

**KAJIAN KEHADIRAN BALITA DALAM PEMANTAUAN
PERTUMBUHAN DAN KENAIKAN BERAT BADAN
DI ILP DUKUH KRIKIL**

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ABSTRAK

Latar Belakang: Transformasi konsep Integrasi Pelayanan Primer (ILP) menuntut optimalisasi peran posyandu dalam memantau pertumbuhan anak secara berkala karena kegagalan pemantauan rutin berisiko memicu terjadinya gagal tumbuh (*weight faltering*) yang tidak terdeteksi pada balita di tingkat komunitas. **Tujuan:** Penelitian ini bertujuan untuk menganalisis hubungan antara tingkat kehadiran balita di posyandu dengan luaran kenaikan berat badan aktual bulanan di wilayah kerja Posyandu Dukuh Krikil, Kalurahan Pendoworejo. **Metode:** Penelitian ini merupakan penelitian deskriptif analitik dengan pendekatan cross-sectional menggunakan metode total sampling, sehingga diperoleh sampel sebanyak 21 balita usia 12–59 bulan yang memenuhi kriteria inklusi pada bulan April 2026. Data tingkat kehadiran selama satu tahun terakhir dan kenaikan berat badan diperoleh melalui Buku KIA/KMS, kemudian dianalisis secara deskriptif menggunakan tabulasi silang (crosstabulation). **Hasil:** Mayoritas balita memiliki tingkat kehadiran kategori Baik (≥ 8 kali/tahun) sebesar 90,5% (n=19) dan kenaikan berat badan kategori Baik (Naik/N) sebesar 71,4% (n=15). Hasil tabulasi silang menunjukkan tren linier, yaitu seluruh balita dengan kehadiran kategori Kurang (100,0%) mengalami berat badan Tidak Naik. Namun, terdapat anomali sebesar 21,1% (4 anak) pada kelompok kehadiran Baik yang berat badannya tetap dikategorikan Tidak Naik (T) karena kenaikan berat badan belum mencapai standar Kenaikan Berat Badan Minimal (KBM), yang diduga dipengaruhi oleh pola makan (*picky eater*) dan musim pancaroba. **Kesimpulan:** Rutinitas kunjungan ke posyandu berjalan seiring dengan optimalnya deteksi dini pertumbuhan balita. Meskipun kehadiran yang baik tidak menjamin kenaikan berat badan mencapai standar KBM akibat faktor pengganggu di rumah, ketidakhadiran balita di posyandu dapat menghambat upaya pencegahan dan deteksi dini gagal tumbuh pada anak.

Kata Kunci: Integrasi Pelayanan Primer, Kenaikan Berat Badan Minimal, Kunjungan Posyandu, *Weight Faltering*.

STUDY OF THE PRESENCE OF TODDLERS IN MONITORING GROWTH AND WEIGHT GAIN AT POSYANDU ILP DUKUH KRIKIL

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ABSTRACT

Background: The transformation of the Primary Health Care Integration (ILP) concept emphasizes optimizing the role of community health posts (Posyandu) in regularly monitoring child growth, as the absence of routine growth monitoring increases the risk of undetected weight faltering among children under five at the community level. **Objective:** This study aimed to analyze the relationship between toddlers' attendance at Posyandu and their actual monthly weight gain outcomes in the working area of Dukuh Krikil Posyandu, Pendoworejo Village. **Methods:** This descriptive-analytic study employed a cross-sectional approach using a total sampling method. A total of 21 children aged 12–59 months who met the inclusion criteria in April 2026 were included. Data on attendance during the previous year and weight gain were obtained from the Maternal and Child Health Handbook (MCH Handbook)/Growth Monitoring Card (KMS) and analyzed descriptively using cross-tabulation. **Results:** Most children had a good attendance rate (≥ 8 visits/year) (90.5%, $n=19$) and good weight gain status (Weight Increased/N) (71.4%, $n=15$). Cross-tabulation analysis demonstrated a linear trend in which all children with poor attendance (100.0%) experienced no weight gain. However, an anomalous trend was observed in 21.1% (4 children) of those with good attendance whose weight was still classified as Not Increased (T) because their weight gain had not reached the Minimum Weight Gain (MWG) standard, which was likely influenced by picky eating behavior and seasonal weather changes. **Conclusion:** Regular attendance at Posyandu is associated with optimal early detection of child growth. Although good attendance does not always guarantee that weight gain will reach the Minimum Weight Gain standard due to daily factors at home, the absence of children from Posyandu limits opportunities for the prevention and early detection of weight faltering.

Keywords: Attendance, Integrated Primary Care, Minimum Weight Gain, Weight Faltering.