon can result in lower visit frequencies to Posyandu for mothers with toddlers. In this study, the researcher assumes that mothers' employment status can affect their visits to Posyandu with their toddlers. This is due to the busyness of working mothers, which requires them to carry out various daily activities. Additionally, the Posyandu schedule, which only takes place once a month, often coincides with their working hours. The distance between their workplace and village also becomes a barrier, where mothers do not have enough time to go home and bring their children to Posyandu. On the other hand, physical exhaustion after work also causes some mothers to choose to rest or attend to other household chores rather than visit Posyandu, especially if the services provided are not perceived as urgent. As a result, the time available to attend Posyandu activities becomes quite limited. Non-working mothers are more likely to be inactive in bringing their toddlers to Posyandu compared to working mothers. Although non-working mothers have more flexible time, many of them still do not actively visit Posyandu. The researcher's assumption is that this may be due to a lack of motivation, laziness, or limited family support, as well as a lack of confidence in interacting with other mothers who are perceived as more modern or educated. Some mothers also feel that Posyandu only provides ordinary services and is not too important, especially if their child appears healthy.

**d. The Relationship Between Family Support and Mothers' Visits to Posyandu Permata Hati with Toddlers in Drien Rampak Village, West Aceh Regency.**

Based on the results of the bivariate test using Chi-square analysis, a P-value of  $\alpha 0.000 < 0.05$  was obtained, indicating that  $H_a$  was accepted and  $H_0$  was rejected, meaning there is a significant relationship between Family Support and Mothers' Visits to Posyandu Permata Hati with Toddlers in Drien Rampak Village, West Aceh Regency. This finding is consistent with Pratiwi's research (2023), which used Chi-Square analysis and yielded a p-value of 0.000, revealing that the majority of respondents received family support, with 143 individuals, and 134 of them regularly visited Posyandu. This finding suggests a significant influence of family support on the frequency of Posyandu visits for toddlers. Research conducted by Hartini et al. (2023) also showed a p-value of 0.000, indicating a significant relationship between family support and compliance with Posyandu visits for toddlers in Plosorejo Village, Randublatung District, Blora Regency, since the p-value ( $0.000 < 0.05$ ). Family support is a crucial support system that influences the behavior and lifestyle of family members in maintaining their health and quality of life. Positive support from family members to mothers of toddlers can take the form of providing information about the importance of visiting Posyandu. Additionally, motivating mothers to regularly bring their toddlers to Posyandu every month is also essential (Suganda, 2019). Negative family support often manifests as a lack of response from husbands or other family members towards mothers of toddlers, failing to provide necessary reminders or support regarding Posyandu utilization. Furthermore, husbands or other family members may be unwilling to accompany or substitute mothers in monitoring toddler growth and development at Posyandu (Amalia et al., 2019).

The research by M. Ommy et al. (2024) also showed statistical analysis results using the Chi-Square test, yielding a p-value of 0.025 ( $p\text{-value} < 0.05$ ), which indicates a significant relationship between family support and Posyandu visits at Harapan Raya Health Center. The study's results showed an Odds Ratio (OR) value of 3.095, indicating that mothers who do not receive family support are 3.095 times more likely to not make regular visits to Posyandu compared to mothers who receive good family support. Informational support is obtained from knowledge, appraisal support through problem-solving, and emotional support in the form of attention to mothers to actively participate in Posyandu. Family involvement, especially from husbands, is crucial for mothers to attend Posyandu. With spousal support, mothers will feel more confident and motivated to consistently participate in Posyandu activities. Essentially, good spousal support will encourage mothers to actively attend Posyandu activities (Sutinbuk & Kusmadeni, 2023). Family support is an open attitude shown by family members towards one another. Attention and support from loved ones can motivate someone to achieve their goals (Kartika & Claudya, 2021). In this study, the researcher assumes that on average, respondents do not receive sufficient support from their families, whether in the form of encouragement, accompaniment, or practical assistance. This affects the low frequency of mothers bringing their toddlers to Posyandu.

## CONCLUSION

Based on the research results, the following conclusions can be drawn:

1. There is no relationship between mothers' knowledge and their visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency, with a p-value of  $1.000 > 0.05$ .
2. There is no relationship between mothers' education level and their visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency, with a p-value of  $1.000 > 0.05$ .
3. There is a relationship between mothers' occupation and their visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency, with a p-value of  $0.004 < 0.05$ .
4. There is a relationship between family support and mothers' visits to Posyandu Permata Hati with toddlers in Drien Rampak Village, West Aceh Regency, with a p-value of  $0.000 < 0.05$ .

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