

SOCIAL FACTORS THAT CONTRIBUTE TO THE SUCCESS OF THE ELDERLY POSYANDU PROGRAM IN THE WORKING AREA OF THE SADABUAN HEALTH CENTER, PADANG SIDIMPUAN CITY

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Abstract

Posyandu Elderly program in the working area of the Sadabuan Health Center, Padangsidimpuan City. The increase in the number of the elderly along with the increase in life expectancy requires optimal and sustainable health services. This study uses a quantitative approach with an analytical descriptive design. The study population is all elderly people who are registered as participants of the Elderly Posyandu, with samples taken using stratified random sampling techniques. Data collection was carried out through questionnaires, semi-structured interviews, observations, and documentation studies. Data analysis was carried out using SPSS through descriptive and inferential analysis. The results of the study showed that the level of education of the elderly did not have a significant effect on the level of participation in Posyandu Elderly activities. On the other hand, family support, social interaction of the elderly, and activities of health cadres have an influence on the success of program implementation. Elderly people who receive family support and have good social interaction tend to be more active in participating in activities. The active role of cadres also increases the effectiveness of services. It was concluded that social factors have an important role in supporting the success of the Elderly Posyandu, so it is necessary to strengthen family support and empower health cadres in a sustainable manner.

Keywords: Elderly, Posyandu for the Elderly, Family Support, Social Interaction, Role of Health Cadres

INTRODUCTION

One of the main indicators of development success in Indonesia is the increase in Life Expectancy (UHH), which reflects improved access to health services, quality of life, sanitation, nutrition, and disease prevention and treatment efforts (BPS, 2021). In the 2020–2025 period, Indonesia's UHH is projected to reach 71.7 years, an increase from 70.7 years in the 2015–2020 period (Ministry of Health of the Republic of Indonesia, 2021). This increase has an impact on the increase in the number of elderly population. BPS data (2021) shows that the number of elderly people reached 29.3 million people or 10.8% of the total population in 2021 and is projected to increase to 48 million people in 2035. In 2020, the number of elderly people has

even reached 31.9 million people. In North Sumatra Province, based on data from the Health Office in 2018, the population aged 45-59 years is 308,189 people, the age of 60-69 years is 68,997 people, and the age of >70 is 16,034 people, with UHH reaching 72 years. However, of the 6,115 villages in North Sumatra, only 2,690 villages (43.99%) carry out the Posyandu for the Elderly. The city of Padangsidempuan as part of the province is also facing an increase in the number of elderly people who demand integrated health services.

The increasing elderly population has implications for the health sector as this group is prone to degenerative diseases such as hypertension, diabetes mellitus, heart disease, osteoarthritis, and cognitive impairment. Decline in physical, psychological, and social function makes the elderly group who need special attention. The government through Permenkes No. 67 of 2015 organizes Posyandu Lansia as a community-based promotive, preventive, curative, and rehabilitative service. Activities carried out include monitoring health status, weight and blood pressure measurement, routine check-ups, recording through the Healthy Path Card (KMS), and healthy lifestyle education (Ministry of Health of the Republic of Indonesia, 2015).

In the working area of the Sadabuan Health Center, Padangsidempuan City, the Elderly Posyandu is an important strategy in health services for the elderly, but participation is still low. The obstacles found include a lack of family support, limited cadres and facilities, and low public understanding of the importance of Posyandu (Fitriani & Rahayu, 2019). Marlina's research (2022) shows that family support, such as delivering and motivating, affects the activeness of the elderly in participating in Posyandu. Meanwhile, Lestari and Handayani (2020) emphasized that the limitations of cadre training and incentives reduce the effectiveness of program implementation. Cultural norm factors also have an effect, where the stigma of the elderly as a "burden" can hinder participation (Sarwono, 2006). In addition, cross-sector coordination and budget allocation that is not optimal are also challenges (Notoatmodjo, 2012).

Based on these conditions, this study aims to identify social factors that contribute to the success of the Posyandu Elderly program in the working area of the Sadabuan Health Center, Padangsidempuan City, including family support, the role of cadres, and community participation, as well as exploring obstacles and opportunities for its implementation. The results of the research are expected to be the basis for strategic recommendations to improve the quality and sustainability of the Elderly Posyandu and support a more inclusive public health policy.

METHODS

This study uses a quantitative approach with an analytical descriptive design. A quantitative approach was chosen to objectively measure and analyze the relationships between variables through numerical data and statistical tests. Descriptive design was used to describe respondent characteristics and research variables, such as the level of education of the elderly, family support, social interaction, cadre activities, and the availability of companions. Meanwhile, the analytical design was used to analyze the influence of these social factors on the success of the Posyandu Elderly program.

