

Conference Paper

Overview of the Knowledge of Mothers of Toddlers Who Visit Posyandu Melayu Besar, Rokan Hilir District

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ABSTRACT

Integrated Healthcare Center (Poyandu) is a community activity for health services. Every month, mothers who have children under five years old (toddler) should participate in posyandu for their children's growth and development monitoring. The target of weighing toddler to Posyandu in Indonesia is 85%, while the coverage of toddler weighing in Posyandu Melayu Besar is still below the target. Several impacts like not well educated, toddler would not receive Vitamin A, toddler mother would not understand about growth and development of the toddler would be happen if toddler mother not active bring their toddler to posyandu. Good knowledge about posyandu is needed by every mother who has children under five. Good knowledge will motivate mother for visit to posyandu. This research aimed to describe mother's knowledge about posyandu. This cross-sectional research was conducted from August to October 2022 in Melayu Besar village, Rokan Hilir, Riau Province. Fifty-five mothers with children 1 – 5 years old were recruited for this study by accidental sampling technique. The data was collected by using questionnaire. This results showed that 60% of participants have good knowledge of posyandu, while the rest have poor knowledge. Mothers with good knowledge were more likely to attend the posyandu every month. Hopefully, the education from health workers will increase motivation of mothers to attend the posyandu. The more often someone gets information through counseling or mass media, then someone's knowledge will increase.

Keywords: Posyandu, toddler mother, knowledge

Introduction

Children are an investment in the family, society, and nation. As an investment, the health status of children becomes a shared and cross-sectoral responsibility for the growth and development of children. Childhood had a more important period because it was a critical period in creating quality human resources. Especially in the last 6 months of pregnancy and the first two years after birth was a golden period where brain cells are experiencing optimal growth and development. Failure to thrive which was the result of malnutrition at this time would be a bad impact on the next life which will be difficult to repair. Malnutrition at an early age would increase the risk of developing degenerative diseases in adulthood (Reihana & Duarsa, 2012). Child weight monitoring activities carried out at the posyandu were one of the efforts to improve nutrition programs that focus on preventing and improving children's nutritional status (Miskin et al., 2016). The assumption of a mother about posyandu as a place to weigh, not to monitor the growth and development of her child. This mother's assumption was due to a lack of knowledge about the function of the posyandu so the growth and development of toddlers were not monitored. The impacts experienced by toddlers when mothers were not active in posyandu activities include not getting health education, children do not get vitamin A, mothers of toddlers would not know the growth and weight development child's body, and mothers of toddlers did not receive additional food (PMT). Irregularity of inspection and weighing in posyandu could trigger nutritional problems in toddlers, to the point of having a very fatal impact, which could cause death (Sari,

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2021). The purpose of this study to see a description of the knowledge about posyandu owned by mothers in the village of Melayu Besar. The information received will influence a person's knowledge. Even though someone has a low education but good information from various media such as TV, radio or newspapers would be able to increase their knowledge (Notoadmodjo, 2014).

Material and Methods

This observational study with a descriptive-analytic approach was conducted from August to October 2022 in the village of Melayu Besar, Rokan Hilir, Riau Province. The population in this study were mothers with toddlers aged 1-5 years from the three posyandu in the village of Melayu Besar. Sampling was done on 55 mothers with an accidental sampling technique because, at the time, mothers who came were not all at once but took turns, so the mothers who came first and met the criteria were taken as samples. Samples are taken until the number is met. Data on the level of knowledge about posyandu were collected directly by filling out questionnaires. The data obtained will describe the level of knowledge of the mother with univariate statistics.



Figure 1. Mothers who are filling out questionnaires

Results and Discussion

Mother's level of knowledge is one of the variables that can affect visits to posyandu. Knowledge is very influential on a person's behavior, if someone has good knowledge is expected to have good behavior as well. The mother's level of knowledge can be seen in Figure 2.

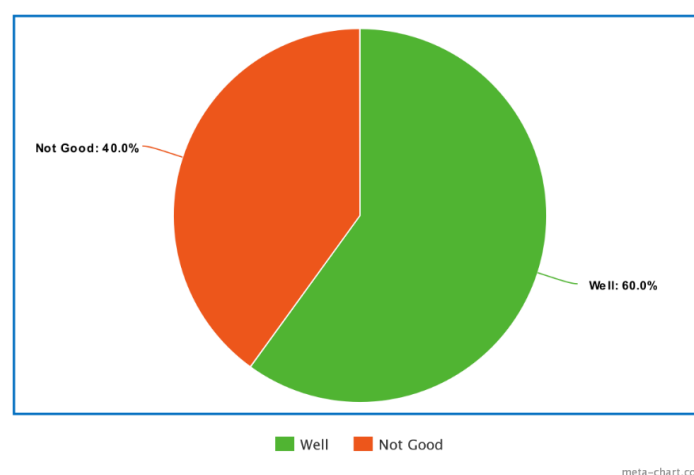


Figure 2. Mother's Level of Knowledge About Posyandu

Based on figure 2 above, we can see that the mother's level of knowledge for the good category is 33 people (60.0%), and the poor category is 22 people (40%). The condition of this

level of knowledge is predicted to affect the number of visits by mothers of children under five to the posyandu.

Knowledge is the most important thing in designing a person's behavior so that with high knowledge, they can easily change their attitudes and behavior for the better based on their knowledge (Doda et al., 2021). According to Notoadmodjo, (2014) knowledge is influenced by many things, including age, intelligence, environment, socio-culture, education, information, and experience. Mothers who have good knowledge are due to getting a lot of information about posyandu. Mothers who have less knowledge are caused by the lack of interest of mothers of toddlers in receiving information when given counseling. We assume that mothers lack knowledge about posyandu because mothers were lazy to visit posyandu. Mothers did not understand the importance of bringing children to posyandu, children who were not sick, and immunization schedules that have been completed, and sometimes it coincides with market days so mothers were more concerned with family needs. It is hoped that parents and every level of society will increase their knowledge and continue to play an active role in the implementation of the posyandu and make the best use of the posyandu (Setryastrid & Hariati, 2022). In this study, it is necessary to increase the provision of information about posyandu to the community, so that the knowledge possessed by mothers about posyandu increases. Knowledge will raise their awareness, and eventually will cause people to behave by the knowledge they have. The more diligent health workers provide health counseling about posyandu, the better the knowledge of mothers under five. In this study, it is necessary to increase the provision of information about posyandu to the community, so that the knowledge possessed by mothers about posyandu increases. Knowledge will raise their awareness, and eventually will cause people to behave by the knowledge they have. The more diligent health workers provide health counseling about posyandu, the better the knowledge of mothers under five. In this study, it is necessary to increase the provision of information about posyandu to the community, so that the knowledge possessed by mothers about posyandu increases. Knowledge will raise their awareness, and eventually will cause people to behave by the knowledge they have. The more diligent health workers provide health counseling about posyandu, the better the knowledge of mothers under five.

Conclusion

The level of knowledge of mothers under five about posyandu with the category "Good" as much as 60% and with the category "Not good" as much as 40%. It is necessary to increase knowledge about the benefits of posyandu for mothers of toddlers. Counseling by health workers and active mothers seeking information from social media about posyandu can help increase the knowledge. With a better understanding of posyandu, mothers will be diligent to visit posyandu because of the perceived benefits.

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