

OPTIMISING THE ROLE OF POSYANDU HEALTH WORKERS IN INCREASING POSTNATAL VISITS TO POSYANDU

Okta Zenita Siti Fatimah¹⁾, Seventina Nurul Hidayah²⁾

Email: okta.zenita@gmail.com¹⁾, seventinanurulhidayah@gmail.com²⁾

¹⁾Bachelor's Degree Program in Midwifery, Bhakti Pertiwi Indonesia University, Jakarta

²⁾Applied Bachelor's Degree Program in Midwifery, Harkat Negeri University, Jl. Mataram No. 9
Pesurungan Lor Tegal

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Abstract

The postpartum period is a critical phase that requires regular maternal health monitoring to prevent complications such as bleeding and infection. However, data from the Tegal District Health Office in 2024 indicate that postpartum mothers' attendance at posyandu remains relatively low, at only about 58%, which has not yet met the national target of 80%. This condition highlights the need for active involvement of posyandu cadres in improving postpartum visit rates. This study aims to identify the efforts made by posyandu cadres to increase postpartum mothers' attendance at posyandu in Slawi Wetan Urban Village. The research employed a descriptive qualitative approach. Informants consisted of five posyandu cadres and four postpartum mothers who actively participated in posyandu activities. Data were collected through in-depth interviews and observation, then analyzed thematically. The results show that posyandu cadres undertook various efforts, including providing education on the importance of postpartum check-ups, conducting home visits, and reminding mothers of activity schedules through communication platforms such as WhatsApp. Supporting factors included assistance from health center staff and community enthusiasm, while challenges involved cadres' limited time and low awareness among some postpartum mothers. In conclusion, posyandu cadres play an essential role in increasing postpartum visit rates through educational, persuasive, and personal approaches, although cross-sectoral support is still needed to achieve the expected target.

Keywords: Posyandu Cadres, Postpartum Mothers, Posyandu Visits

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Correspondence:

Okta Zenita Siti Fatimah, Bhakti Pertiwi Indonesia University, Jl. Raya Jagakarsa No. 37,
Kelurahan Jagakarsa, Kecamatan Jagakarsa.
okta.zenita@gmail.com

1. Introduction

The postpartum period is a crucial period because most postpartum complications occur during this period. Nationally, approximately 60% of maternal deaths occur during the postpartum period, primarily due to hemorrhage, infection, and postpartum hypertension. This situation demonstrates the importance of

monitoring maternal health after delivery to prevent potentially life-threatening events [1].

However, in reality, postpartum mothers' visits to integrated health posts (*Posyandu*) are still low in several areas, including Slawi Wetan Village. Many postpartum mothers feel healthy enough after giving birth and therefore do not undergo follow-up checkups, while

others lack information about postpartum danger signs. This low number of visits is an important reason for choosing this research title, as it indicates a gap between the need for health monitoring and community visiting behaviour [2].

Posyandu, as a community-based health service (UKBM), plays a crucial role in postpartum care. *Posyandu* cadres play a strategic role in providing education, monitoring, and encouraging postpartum mothers to attend *Posyandu* so that complications can be detected early. Therefore, this study is important to illustrate how *Posyandu* cadres are improving postpartum visits in the community [3]. *Posyandu* (Integrated Health Posts) have various priority programs covering family planning (KB), maternal and child health (MCH), nutrition, immunization, and diarrhea management. One important target of the MCH program is postpartum mothers, who require regular monitoring to prevent postpartum complications and support the recovery process. The existence of *Posyandu* has a significant impact on improving maternal health through early detection, education, and direct monitoring by cadres. As a community-based health service, *Posyandu* has proven effective in reaching postpartum mothers at the family level, identifying health problems, and providing prompt and appropriate follow-up. With a comprehensive approach, *Posyandu* can play a role in preventing postpartum complications, supporting exclusive breastfeeding, and raising maternal awareness of the importance of postpartum health care [4].

In Indonesia, the utilization rate of integrated health service posts (*Posyandu*) by postpartum mothers remains relatively low. Many mothers do not fully utilize postpartum check-up services at *Posyandu*. Based on the 2023 Indonesian Health Profile data, the coverage of postpartum mothers visiting health care facilities has only reached around 70%, still below the national target of 80%. This low number of visits

may be due to a lack of awareness among postpartum mothers about the importance of postpartum check-ups, limited time, and low family support. This situation highlights the need to increase the role of *Posyandu* cadres in educating and motivating postpartum mothers to actively visit *Posyandu* to monitor their health [5].

