

## ABSTRAK

### EFEKTIVITAS PEMBERDAYAAN KADER POSYANDU TERHADAP PENINGKATAN PENGETAHUAN, SIKAP DAN KEPATUHAN IBU BALITA DALAM PENIMBANGAN RUTIN DI WILAYAH KERJA PUSKESMAS PRINGSEWU KABUPATEN PRINGSEWU TAHUN 2026

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**Latar Belakang :** Penimbangan rutin balita di posyandu merupakan upaya penting dalam pemantauan pertumbuhan dan deteksi dini masalah gizi pada anak. Rendahnya pengetahuan, sikap, dan kepatuhan ibu balita menjadi salah satu faktor yang memengaruhi rendahnya kunjungan penimbangan rutin. Penelitian ini bertujuan untuk menganalisis efektivitas pemberdayaan kader posyandu terhadap peningkatan pengetahuan, sikap, dan kepatuhan ibu balita dalam penimbangan rutin di Wilayah Kerja Puskesmas Pringsewu Kabupaten Pringsewu Tahun 2026.

**Metode :** Penelitian menggunakan desain quasi-experimental dengan pendekatan *Pretest-Posttest Control Group Design*. Sampel penelitian sebanyak 82 ibu balita yang dipilih menggunakan teknik *Proportional Stratified Random Sampling*. Instrumen penelitian berupa kuesioner pengetahuan, sikap, dan lembar observasi kepatuhan. Analisis data menggunakan paired t-test, uji McNemar dan MANOVA dengan tingkat kemaknaan 95%.

**Hasil :** Penelitian menunjukkan rata-rata skor pengetahuan meningkat dari 11,76 menjadi 17,43 dengan  $p\text{-value} < 0,001$ . Rata-rata skor sikap meningkat dari 52,39 menjadi 63,72 dengan  $p\text{-value} < 0,001$ . Kepatuhan ibu dalam penimbangan rutin juga meningkat menjadi 90,2% setelah intervensi dengan hasil uji McNemar  $p\text{-value} < 0,001$ . Hasil penelitian menunjukkan bahwa pemberdayaan kader posyandu efektif dalam meningkatkan pengetahuan, sikap, dan kepatuhan ibu balita terhadap penimbangan rutin. Pemberdayaan kader posyandu dapat dijadikan strategi promotif dan preventif dalam meningkatkan partisipasi masyarakat pada pelayanan kesehatan ibu dan anak.

**Kata kunci:** Kader posyandu, kepatuhan pengetahuan, penimbangan balita, sikap

## **ABSTRACT**

### **THE EFFECTIVENESS OF POSYANDU CADRE EMPOWERMENT ON IMPROVING KNOWLEDGE, ATTITUDES, AND COMPLIANCE OF MOTHERS WITH TODDLERS IN ROUTINE GROWTH MONITORING IN THE WORKING AREA OF PUSKESMAS PRINGSEWU, PRINGSEWU REGENCY, 2026**

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**Background** : Routine weighing of toddlers at integrated health service posts (*posyandu*) is an important effort in monitoring child growth and early detection of nutritional problems. Low levels of maternal knowledge, attitudes, and compliance are among the factors affecting the low participation in routine weighing visits. This study aimed to analyze the effectiveness of empowering *posyandu* cadres in improving mothers' knowledge, attitudes, and compliance regarding routine toddler weighing in the Working Area of Pringsewu Public Health Center, Pringsewu Regency, in 2026.

**Method** : This study employed a quasi-experimental design with a Pretest-Posttest Control Group Design approach. The sample consisted of 82 mothers of toddlers selected using Proportional Stratified Random Sampling technique. Research instruments included knowledge and attitude questionnaires as well as a compliance observation sheet. Data were analyzed using paired t-test, McNemar test, and MANOVA with a 95% confidence level.

**Results** : The results showed that the mean knowledge score increased from 11.76 to 17.43 with  $p$ -value  $<0.001$ . The mean attitude score increased from 52.39 to 63.72 with  $p$ -value  $<0.001$ . Maternal compliance in routine weighing also increased to 90.2% after the intervention with McNemar test  $p$ -value  $<0.001$ . The findings indicate that empowering *posyandu* cadres is effective in improving mothers' knowledge, attitudes, and compliance regarding routine toddler weighing. Empowerment of *posyandu* cadres can be used as a promotive and preventive strategy to increase community participation in maternal and child health services.

**Keywords:** Attitude, Compliance, Knowledge, Posyandu Cadres, Toddler Weighing