

Research Article

The Relationship Between Knowledge and Family Support with Visits by Mothers of Toddlers at Melati Posyandu, Kuta Alam District, Banda Aceh City

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Abstract: Infant and toddler mortality is a global issue and one of the targets of the Sustainable Development Goals (SDGs). Mothers and children are family members who should be prioritized in healthcare services. The national coverage of healthcare services for infants, toddlers, and preschool children remains low at 69.9%. Posyandu (Integrated Health Post) is a community-based maternal and child healthcare service (UKBM) organized by and for the community to reduce maternal and child mortality rates. The coverage of mothers with toddlers visiting Posyandu Melati in Kuta Alam District, Banda Aceh City, is only 31.38%, far below the national strategic plan target of 70%. Objective: To determine the relationship between knowledge, attitude, and family support with maternal visits to Posyandu Melati in Kuta Alam District, Banda Aceh City. Research Method: This study used an analytical research design with a cross-sectional approach. The sampling technique employed probability sampling using systematic sampling, with a total of 58 mothers with toddlers. The research instruments included a questionnaire and the Maternal and Child Health (KIA) book. The study was conducted from July 11 to July 13, 2023, at Posyandu Melati, Kuta Alam District, Banda Aceh City. Data processing involved editing, coding, data entry, tabulating, and univariate and bivariate analysis. Research Results: Univariate analysis showed that the majority of respondents had good knowledge (23 respondents, 39.7%), received supportive family support (35 respondents, 60.3%), and had irregular Posyandu visits (30 respondents, 51.7%). Bivariate analysis revealed significant relationship between knowledge ($p\text{-value} = 0.030$), attitude ($p\text{-value} = 0.015$), and family support ($p\text{-value} = 0.013$) with maternal visits to Posyandu. Conclusion and Recommendations: There is a significant relationship between knowledge, attitude, and family/husband support with maternal visits to Posyandu Melati in Kuta Alam District, Banda Aceh City. Healthcare workers should continue providing education and counseling on the benefits of Posyandu in maintaining maternal and child health.

Keywords: Knowledge, nutritional status, nutritional education

1. Introduction

Infant and toddler mortality is a global problem and is one of the targets of sustainable development (SDGs). Infant and toddler mortality rates are indicators of a country's health status, because an increase in these rates reflects an increase in life expectancy, welfare and quality of life of a society. It is hoped that in 2030 the toddler mortality rate will not be more than 25 per 1000 live births (Ministry of PPN/Bappenas RI, 2020).

World Health Organization (WHO) in its publication in the journal *The Lancet* conveying the world child development index. This index measures children's health and well-being based on a number of factors including child growth, child survival rate, years of schooling, adolescent birth rate, maternal mortality, prevalence of violence, and growth and nutrition.

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As a result, Indonesia's child development index is ranked 117th in the world. Indonesia's child health lags far behind neighboring ASEAN countries, where Malaysia is ranked 44th in the world, Vietnam 58th in the world, Thailand 64th in the world, the Philippines 110th in the world, and Cambodia 114th in the world. Singapore is even better ranked at 12th in the world (Helen et al., 2020).

Based on data from the Aceh Health Office's Health Profile (2021), the coverage of health services for toddlers in Aceh Province in 2017-2021 fluctuated and there was a very significant decline in 2021, which was 44%, far below the National Strategic Plan target. Meanwhile, in Banda Aceh City, based on the Banda Aceh City Health Office Profile (2021), the toddler weighing coverage rate was 52% and at the Jaya Baru Health Center with a toddler weighing coverage of 43.3%. The Jaya Baru Health Center has 9 village areas, of the 9 areas, the lowest weighing coverage is in Gampong Melati, which is 28.38% with a total number of toddlers aged 12-59 months of 479, with an average of 166 toddlers coming to the Posyandu each month.

Research conducted by Materia Simbolon on factors related to toddler visits to integrated health posts in the work area of the Regional Technical Unit (UPTD) of the Manusasi Health Center, TTU Regency in 2020 found that there was a relationship between good maternal knowledge and toddler visits to integrated health posts, a relationship between supportive attitudes and toddler visits to integrated health posts, and a relationship between family support and visits by mothers of toddlers.

Based on a preliminary study conducted by researchers on 10 mothers of toddlers aged 12-59 months at the Jaya Baru Health Center, there were 7 mothers of toddlers who did not routinely bring their toddlers to the integrated health post and 3 mothers of toddlers who routinely brought their toddlers to the integrated health post. After further interviews with the 10 mothers of toddlers, data was obtained that 5 mothers of toddlers said they agreed to be visited but they were not routine because no one accompanied them, and 2 other mothers of toddlers considered visits to the integrated health post only for immunization and 3 mothers of toddlers said that the integrated health post was very important in maintaining the health and development of their toddlers.

2. Research Methods

This research method is analytical with a research design.cross sectional,namely a study by collecting data at one time (point time approach), where each research subject is only observed once and measurements are made on the character status or variables of the subjects in the research.

3. Proposed Method

Table 1. Univariate Analysis

No	Characteristics of Toddler Mothers	Frequency (f)	Percentage (%)
1	Age		
	a.20-35 Years	39	67.2
	b.> 35 Years	19	32.8
		58	100.0
2	Education		
	a.Intermediate	37	63.8
	b. Height	21	36.2
		58	100.0
3	Work		
	a.Not Working	18	31.0
	b.Working	40	69.0
Total		58	100.0

Based on Table 1, it is known that out of 58 respondents, the majority are aged 20-35, as many as 39 people (67.2%). For the education of respondents, the majority are secondary educated, as many as 37 (63.8%), and for working mothers, as many as 40 people (69%).