The lack of cadre involvement in optimizing integrated health posts (*Posyandu*) as a means of monitoring postpartum maternal health can have serious consequences, such as delays in early detection of postpartum complications, such as bleeding, infection, or lactation disorders. Postpartum maternal health in Indonesia remains a challenge, as evidenced by the high maternal mortality rate, which largely occurs during labor and the postpartum period. According to 2023 data from the Indonesian Ministry of Health, approximately 58% of maternal deaths occur during the postpartum period, most of which could be prevented through routine monitoring and support [6]. According to data from the Indonesian Ministry of Health, the majority of maternal deaths in Indonesia still occur during the postpartum period, accounting for approximately 58% of all maternal deaths. This indicates that the postpartum period is a period highly susceptible to complications such as bleeding, infection, and postpartum high blood pressure. This situation emphasizes the crucial role of integrated health post (*Posyandu*) cadres in raising public awareness, particularly postpartum mothers, about the importance of regular health check-ups and monitoring at the *Posyandu*. Through education, home visits, and personal support, *Posyandu* cadres can help detect early signs of postpartum danger and encourage mothers to utilize available health services. By increasing the role of cadres and increasing awareness among postpartum mothers, it is hoped that the number of postpartum complications and maternal deaths can be reduced, and maternal health in the

community can significantly improve [7].

Posyandu (Integrated Health Posts) plays a crucial role not only in addressing nutritional issues in toddlers but also in maintaining and monitoring the health of postpartum mothers. *Posyandu's* potential in addressing various postpartum health issues is enormous if utilized optimally. Through routine monitoring, counseling, and health education, *Posyandu* can help prevent postpartum complications and accelerate maternal recovery after delivery. To achieve this, the active role of *Posyandu* cadres, as the spearhead of community services, is required. Cadres play a crucial role in encouraging postpartum mothers to attend *Posyandu*, providing counseling on self-care and infant care, and detecting early signs of postpartum danger [8].

The low coverage of postpartum mothers' visits to integrated health posts (*Posyandu*) is often caused by a lack of public understanding of the importance of postpartum health checks and how to obtain these services. Several factors influence postpartum mothers' participation in *Posyandu* activities, including age, education level, knowledge, family support, and socioeconomic status. Furthermore, the limited number of active cadres and the relatively high workload can also be obstacles to reaching all postpartum mothers in the work area. Lack of effective communication and outreach leads some mothers to believe that *Posyandu* is only intended for toddlers, not for postpartum mothers [9].

In Tegal Regency, integrated health service posts (*Posyandu*) are spread across almost every village and sub-district, including Slawi Wetan. According to data from the Tegal Regency Health Office in 2024, there were approximately 15 active *Posyandus* in Slawi Wetan, which routinely conduct monthly activities. These *Posyandus* are crucial for maternal and child health services, including check-ups for pregnant women, postpartum mothers,

and toddlers. However, despite the adequate number of *Posyandus*, the rate of visits by postpartum mothers remains relatively low. This highlights the need to increase the role of cadres in motivating postpartum mothers to actively participate in *Posyandu* activities [10,11].

In Slawi Wetan Village, Slawi District, Tegal Regency, there are several active integrated health posts (*Posyandu*) spread across each neighborhood unit (RW). Based on data from the Slawi Wetan Community Health Center in 2024, in the RW 03 area there are two *Posyandu* serving the community, namely *Posyandu* Melati and *Posyandu* Mawar, targeting pregnant women, postpartum mothers, and toddlers. Based on the results of a preliminary study conducted by researchers, it was found that of approximately 45 postpartum mothers in the area, only 20 mothers (44%) actively visited the *Posyandu* for postpartum check-ups. This condition indicates that the utilization of *Posyandu* by postpartum mothers is still not optimal. Therefore, this study aims to determine the efforts of *Posyandu* cadres in increasing postpartum mothers' visits to *Posyandu* in Slawi Wetan Village.

2. Method

This research uses a single case study approach to describe the efforts of *Posyandu* (Integrated Service Post) cadres in increasing visits to postpartum mothers in Slawi Wetan Village. Informants were purposively selected, including active *Posyandu* cadres and postpartum mothers who participated in *Posyandu* activities, as they were considered to be able to provide information relevant to the research focus.

