

THE INFLUENCE OF THE ROLE OF POSYANDU CADRES ON THE OPTIMIZATION OF POSYANDU IN PREVENTING STUNTING IN THE MUARA SATU HEALTH CENTER IN LHOKSEUMAWE CITY

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ABSTRACT

Malnutrition conditions over a long period of time have an impact on reducing the quality of life of children in the future and have succeeded in attracting world attention, including Indonesia. In SDG's 2030 Indonesia targets to end hunger as the second goal by reducing the prevalence of stunting in toddlers by 2025. Effective implementation of posyandu in accordance with technical instructions will certainly reduce the incidence of stunting in toddlers, especially optimization in steps IV and V of posyandu, namely providing health education by cadres and health services by health workers. The aim of this research is to determine the influence of the role of posyandu cadres on the optimization of posyandu in preventing stunting in the working area of Muara Satu Health Center, Lhokseumawe City in 2024. This type of research is analytical observational research using a crosssectional approach. The population in this study were posyandu cadres in the working area of the Muara Satu Health Center, Muara Satu District, Lhokseumawe City in 2024. The sample for this study was purposive sampling, namely all posyandu cadres in the Muara Satu Community Health Center working area, Muara Satu District, Lhokseumawe City. The results of the study showed that the oral motor skills of babies aged 6-12 months before the role of active cadres in preventing stunting in the Muara Satu Community Health Center Working Area, Lhokseumawe City were in the active category, namely 71

people (94.7%) and 4 people (5,3%) who were inactive. Optimization of posyandu in preventing stunting in the Muara Satu Community Health Center Working Area, Lhokseumawe City in the Yes category, namely 67 people (89.4%) and 8 people (10.6%) who were inactive. The role of posyandu cadres influences the optimization of posyandu in prevention. stunting in the working area of Muara Satu Health Center, Lhokseumawe City in 2024 $p=0.000 < 0.05$. It is hoped that posyandu cadres will have the motivation and awareness to carry out health efforts, especially regarding stunting prevention so that the incidence of stunting in toddlers can be prevented and the health status of babies and toddlers will improve.

Keywords: *Posyandu Cadres, Stunting, Optimization of Posyandu.*

INTRODUCTION

Stunting is a chronic nutritional problem that has a serious impact on children's growth and development. According to a report by the Indonesian Ministry of Health, the prevalence of stunting in Indonesia is still quite high, with an average of 27.67% in 2021, far above the WHO standard which sets a maximum limit of 20% (Kemenkes RI, 2020; World Health Organization, 2019). This condition shows that stunting is not just a nutritional problem, but a complex challenge that involves various determinant factors such as poverty, maternal education, access to health services, and parenting patterns (Unicef, 2024).

Posyandu has a strategic role in stunting prevention efforts through community-based interventions. As an integrated service post, Posyandu is the main gateway in monitoring the health and nutritional status of children under five at the community level (Adriani & Wirjatmadi, 2018). Posyandu cadres carry out critical tasks in mobilizing active community participation, carrying out key activities such as weighing toddlers, early detection of growth disorders, providing immunizations, and community-based health counseling (Nurlaili, H & Ayu Pertiwi, NF. 2024).

The Muara Satu Health Center Working Area of Lhokseumawe City is interesting to study because it has complex geographic and demographic characteristics. Based on preliminary data, this area still shows significant stunting rates, with prevalence reaching 35% in 2022, exceeding the national average (Dinas Kesehatan Kota Lhokseumawe, 2022). Factors such as community education level, access to health services, and nutrition knowledge are key variables that influence the effectiveness of stunting prevention interventions (Yunawati,dkk, 2023).

Optimizing the role of Posyandu cadres is a strategic key in reducing the prevalence of stunting. Previous research shows that the quality and capacity of

cadres contribute significantly to the success of public health programs (Almatsier, 2019). The competence of cadres in conducting nutritional screening, counseling families, and building coordination networks with health professionals is a determining factor in the success of stunting prevention interventions (Kemenkes RI, 2020).

This study aims to comprehensively analyze the influence of the role of Posyandu cadres on optimizing stunting prevention efforts. Through a systematic approach, this study will identify factors that support and hinder the performance of cadres, measure the effectiveness of interventions, and formulate strategies for developing cadre capacity in reducing the prevalence of stunting in the Muara Satu Puskesmas working area.

METHODS

The research design will use a cross sectional analytical type which aims to determine the relationship between variables where the independent and dependent variables are identified at one unit of time. This research was conducted in the Muara Satu Community Health Center working area, Lhokseumawe City in June 2024. The population in this study was posyandu cadres in the Muara Satu Health Center working area, Muara Satu District, Lhokseumawe City in 2024. The sampling technique used purposive sampling technique for 75 respondents.

RESULTS AND DISCUSSION

Based on the results of the research, it is obtained

1. Univariate Analysis

Tabel 1. Age Frequency Distribution of Respondents

Respondent Characteristics	f	Persentase (%)
Age		
20-35 (y)	46	61,3
36-50 (y)	29	38,7
Education		
Medium	69	92,0
High	6	8,0
Length of time ss a cadre		
1-2 (y)	11	23,0
>2 (y)	64	77,0

Based on table 1 above, it can be seen that the age of the majority of mothers is in the 20-35 category, namely 46 people (61.3%), the education of the majority of cadres is medium, namely 69 people (92.0%), and the majority of years as a posyandu cadre is > 2 years, namely 64 people (77.0%).

