

**OVERVIEW OF MOTHERS' ATTENDANCE AT POSYANDU
AND THE NUTRITIONAL STATUS OF UNDER-FIVE CHILDREN
AGED 12–59 MONTHS IN WIJIMULYO VILLAGE,
NANGGULAN DISTRICT, KULON PROGO REGENCY**

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ABSTRACT

Background: Nutritional problems among children under five remain a concern because they can hinder children's growth and development. Posyandu plays an important role in monitoring the nutritional status of under-five children through regular weighing and growth monitoring activities. However, the success of these activities is influenced by mothers' attendance at Posyandu.

Objective: This study aimed to describe the level of mothers' attendance at Posyandu and the nutritional status of children aged 12–59 months in Wijimulyo Village, Nanggulan District, Kulon Progo Regency.

Methods: This study was a quantitative descriptive study with a cross-sectional design conducted in Wijimulyo Village, Nanggulan District, Kulon Progo Regency. Samples were selected using purposive sampling, resulting in 105 children under five years of age.

Results: The results showed that most mothers actively attended Posyandu services (82.5%). Most children under five had normal nutritional status based on the WAZ and HAZ indices, and good nutritional status based on the WHZ and BAZ indices. Children with normal or good nutritional status were more commonly found among mothers who actively attended Posyandu compared to those who did not actively attend.

Conclusion: Most mothers actively attended Posyandu, and most children under five had normal or good nutritional status.

Keywords: Mothers' attendance; Posyandu; Nutritional status of children under five

**GAMBARAN TINGKAT KEAKTIFAN KUNJUNGAN IBU KE
POSYANDU DENGAN STATUS GIZI ANAK BALITA (12-59 BULAN)
DI KALURAHAN WIJIMULYO KAPANEWON NANGGULAN
KABUPATEN KULON PROGO**

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ABSTRAK

Latar Belakang : Masalah gizi pada anak balita masih menjadi perhatian karena dapat menghambat pertumbuhan dan perkembangan anak. Posyandu berperan dalam pemantauan status gizi anak balita melalui kegiatan penimbangan dan pemantauan pertumbuhan secara rutin, namun keberhasilan kegiatan tersebut dipengaruhi oleh keaktifan kunjungan ibu ke Posyandu.

Tujuan : Penelitian ini bertujuan untuk mengetahui gambaran tingkat keaktifan kunjungan ibu ke Posyandu dengan status gizi anak balita usia 12–59 bulan di Kalurahan Wijimulyo, Kapanewon Nanggulan, Kabupaten Kulon Progo.

Metode : Jenis penelitian ini merupakan penelitian deskriptif kuantitatif dengan desain penelitian *cross sectional*, lokasi penelitian di Kalurahan Wijimulyo, Kapanewon Nanggulan, Kabupaten Kulon Progo. Pengambilan sampel menggunakan teknik *purposive sampling* dan diperoleh sampel sebanyak 105 anak balita.

Hasil : Hasil penelitian menunjukkan bahwa sebagian besar ibu aktif berkunjung ke Posyandu (82,5%). Sebagian besar anak balita memiliki status gizi normal berdasarkan indeks BB/U dan PB/U atau TB/U, serta status gizi baik berdasarkan indeks BB/PB atau BB/TB dan IMT/U. Anak balita dengan status gizi normal atau gizi baik lebih banyak ditemukan pada kelompok ibu yang aktif berkunjung ke Posyandu dibandingkan kelompok ibu yang tidak aktif.

Kesimpulan : Sebagian besar ibu aktif berkunjung ke Posyandu dan sebagian besar balita memiliki status gizi normal atau gizi baik.

Kata kunci : Keaktifan kunjungan ibu; Posyandu; Status gizi, Anak balita