

Research Article

# The Role of Cadres in the Activeness of Toddler Mothers Coming to the Toddler Posyandu in the Kabila Bone Health Center Work Area

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**Abstract:** Toddler Posyandu has an important role in monitoring child growth and development as well as preventing nutritional and health problems. The activeness of mothers in bringing their toddlers to Posyandu is greatly influenced by various factors, one of which is the role of health cadres. Posyandu cadres act as community mobilizers in increasing awareness and participation of mothers in toddler health programs. However, there are still many mothers who are less active in attending Posyandu, so an evaluation of the influence of the role of cadres on the activeness of toddler mothers in Posyandu activities is needed. Objective: This study aims to determine the relationship between the role of cadres and the activeness of toddler mothers in attending Posyandu toddlers in the work area of Kabila Bone Health Center. Method: This study used a quantitative method with a cross-sectional design. The research sample consisted of 30 respondents selected using a purposive sampling technique. Data collection was carried out through a questionnaire that assessed the role of cadres and the level of mother's activeness in attending Posyandu. Data analysis was carried out using the chi-square test with a significance level of 5% ( $p < 0.05$ ). Results: The results of the study showed that there was a significant relationship between the role of cadres and the activeness of mothers of toddlers in attending the integrated health post, with a  $p$  value = 0.000 ( $< 0.05$ ). This shows that the more active and involved the integrated health post cadres are, the higher the level of activeness of mothers in bringing their toddlers to the integrated health post. Conclusion: The role of cadres greatly influences the activeness of mothers in attending the integrated health post for toddlers.

**Keywords:** Activeness of Mothers; Integrated Health Post for Toddlers; Role of Cadres.

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## 1. Introduction

Posyandu for toddlers is a form of community-based health service that aims to improve the health and nutritional status of children under five years of age (toddlers). The success of the posyandu program is highly dependent on the active participation of mothers of toddlers in bringing their children to the posyandu regularly (Ministry of Health of the Republic of Indonesia, 2021). Posyandu plays a role in early detection of children's health and nutritional problems, so maternal participation is very important to ensure optimal child growth and development (Rahmadani et al., 2022).

However, in its implementation, there are still many mothers who are less active in attending posyandu activities. Factors that influence the activeness of mothers include the level of knowledge, awareness, family support, and the role of posyandu cadres (Sari et al., 2023). Posyandu cadres have a strategic role as community motivators and motivators in increasing mothers' awareness of the importance of utilizing toddler health services (Rahayu, 2021). Therefore, it is important to evaluate the extent to which the role of cadres in increasing the activeness of mothers of toddlers in coming to the posyandu.

Posyandu cadres are volunteers who play a role in supporting health services in the community, especially in promotive and preventive efforts (Handayani et al., 2020). They are tasked with providing health education, inviting mothers to actively attend posyandu, and

assisting health workers in implementing posyandu activities (Ningsih & Putri, 2022). With active and competent cadres, it is hoped that mothers of toddlers will be more motivated to routinely attend posyandu for the health of their children.

Several studies have shown that intensive cadre involvement can increase the coverage of posyandu services (Widyaningsih et al., 2021). A study conducted by Dewi and Susanti (2020) found that cadres who have good communication skills and are active in assisting mothers of toddlers can increase posyandu visits by up to 70%. This shows that good interaction between cadres and mothers of toddlers contributes greatly to the success of the posyandu program.

On the other hand, the lack of cadre roles can have a negative impact on the level of mother participation in posyandu. Factors such as lack of cadre training, low cadre motivation, and lack of support from the health center can cause cadres to not be optimal in carrying out their duties (Fitriani et al., 2021). Therefore, efforts to increase cadre capacity through regular training and coaching are important steps in increasing the effectiveness of cadres in carrying out their roles.

Based on this phenomenon, this study aims to analyze the relationship between the role of cadres and the activeness of mothers of toddlers in attending integrated health posts in the Kabila Bone Health Center work area. By understanding the factors that contribute to maternal participation in integrated health posts, it is hoped that the results of this study can be the basis for a program to improve the quality of integrated health post services and strategies to strengthen the role of cadres in the community.

## 2. Research Methods

This study used a quantitative method with a cross-sectional design. The research sample consisted of 30 respondents selected using a purposive sampling technique. Data collection was carried out through a questionnaire that assessed the role of cadres and the level of mother's activeness in attending Posyandu. Data analysis was carried out using the chi-square test with a significance level of 5% ( $p < 0.05$ ).