The research was carried out in the working area of the Sadabuan Health Center, Padangsidempuan City, North Sumatra, for three months (February-April). The research population is all elderly people who are registered as participants of the Posyandu Elderly in

the region. Samples were determined using stratified random sampling techniques to represent various groups (age, gender, education, and location of Posyandu), with the number of samples calculated using the Slovin formula.

The research instruments included questionnaires, semi-structured interviews, and observations. The questionnaire used a Likert scale (1–5) as well as open-ended questions to measure respondents' perceptions and levels of engagement. Interviews were conducted with the elderly, families, and health cadres to dig deeper into information. Observations are carried out during Posyandu activities to assess participation and service quality. In addition to primary data, the study also used secondary data from Posyandu activity reports, elderly health records, demographic data, and related policies.

Data were analyzed using SPSS through two stages, namely descriptive analysis to describe the distribution of respondent characteristics, and inferential analysis using correlation tests (Pearson/Spearman) and linear regression or logistics to test the relationship and influence between variables. The results are presented in the form of tables, graphs, and narrative descriptions.

To maintain the quality of the research, instrument tests, data completeness checks, and appropriate statistical analysis are carried out to ensure validity and reliability. This research also applies ethical principles, including informed consent, confidentiality and anonymity, voluntary participation, protection of participants' welfare, and social responsibility in providing recommendations that are useful for improving Posyandu Elderly services.

RESULTS

1. Overview of Research Locations

The Sadabuan Health Center is a Technical Implementation Unit (UPT) of the Padangsidimpuan City Health Office located in Sadabuan Village, North Padangsidimpuan District, Padangsidimpuan City. The working area of the Sadabuan Health Center covers an area of ± 11.98 km². Administratively, this area is bordered by Padangsidimpuan Hutaimbaru District to the north, Padangsidimpuan Batunadua District to the east, South Padangsidimpuan District to the south, and South Angkola District South Tapanuli Regency to the west.

2. Descriptive Analysis

a. Respondent Characteristics

Table 1. Respondent Characteristics

	Respondent Characteristics	
	n (n=30)	%
Gender		
Male	11	36.7
Women	19	63.3
Age (Years)		
< 60	8	26.7
60-70	15	50.0
>70	7	23.3
Education		
No School	6	20.0
SD	6	20.0
SMP	9	30.0
SMA	5	16.7
College	4	13.3
Jobs		
Not Working	7	23.3
Farmer	8	26.7
Merchant	4	13.3
Public/Private Servants	0	0.0
Others	11	36.7
Living with Family		
Ya	12	40.0
No	18	60.0

Based on the table above, it shows that of the 30 elderly respondents who are registered as Participants of the Posyandu Elderly program in the work area of the Sadabuan Health Center in Padangsidempuan City obtained the most respondent gender, which was 63.3%. The age of the elderly who are registered as participants in the Elderly Posyandu program in the work area of the Sadabuan Health Center in Padangsidempuan City is the highest age group of 50.0%.

The highest level of elderly education registered as participants in the Posyandu Elderly program in the work area of the Sadabuan Health Center in Padangsidempuan City, namely the junior high school category of 30.0%. The most jobs of the elderly who are registered as participants in the Posyandu Elderly program in the work area of the Sadabuan Health Center in Padangsidempuan City are as housewives as many as 36.7%.

The elderly who are registered as participants in the Elderly Posyandu program in the work area of the Sadabuan Health Center in Padangsidempuan City are 60.0%.

3. The Level of Elderly Education to the Level of Elderly Participation in the Elderly Posyandu Program

Table 2. The Level of Elderly Education to the Participation Rate of the Elderly in the Elderly Posyandu Program in the work area of the Sadabuan Health Center in Padangsidempuan City in 2025

Elderly Education Level	Elderly Participation Rate			P
	Good	Not Good	Total	
No School	3	3	6	0,074
SD	2	4	6	
SMP	6	3	9	
SMA	2	3	5	
College	3	1	4	
Total	16	14	30	

Based on the table above, the level of elderly education on the level of elderly participation was obtained from $p = 0.074$ where $p > 0.05$, this shows that there is no influence of the level of elderly education on the level of elderly participation in the elderly posyandu program in the work area of the Sadabuan Health Center, Padangsidempuan City.

4. Outgoing Support for the Successful Implementation of the Elderly Posyandu

Table 3. Family Support for the Successful Implementation of Elderly Posyandu in the work area of the Sadabuan Health Center in Padangsidempuan City in 2025

Family Support		Success of the Implementation of the Elderly Posyandu		P
		N (30)	%	
Family Support	Highly Supportive	26	86.7	0,002
	Less Supportive	4	13.3	
Total		30	100.0	

Based on the table above, it shows that family support for the successful implementation of the elderly posyandu in the work area of the Sadabuan Health Center of Padangsidempuan City was obtained with a result of $p = 0.002$ where $p < 0.05$, this shows that there is an influence of family support on the success of the implementation of the elderly posyandu in the work area of the Sadabuan Health Center of Padangsidempuan City.

