

The Association Between Maternal Compliance in Attending Posyandu Services and the Nutritional Status of Young Children in Hiliweto Gido Village, Gido Subdistrict.

Abstract

Background, *Posyandu has been officially designated as the "frontline" in the national strategy to reduce stunting. Maternal compliance in attending Posyandu enables early detection of growth deviations, allowing nutritional interventions to be implemented promptly before conditions develop into malnutrition or stunting.* **Research Objective,** *To analyze the relationship between maternal compliance in attending Posyandu and the nutritional status of toddlers in Hiliweto Gido Village in 2025.* **Research Methodology,** *This study employed a quantitative approach with a cross-sectional design. The population consisted of all mothers with toddlers aged 12–59 months, with a total sample of 87 selected using a total sampling technique. Research instruments included the Maternal and Child Health Book (Buku KIA) or Growth Monitoring Chart (KMS) and anthropometric tools.* **Results:** *The majority of mothers were compliant in visiting Posyandu, with 74 mothers (85.1%) categorized as compliant and 13 mothers (14.9%) as non-compliant. Regarding the nutritional status of toddlers, most were in good nutritional status (76 children, 87.4%), while 11 children (12.6%) were undernourished. Statistical analysis showed a p -value = 0.000, which is less than $\alpha = 0.05$, leading to the rejection of H_0 . This indicates a significant relationship between maternal compliance in attending Posyandu and the nutritional status of toddlers.* **Conclusion,** *Posyandu visits play an important role in monitoring and improving the nutritional status of toddlers (p -value = 0.000, less than $\alpha = 0.05$).* **Research Implications,** *The presence and utilization of Posyandu services contribute to efforts in preventing nutritional problems in toddlers through growth monitoring, nutritional counseling, and early detection of growth disorders*

Keywords: *Posyandu Visits, toddler, nutritional status*

Hubungan Kepatuhan Ibu Berkunjung Ke Posyandu Dengan Status Gizi Balita di Desa Hiliweto Gido Kecamatan Gido.

ABSTRAK

Latar belakang, Posyandu secara resmi ditetapkan sebagai "garda terdepan" dalam strategi nasional penurunan stunting. Kepatuhan ibu berkunjung memungkinkan deteksi dini jika terdapat penyimpangan pertumbuhan, sehingga intervensi gizi dapat segera dilakukan sebelum kondisi berkembang menjadi gizi buruk atau *stunting*. **Tujuan Penelitian,** Menganalisis hubungan kepatuhan ibu berkunjung ke Posyandu dengan status gizi balita di Desa Hiliweto Gido tahun 2025. **Metodologi Penelitian,** jenis penelitian kuantitatif dengan desain *cross-sectional*. Populasi adalah seluruh ibu yang memiliki balita berusia 12–59 bulan, dengan jumlah sampel 87 orang dengan teknik *total sampling*. Instrumen penelitian Buku KIA atau KMS dan alat antropometri. **Hasil** mayoritas ibu balita berkunjung ke Posyandu dengan kategori patuh sebanyak 74 orang (85,1%) dan tidak patuh sebanyak 13 orang (14,9%). Kondisi gizi balita, mayoritas berada pada status gizi baik 76 orang (87,4%) dan sisanya mengalami gizi kurang sebanyak 11 orang (12,6%). Hasil uji statistik menunjukkan nilai p value = 0,000 yang lebih kecil dari $\alpha = 0,05$, sehingga H_0 ditolak. Hal ini berarti terdapat hubungan yang signifikan antara kepatuhan ibu dalam melakukan kunjungan ke Posyandu dengan status gizi balita. **Kesimpulan,** Kunjungan Posyandu memiliki peranan penting dalam pemantauan dan peningkatan status gizi balita (p -value = 0,000, lebih kecil dari $\alpha = 0,05$). **Implikasi Penelitian,** keberadaan dan pemanfaatan layanan Posyandu berkontribusi terhadap upaya pencegahan masalah gizi pada balita melalui pemantauan pertumbuhan, penyuluhan gizi, serta deteksi dini gangguan pertumbuhan.

Kata Kunci : *kunjungan Posyandu, status gizi, balita*