Table 2. Level of Knowledge and Family Support

No	Variables	Frequency (f)	Percentage (%)
1	Knowledge		
	a. Less	26	52
	b. Enough	12	22
	c. Good	20	36
Total		58	100.0
2	Family Support		
	a. No	23	39.7
	b. Yes	35	60.3
Total		58	100.0
3	Visit		
	a. According to Schedule	30	51.7
	b. Not on Schedule	28	48.3
Total		58	100.0

Based on Table 2, it is known that out of 58 respondents, the majority of mothers' knowledge category is lacking, as many as 26 people (52%). Family support is mostly supportive, namely 60.3%, and mothers' visits to the integrated health post that are not according to schedule are as many as 30 people (51.75%).

Bivariate Analysis

Table 3. Knowledge

No	Knowledge	Visit				Total		P-Value
		T.As per Schedule		On schedule				
		F	%	F	%	F	%	
1	Not enough	13	56.5	10	43.5	23	100.0	0.015
2	Enough	10	76.9	3	23.1	13	100.0	
3	Good	7	31.8	15	68.2	22	100.0	

Based on table 3, it can be seen that of the 23 respondents with insufficient knowledge, 13 (56.5%) visited the integrated health post irregularly and 10 (43.5%) visited the integrated health post regularly. 13 respondents with sufficient knowledge, 10 (76.9%) visited the integrated health post irregularly and 3 (23.1%) visited the integrated health post regularly. 22 respondents with good knowledge, 7 (31.8%) visited the integrated health post irregularly and 15 (68.2%) visited the integrated health post regularly. The results of the statistical test were obtained p-value 0.030 ($P < 0.05$) which means there is a relationship between knowledge and visits by mothers of toddlers to the integrated health post.

Table 4. Family Support

No	Family Support	Visit				Total		P-Value
		Not on Schedule		On schedule				
		F	%	F	%	F	%	
1	No	17	73.9	6	26.1	23	100.0	0.001
2	Yes	13	37.1	22	62.9	13	100.0	

Based on Table 4, it is known that of the 23 respondents who did not receive family support, 17 (73.9%) did not visit the integrated health post regularly, and of the 35 respondents who received family support, 22 respondents (62.9%) visited the integrated health post regularly. The results of the statistical test obtained p-value 0.013 ($P < 0.05$) which means there is a relationship between family support and visits by mothers of toddlers to the integrated health post.

4. Discussion

The results of the statistical test were obtained p -value 0.030 ($p < 0.05$), which means that there is a relationship between maternal knowledge and visits by mothers of toddlers to the Bantimoh integrated health post, Lamtemen Timur Village, Jaya Baru District, Banda Aceh City.

This is in accordance with Atik's research (2020) which found that there is a relationship between the level of knowledge of mothers of toddlers and the behavior of mothers of toddlers visiting integrated health posts because p -value 0.000 ($P < 0.05$) so that H_0 is rejected and H_a is accepted, meaning there is a relationship between maternal knowledge and toddler visits to Posyandu.

This research is also in line with that conducted by Monica, et al. (2020), showing similar results, where it is known that the results of the chi square test statistics (X^2) obtained p -value = 0.000 compared to $\alpha = 5\%$, then $p < 0.05$ so that H_0 is rejected and H_a is accepted, meaning there is a relationship between knowledge and the activeness of mothers bringing toddlers to Posyandu in the work area of the South Banjar Baru Health Center in 2020.

Knowledge is related to activity because if the mother's knowledge increases, it will increase the interest or motivation of the mother of toddlers to participate in posyandu activities. Knowledge can shape an attitude and cause a behavior in everyday life.

According to Notoatmodjo (2012) knowledge is an indicator of a person in taking action, if a person is based on good knowledge of health then the person will understand the importance of maintaining health and motivate themselves to apply it in their lives. Knowledge is needed as support in growing self-confidence and attitudes and behavior every day, so it can be said that knowledge is a factor that supports a person's actions.

The results of the study showed that there was a relationship between family/husband support and visits by mothers of toddlers to the Bantimoh integrated health post, East Lamtemen Village, Jaya Baru District. p -value = 0.052 ($p < 0.05$).

The results of this study are in line with research conducted by Monica, et al. (2020) in the Banjar Baru Selatan Health Center work area, which stated that there is a relationship between husband's support and the activeness of mothers bringing toddlers to Posyandu in the Banjar Baru Selatan Health Center work area. p -value = 0.004 ($p < 0.05$), then H_0 is rejected and H_0 is accepted.

This is in line with Fridman's theory (2008) that the family functions as a support system for its members. This support can be done by increasing emotional support, appreciation, and information provided by family members.

The researcher's assumption is that mothers of toddlers with family support tend to be more regular in visiting the integrated health post. Family support will make mothers more willing to visit the integrated health post every month. Having family support such as providing information, being willing to accompany and accompany mothers while at the integrated health post makes mothers not feel alone.

5. Conclusions

Based on the research conducted, it can be concluded that there is a relationship between Family Knowledge and Support with Visits of Toddler Mothers at the Melati Health Post, Kuta Alam District, Banda Aceh City.

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