5. Social Interaction of the Elderly with the Community and Fellow Elderly on Their Participation in Poyandu Elderly Activities

Table 4. Social Interaction of the Elderly with the Community and Fellow Elderly Towards Their Participation in Elderly Posyandu Activities in the Work Area of the Sadabuan Health Center KOTA Padangsidimpuan in 2025

		Participation in the Elderly Posyandu			
		Good	Less	Total	P
Elderly Social Interaction	Frequent	19	3	22	0,000
	Rare	5	3	8	
Total		24	6	30	

Based on the table above, it shows that the social interaction of the elderly with the community and fellow elderly on their participation in elderly posyandu activities in the work area of the Sadabuan Health Center of Padangsidimpuan City was obtained with the result $p = 0.000$ where $p < 0.05$, this shows that there is an influence of the social interaction of the elderly with the community and fellow elderly on their participation in the activities of the elderly posyandu in the work area of the Sadabuan Health Center of Padangsidimpuan City.

6. The Role of Health Cadre Activities in Increasing the Effectiveness and Success of the Elderly Posyandu Program

1) The Role of Cadres in Mobilizing Elderly Participation

Most of the informants stated that cadres have a very active role in inviting and motivating the elderly to attend Posyandu activities. The cadres usually contact the elderly or their families a few days before the activity. A cadre stated:

"We came to the elderly house one by one, especially those who had not come for a long time. We remind them, invite them, and sometimes help deliver." (F1)

The elderly also said that the presence of cadres was the main factor that made them continue to come to the posyandu. They feel cared for and appreciated.

The Role of Cadres in Elderly Health Education

Elderly informants stated that they often get health information submitted by cadres before the examination activities begin. The information includes a healthy diet, the importance of exercise, and how to prevent diseases in old age. One elderly person said:

"Cadres often give light counseling before gymnastics, so we know what foods are good and how to maintain blood pressure." (L2)

The information provided by the cadres is practical and easy to understand, and is conveyed in a familiar atmosphere.

2) The Role of Cadres in the Implementation of Posyandu Activities

Cadres are also active in preparing places, recording the presence of the elderly, assisting officers in the process of measuring blood pressure, weight, and height, and compiling activity reports. A health worker said:

"Without cadres, activities will not run smoothly. Cadres help almost everything, from logistics to report data." (P2)

This shows that cadres not only play a role in community mobilization, but also carry out technical and administrative functions in posyandu activities.

3) The Role of Cadres in Creating a Comfortable and Attractive Atmosphere

Cadres took the initiative to add fun activities such as gymnastics for the elderly, small social gatherings, or giving door prizes. This makes the elderly feel more happy and enthusiastic to come to the posyandu. An elderly man said:

"If there is gymnastics, sometimes there is also a quiz, so we are excited to come. The cadres are also friendly." (L3)

The innovation of activities carried out by cadres is considered to increase the participation of the elderly in a sustainable manner.

4) Obstacles of Cadres in the Implementation of Activities

Some cadres said that even though they work voluntarily, the limited incentives and lack of training are challenges in themselves. One of the cadres said:

"Sometimes we need additional training, so that we can be more confident in delivering material to the elderly." (K2)

This shows the need for support from the government or the health center in the form of routine training and appreciation for cadre performance.

DISCUSSION

1. The Level of Education of the Elderly to the Level of Elderly Participation in the Elderly Posyandu Program

Based on the results of the analysis of primary data in 2025, a value of $p = 0.074$ was obtained, which shows that there is no statistically significant relationship between education level and elderly participation ($p > 0.05$). These results show that the level of education does not have a direct effect on the participation of the elderly in posyandu activities in the work area of the Sadabuan Health Center in Padangsidempuan City. This shows that education factors may not be the only determinant in encouraging elderly participation in community-based health services such as elderly posyandu (Sugiyono, 2017).

However, when viewed descriptively from the frequency distribution, it appears that the elderly with a junior high school education show a higher participation rate (6 out of 9 people), compared to other levels of education. This is in line with the theory put forward by Notoatmodjo (2012) that the higher a person's education, the more likely they are to receive

and apply health information more effectively. The level of education plays a role in shaping the mindset, awareness, and ability of the elderly to understand the importance of routine health check-ups, such as those provided by the elderly posyandu (Notoatmodjo, 2012).

Even so, the insignificance of this relationship indicates that education level is not the only variable that affects participation. Other factors such as family support, health status, service accessibility, and individual attitudes toward health also contribute. Marlina (2020) emphasized that psychosocial factors, such as personal motivation and encouragement from family members, have a great influence on the participation of the elderly in posyandu activities. Many elderly people may still actively participate despite their low educational background, if they receive strong social support from the surrounding environment (Marlina, 2020).