Data were collected through in-depth interviews and focus group discussions (FGDs) with five *Posyandu* cadres and four postpartum mothers. The study was conducted from July to September 2025. Interview data were transcribed, grouped by theme, and analyzed using content analysis to

examine patterns and meanings within the informants' experiences. The results of the analysis are presented in narrative and tabular form.

3. Results and Discussion

This study involved nine informants, consisting of five *Posyandu* (Integrated Service Post) cadres and four postpartum mothers in Slawi Wetan Village.

The cadres had between 2 and 12 years of experience, with primary duties including data collection, counseling, maternal and infant health monitoring, and routine *Posyandu* activities. The postpartum mothers interviewed ranged from 2 weeks to 40 days postpartum, with diverse educational backgrounds and childbirth experiences. This diversity of informants' experiences provides a comprehensive picture of the dynamics of postpartum care and visits in the region.

To ensure data quality, the study applied qualitative rigor criteria, including credibility through data triangulation and member checking; dependability through documentation of the research process and supervisor supervision; transferability through presentation of the informants' context and research location; and confirmability through the use of direct quotations and audit trails. The data were analyzed using content analysis to identify key themes related to the role of *Posyandu* cadres in increasing postpartum visits. Participation as a *Posyandu* cadre Participation of *Posyandu* cadres in Slawi Wetan Village is influenced by internal and external factors.

The content analysis yielded three main themes: (1) participation and motivation of *Posyandu* (Integrated Health Post) cadres, (2) cadre efforts to increase visits to postpartum mothers, and (3) obstacles and supporting factors in implementing *Posyandu* activities. These themes were compiled through a categorization process based on interview and FGD results, then visualized in a schematic form to clarify

the relationships between the themes and subthemes identified.

Internal factors that motivate cadres to be active include a strong sense of social concern, a desire to help others, and an interest in maternal and infant health, particularly postpartum care.

One cadre stated, "Being a cadre requires a strong intention to help and care for mothers after giving birth. If we don't remind them of the importance of postpartum checkups, they sometimes forget."

Another cadre added, "*I enjoy learning about health, especially about postpartum mothers and newborns. Even though I'm not a health worker, through Posyandu I can increase my knowledge and contribute to the community.*"

External factors influencing cadre participation include support from community health center staff, collaboration between cadres, and encouragement to support government programs to improve maternal and infant health. Furthermore, community appreciation and trust motivate cadres to be more active in *Posyandu* activities.

Cadres in Slawi Wetan recognize their crucial role in educating postpartum mothers, particularly regarding self-care, breastfeeding, and postpartum danger signs. With active cadres, postpartum mothers' visits to *Posyandu* are better monitored and health services can reach a wider community.

"We want to ensure postpartum mothers receive good care so they can recover quickly and care for their babies healthily. We also strive to support government programs to reduce maternal and infant mortality. In our area, there are quite a lot of postpartum mothers, so we strive to provide as much support as possible." (Cadre 5)

Posyandu cadres in Slawi Wetan Village provide comprehensive health services for postpartum mothers, from data collection and maternal health checks, monitoring the condition of birth wounds, counseling on exclusive breastfeeding and self-care, to providing vitamins and iron supplements. They also

provide education on healthy living and maintaining a clean environment to prevent infection for both mothers and babies.

"Posyandu activities run smoothly with a five-table system, from registration, maternal health checks, registration, counseling, and additional services such as providing vitamins and iron supplements." (FGD Cadre)

Despite this, public awareness, especially among postpartum mothers, of the importance of visiting the Integrated Health Post (*Posyandu*) remains relatively low. Some mothers feel that a check-up with a midwife or hospital after giving birth is sufficient, without needing to return to the *Posyandu*. Others believe that the postpartum period doesn't require special monitoring as long as they feel healthy.

"There are still mothers who feel they don't need to come to the Posyandu after giving birth, because they feel healthy. However, at the Posyandu, we can help monitor the condition of both mother and baby." (Cadre 2)

Furthermore, some mothers still have concerns about *Posyandu* activities, such as being afraid of being reminded about self-care or proper breastfeeding techniques. This makes some postpartum mothers reluctant to attend regularly.