## 3. Results and Discussion

**Table 1.** Respondent Characteristics

Information	Frequency	Percent
Mother's Age		
<20 year	2	6.2
20-35 year	25	75.0
>35 year	3	18.8
Total	30	100.0
Mother's Education		
Elementary school	8	26.2
Junior high school	8	26.2
High school	7	18.4
Bachelor's degree	7	18.4
Total	30	100.0
Mother's Job		
Private Entrepreneur	1	4.2
Honorary	2	6.2
Civil servant	3	18.8
Housewife	25	70.8
Total	30	100.0

According to table 1. most of the mothers' ages are 20-35 years (75%). Mother's education 8 respondents graduated from elementary school (26.2%), 8 respondents graduated from junior high school (26.2%), 7 respondents graduated from high school (18.4%) and 7 respondents graduated from college (18.4%). Most of the 25 (70.8%) respondents were housewives

**Table 2.** Role of Cadres \* Activeness of Toddler Mothers Crosstabulation

Information		Activity		Total
		No Activ	Activ	
Role	Good	0	20	20
	Less	10	0	10
Total		10	20	30
Uji Chi square				0.000

According to table 2. it was found that 20 cadres were active and played a good role. 10 cadres played a less good role and were not active. The chi square test was obtained, namely  $0.000 < 0.05$ , which means that  $H_0$  is rejected,  $H_1$  is accepted, there is a Role of Cadres with the Activeness of Toddler Mothers Coming to Toddler Posyandu in the Work Area of the Kabila Bone Health Center.

The results of the study showed that there was a significant relationship between the role of cadres and the activeness of mothers of toddlers in attending the integrated health post in the Kabila Bone Health Center work area. From Table 2, it is known that 20 cadres played an active and good role, while 10 cadres played a less active role and were inactive. The results of the chi-square test showed a  $p$  value =  $0.000 (< 0.05)$ , which means that  $H_0$  is rejected and  $H_1$  is accepted. Thus, it can be concluded that the better the role of the cadres, the higher the level of activeness of mothers of toddlers in participating in integrated health post activities.

These results are in line with research conducted by Saril et al. (2022), which states that the role of cadres greatly influences the level of participation of mothers in integrated health posts. Cadres who are active in providing education and motivation to mothers of toddlers tend to increase mothers' awareness to bring their children to integrated health posts regularly. This is because cadres function as a bridge between health workers and the community, and have social closeness to residents, so they can be more effective in conveying information (Rahmawati & Lestari, 2021). In addition, research by Handayani et al. (2021) also shows that cadres who receive regular training and guidance are able to carry out their roles better, which ultimately contributes to increasing the coverage of integrated health service posts. In this context, active cadres not only invite mothers to come to integrated health posts, but also provide an understanding of the importance of monitoring children's growth and development regularly, which is one of the efforts to prevent nutritional and health problems in toddlers (Fitriani et al., 2022).

However, the lack of cadre involvement can be a factor in the low participation of mothers in integrated health posts. A study conducted by Nilngsilh & Putri (2020) found that cadres who are less active and do not receive support from health centers tend to have a lower success rate in increasing the activity of mothers of toddlers. Therefore, a strategy is needed to increase the capacity of cadres, such as regular training, motivational incentives, and full support from health workers so that cadres can be more effective in carrying out their duties (Ministry of Health of the Republic of Indonesia, 2021).

In addition to the cadre factor, other factors that can influence the activity of mothers of toddlers in attending the integrated health post are education level, health awareness, and family support (Widyaningsih et al., 2021). In this study, the majority of mothers who actively come to the integrated health post have cadres who play a good role, thus indicating that social interaction and the cadre approach have a major influence on the behavior of mothers in utilizing child health services (Dewi & Susanti, 2020).

Based on these findings, it is important for the health center to improve cadre development through ongoing training and provide moral and material support so that cadres remain motivated in carrying out their duties. Thus, it is hoped that the level of activity of mothers of toddlers in participating in integrated health post activities can increase, which ultimately has a positive impact on the health and development of children in the Kabila Bone Health Center work area.

## 6. Conclusions

Based on the results of the study, it was found that there was a significant relationship between the role of cadres and the activity of mothers of toddlers in attending the integrated health post in the Kabila Bone Health Center work area. The results of the chi-square test showed a  $p$  value = 0.000 ( $<0.05$ ), which indicated that the more active and involved the integrated health post cadres were, the higher the level of activity of mothers in bringing their toddlers to the integrated health post.

Cadres who have a good role in providing education, motivation, and social approaches have been proven to be able to increase mothers' awareness of the importance of monitoring child growth and development. Conversely, cadres who are less active tend to cause low participation of mothers in integrated health post activities. This shows that integrated health post cadres have a strategic role in the success of the toddler health program.

Therefore, efforts are needed to increase the capacity of cadres through regular training, mentoring, and full support from health workers and the health center so that they can be more optimal in carrying out their duties. In addition, innovative strategies such as providing incentives or awards for active cadres can also be applied to increase their motivation in inviting mothers of toddlers to the integrated health post.

By optimizing the role of cadres, it is hoped that the coverage of integrated health service posts will increase, which will ultimately have a positive impact on the health, nutrition, and growth and development of toddlers in the Kabila Bone Health Center work area.

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