Table 2. Frequency Distribution of Cadre Roles in Optimizing Posyandu in Prevention of Stunting in the Muara Satu Community Health Center Working Area Lhokseumawe City Lhokseumawe Year 2024

Cadre Role	f	(%)
Active	71	94,6
Inactive	4	5,3
Total	75	100

The results of the research show that the role of active cadres in preventing stunting in the Muara Satu Health Center Working Area, Lhokseumawe City is in the active category, namely 71 people (94.3%) and 4 people (5.7%) who are inactive.

Table 3. Frequency Distribution of Optimizing Posyandu in Stunting Prevention in Muara Satu Health Center Working Area, Lhokseumawe City, Lhokseumawe in 2024

Optimization of Posyandu	f	(%)
Active	67	89,3
Inactive	8	10,7
Total	75	100

The results of the research showed that the optimization of posyandu in preventing stunting in the Muara Satu Community Health Center Working Area, Lhokseumawe City was in the Yes category, namely 67 people (89.3%) and no, namely 8 (10.7%).

2. Bivariate Analysis

Table 4. Analysis of the Influence of the Role of Posyandu Cadres on Optimizing Posyandu in Preventing Stunting in the Working Area of Muara Satu Health Center, Lhokseumawe City in 2024.

Cadre Role	Optimization of Posyandu				Total	P Value	OR	
	Inactive		Active					
	n	%	n	%				
Active	4	5,3%	67	89,4%	71	94,7%	0,000	0,0
Inactive	4	5,3%	0	0%	4	5,3%		56
Total	8	10,6%	67	89,4%	75	100%		

Based on the table above, it is known that the results of the chi square statistical test obtained $p = 0.000 < 0.05$, meaning that the role of posyandu cadres affects the optimization of posyandu in preventing stunting in the working area of the muara one health center in lhokseumawe city in 2024.

The results of the chi-square statistical test with a value of $p=0.000 (<0.05)$ indicate a significant relationship between the role of posyandu cadres and the optimization of posyandu functions in stunting prevention. Posyandu cadres act as the frontline in health services in the community, especially in vulnerable groups such as pregnant women and toddlers.

In the Muara Satu Puskesmas working area, cadres who are actively involved in education, monitoring toddler growth, and distributing nutritional supplements are able to increase the level of visits to posyandu. This supports the effective implementation of stunting prevention programs, such as supplementary feeding (PMT) and vitamin A supplementation.

The results of this study are in line with research conducted by Anisa Rahmawati et al. (2022) in the posyandu area of Bojong village, Klapanunggal sub-district found that trained posyandu cadres had a significant impact on increasing mothers' knowledge about toddler nutrition. The cadres were able to provide education related to the importance of exclusive breastfeeding, proper complementary feeding, and monitoring children's weight and height. This increased family awareness about the risk of stunting and how to prevent it. Similarly, research conducted by Nugraheni, N and Malik, A (2023) in Ngijo Village, Semarang City showed that there are several roles of posyandu cadres related to preventing stunting cases in Ngijo Village. There are four roles of posyandu cadres in preventing stunting cases, namely: 1) health servant, 2) health educator, 3) community mobilizer and empowerer, and 4) health monitor. In carrying out their duties and roles, posyandu cadres are accompanied by field officers or health workers from Puskesmas Sekaran. Posyandu cadres are expected to spearhead the prevention of stunting cases. Posyandu cadres are people who are considered close to the community, so they are expected to be able to convey information related to stunting. In addition, there are also several obstacles in the implementation of stunting prevention, including the lack of motivation of cadres, lack of facilities and infrastructure, and funding.

Another study conducted by Alya Yasmine, H et al. (2024) found that cadres who were highly motivated and supported by regular training were able to perform their duties better, including in recording toddlers at risk of stunting and providing referrals to the puskesmas. These findings show a similar pattern:

active and trained posyandu cadres have a positive impact on the success of public health programs, especially in stunting prevention.

We assume that the effectiveness of the role of posyandu cadres in stunting prevention is influenced by continuous training where cadres who are given regular training tend to be better able to provide education to the community about balanced nutrition, healthy eating patterns, and the importance of exclusive breastfeeding. Supervision and Support from Puskesmas where guidance from health professionals improves cadres' competence in carrying out their duties, including monitoring child growth and identifying nutrition problems. And Community Involvement where support from the community and family is essential to strengthen the functioning of posyandu. Increased posyandu visits indicate community trust in the health service.

In addition, researchers also noted that socio-economic factors and mothers' education levels also influenced the success of the program. For example, mothers with better nutrition knowledge are more likely to make optimal use of posyandu services.

CONCLUSION

Based on the results of research conducted in meuria paloh village, muara one sub-district, lhokseumawe city can be concluded:

- a. The role of cadres who are active in preventing stunting in the Muara Satu Health Center Working Area of Lhokseumawe City in the active category is 71 people (94.3%) and 4 people (5.7%) who are not active.
- b. Optimization of posyandu in preventing stunting in the Muara Satu Puskesmas Working Area of Lhokseumawe City in the Yes category, namely 67 people (89.3%) and those who are not, namely 8 (10.7%).
- c. The role of posyandu cadres affects the optimization of posyandu in preventing stunting in the working area of the muara one health center, Lhokseumawe city in 2024 $p=0.000 < 0.05$.

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