"Sometimes they are embarrassed or afraid of being reprimanded if they can't breastfeed properly, so they prefer to stay at home. We have to patiently explain that our goal is not to reprimand, but to help." (Cadre 3)

Some postpartum mothers are still reluctant to attend the Integrated Health Post (*Posyandu*) because they feel they have received sufficient care at home or from midwives. Others cite fatigue after giving birth, being busy caring for their babies, or simply not having time to attend. In situations like these, *Posyandu* cadres take the initiative to conduct home visits to provide understanding and ensure the postpartum mother's condition is being monitored.

"Sometimes postpartum mothers don't have time to come because they are

still weak or busy caring for their babies. So we come to their homes to assess their condition and explain their situation to encourage them to visit the Posyandu." (Community Health Center Staff).

In addition to focusing on health services, the cadres also actively foster community participation through activities such as community service cleaning and planting medicinal plants for the family. These activities simultaneously serve as a means of fostering camaraderie and providing education on the importance of maintaining cleanliness and the health of mothers and babies. *"We often work together to clean the environment and plant medicinal plants. We also invite postpartum mothers to participate so they can learn about the benefits of medicinal plants."* (Cadre 4)

The cadres also recognize the importance of improving their abilities and skills in providing services to the community, particularly in monitoring postpartum mothers. Therefore, they regularly participate in training from the Community Health Center (*Puskesmas*) and then share their knowledge with other cadres who have not yet received training. This creates a peer educator system, where cadres learn from each other to improve the quality of *Posyandu* (Integrated Health Post) services.

Posyandu cadres play a crucial role in providing services and education to postpartum mothers in the community. They not only help monitor infant health but also pay special attention to the mother's condition after delivery. Through *Posyandu* (Integrated Health Post) activities, cadres actively provide education on self-care during the postpartum period, exclusive breastfeeding, postpartum danger signs, and the importance of maintaining reproductive hygiene.

"We frequently provide education to postpartum mothers on how to care for themselves after giving birth, the importance of maintaining hygiene, and how to recognize danger signs such as high fever or heavy bleeding." (Cadre 1)

To improve their skills, the cadres also regularly attend training sessions on postpartum maternal health, including blood pressure monitoring, uterine involution checks, and nutritional and breastfeeding counseling.

"I've participated in training on postpartum maternal care and breastfeeding. From there, we learned how to support mothers so they don't get stressed, are willing to breastfeed, and recognize danger signs that should be reported immediately to the midwife." (Cadre 2)

Posyandu cadres also use a service guidebook as a reference for recording postpartum maternal health monitoring results. This recording system allows them to follow up on cases requiring referral to a health facility.

"We record blood pressure and postpartum maternal complaints in the guidebook. If a mother complains of dizziness or bleeding, we immediately coordinate with the midwife at the Community Health Center." (Cadre 3)

In addition to health services, the cadres strive to build social support for postpartum mothers by holding mothers' group meetings, sharing experiences, and engaging in community service activities to help mothers adapt after giving birth.

"We often invite postpartum mothers to gather at the Integrated Health Post (Posyandu). Besides getting checked, they can share stories and provide encouragement. Sometimes we help look after the babies for a while so the mothers can rest." (Cadre 4)

Providing door prizes is one strategy used by *Posyandu* cadres to increase community participation, particularly among postpartum mothers, in *Posyandu* activities. These prizes are given as a token of appreciation to mothers who actively participate in postpartum checkups, attend counseling sessions, and participate in environmental hygiene activities and postpartum classes. Funding for the prizes typically comes from voluntary contributions from cadres and the surrounding community.

"We give out door prizes every three months to postpartum mothers who regularly attend the Integrated Health Post (Posyandu) or participate in outreach. The prizes are simple, like maternity and baby supplies, but they can be a source of encouragement. If funds are limited, we discuss this with other cadres." (Cadre 4)

The training attended by *Posyandu* cadres also significantly improved their ability to support postpartum mothers. Through this training, cadres were able to educate and raise awareness among the community about the importance of postpartum self-care, postpartum danger signs, exclusive breastfeeding, and psychological support for mothers experiencing postpartum fatigue or stress.

"We were taught how to help postpartum mothers stay calm, how to give them a light massage, and how to identify danger signs like fever or severe pain. This way, we can help before it's too late." (Community 1)

"We were taught how to make oral rehydration solution, how to keep the house and bathroom clean, including draining the water tank, and how to prevent disease by administering abate." (Community 1)

"If there are postpartum mothers who rarely come to the Integrated Health Post (Posyandu), we try to gently encourage them. Some mothers may still be tired after giving birth or afraid of being examined. Therefore, we use a gentle approach, for example, by making home visits and providing slow explanations to encourage them to come for their health check-ups." (FGD Cadre)

Posyandu cadres also provide health education to postpartum mothers through "Postpartum Mothers' Classes," held every six months. These classes aim to improve mothers' knowledge about postpartum self-care, breastfeeding, infection prevention, and postpartum mental recovery.

"We hold postpartum classes every six months. These activities help mothers understand the importance of personal

hygiene, proper breastfeeding techniques, and recognizing postpartum warning signs such as fever or excessive bleeding." (Cadre 2)

Social engagement is a crucial foundation for community empowerment, particularly in efforts to improve postpartum maternal health. Integrated Health Service Post (*Posyandu*) cadres play a central role as community mobilizers, empowered to inspire, motivate, and mobilize residents to care more about postpartum maternal health [12].

The community's low level of education often hinders understanding the importance of postpartum care. Certain cultural values sometimes discourage some mothers from attending *Posyandu* (Integrated Health Post). However, some community members are highly aware of the importance of maternal health and actively participate as *Posyandu* cadres, serving as role models for their community [13].

This community-based health service reflects a true empowerment process—where the community itself participates in managing services according to their needs. The cadres' sincerity in providing selfless assistance is a key strength in maintaining the sustainability of the Integrated Health Post (*Posyandu*). The cadre coordinator, who is generally a village midwife, also plays a strategic role in strengthening cooperation and building social capital among cadres to create a healthy and independent community.

Community Harmony:
Community harmony plays a crucial role in facilitating communication and cooperation among residents to achieve common goals, particularly in meeting the health needs of postpartum mothers. *Posyandu* serves as a strategic forum for community interaction, mutual learning, and access to integrated health services, as demonstrated in Effendy's research.

The commitment of *Posyandu* cadres is reflected in their enthusiasm for participating in training and outreach

programs on a rotating basis, including for new cadres. For those who have not yet had the opportunity to participate in training, the *Posyandu* guidebook serves as an important reference in implementing postpartum care services. Thus, ongoing training and mentoring are effective ways to strengthen the role of cadres in community empowerment.

Through hands-on education and field practice, cadres can improve their skills in providing education, early detection, and monitoring postpartum maternal health. Cadre training not only improves technical knowledge and skills but also fosters a sense of responsibility and sustainability in community-level health services.

Direct education about health services can help *Posyandu* cadres in playing their role in empowering the community [14]. Training is a mechanism for utilizing external resources, where the level of training and participation in the organization influences the retention of cadres. Cadre training aims to improve understanding and skills in carrying out tasks at the integrated health post (*Posyandu*) [15].

Providing independent health care for postpartum mothers involves optimally utilizing existing resources and potential within the community. The roles of *Posyandu* (Integrated Health Post) cadres can be divided into three main groups: health motivators, health educators, and health service providers. Health motivators are tasked with encouraging postpartum mothers to undergo regular postpartum checkups, attend postpartum classes, and utilize *Posyandu* services to maintain their own and their babies' health [16]. Health educators provide education on clean and healthy living behaviors (PHBS), postpartum nutrition, breastfeeding care, and environmental hygiene for postpartum mothers. Healthcare providers are responsible for recording postpartum maternal data, monitoring blood pressure, assessing postpartum danger signs, and providing nutritional

interventions and breastfeeding counseling as needed [17].

Community empowerment occurs when *Posyandu* cadres demonstrate the commitment and integrity to understand the needs of postpartum mothers and ensure the services provided benefit the health of both mothers and babies. With clear roles and strong coordination, *Posyandus* can become health service centers that empower communities at the local level [18].

4. Conclusion

Based on the research results, it can be concluded that *Posyandu* cadres play a crucial role as health motivators, health educators, and providers of health services through *Posyandu*. Community empowerment is realized through motivation to improve the health of postpartum mothers and their families, as well as through cadres' ability to identify needs, barriers, and available resources in the community.

Therefore, targeted planning with a community empowerment strategy is needed to address the low participation of postpartum mothers in the *Posyandu* program. This strategy should involve various parties, including community leaders, traditional institutions, government, and community organizations, to achieve optimal results in improving postpartum maternal health in Slawi Wetan Village, in accordance with the research objectives.

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