In addition, the physical limitations experienced by the elderly are also one of the obstacles to participation. According to Sulastris (2021) research, the elderly who experience reduced mobility or suffer from chronic diseases tend to have difficulty attending posyandu, regardless of their level of education. Therefore, efforts to increase elderly participation cannot be done with a one-dimensional approach such as education alone, but a multidimensional approach is needed that involves physical, social, economic, and environmental aspects (Sulastris, 2021).

On the other hand, the socio-cultural values that prevail in society also play an important role. In areas such as Padangsidempuan City, which has a strong family culture, encouragement from children, posyandu cadres, or community leaders is often the main motivator for the elderly to participate in health activities. According to the Ministry of Health of the Republic of Indonesia (2019), the involvement of local figures and cadres who are active in providing a personal approach is the key to success in the involvement of the elderly in community-based health programs.

Family support has also proven to be an important variable. Research by Utami and Wijayanti (2020) states that the elderly who receive attention and support from their families, especially in terms of delivery to posyandu locations and schedule reminders, are more likely to actively participate in the program. This further strengthens that the participation of the elderly in posyandu activities does not stand alone, but is influenced by the social ecosystem where they live (Utami and Wijayanti, 2020).

The condition of accessibility of posyandu services is also very decisive. If the location of the posyandu is too far or the terrain to the location is difficult to reach, then the participation of the elderly will decrease, even though they have a high level of education. On the other hand, posyandu that is elderly-friendly, provides comfortable facilities, and flexible service hours, is more likely to attract participation from various elderly groups (Marlina, 2020).

Thus, although statistically no significant relationship was found between education level and elderly participation, it does not mean that education does not have a role at all. These results show that in the local context of Padangsidempuan, education is not the only or dominant factor. Therefore, the approach to elderly posyandu services must be carried out comprehensively, paying attention to various aspects, ranging from health education, the role of the family, service facilities, to local cultural values that support the involvement of the elderly

2. Family Support for the Successful Implementation of the Elderly Posyandu

The results of the statistical test showed a value of $p = 0.002$ which means $p < 0.05$, so it can be concluded that there is a significant relationship between family support and the success of the implementation of the elderly posyandu in the work area of the Sadabuan Health Center of Padangsidempuan City in 2025. This means that the greater the family support provided to the elderly, the higher the success of the implementation of the elderly posyandu program in the community (Sugiyono, 2017).

Family support plays an important role in the lives of the elderly, especially when it comes to supporting their participation in health care. In old age, individuals tend to experience a decline in physical, psychological, and social abilities, so they are highly dependent on their families in daily activities, including attending posyandu. According to Notoatmodjo (2012), social support, especially from the nuclear family such as children or grandchildren, is the main motivator in forming healthy behaviors, including attending regular health checkups at posyandu.

Families who provide encouragement, mentoring, delivery, and reminders of the posyandu activity schedule to the elderly will increase the likelihood of elderly attendance at these activities. The existence of caring family members can also increase the enthusiasm of the elderly to maintain their health and participate in social activities, such as the elderly posyandu. Research by Utami and Wijayanti (2020) also confirms that the elderly who receive emotional and practical support from their families are more likely to participate in posyandu activities regularly, compared to those who do not receive support.

Furthermore, the success of the implementation of posyandu is not only measured by the number of elderly attendance, but also by their active participation in health checks, counseling, and social activities held. The posyandu cadre said that the success of the program would be greatly helped if the family actively motivated the elderly. This is supported by findings from Marlina (2020), who stated that one of the indicators of the success of the elderly posyandu is the involvement of families in educating and encouraging the elderly to participate in the program regularly.

In addition, in the context of local culture such as in the city of Padangsidempuan, which has strong family values, the family is often the most trusted party by the elderly in making health-related decisions. Therefore, the role of the family is not only as a physical companion, but also as a source of information and motivation that forms a positive attitude towards posyandu activities. The Ministry of Health of the Republic of Indonesia (2019) also emphasized that family empowerment is the key to community-based elderly health programs, including posyandu.

From a practical perspective, families who support the successful implementation of posyandu also play a role in creating a comfortable and safe atmosphere for the elderly to participate in activities. With logistical support such as transportation, free time to accompany, and good communication with posyandu cadres, the interaction between families, the elderly, and health workers becomes more harmonious and structured. This will have a positive impact on the continuity of the implementation of the elderly posyandu (Sulastri, 2021).

3. Social Interaction of the Elderly with the Community and Fellow Elderly Towards Their Participation in Elderly Posyandu Activities

The results of the statistical test showed a value of $p = 0.000$ which means $p < 0.05$, so it can be concluded that there is a significant relationship between the social interaction of the elderly and their level of participation in posyandu. This shows that the more active an elderly person is in social interaction, the more likely they are to be involved in health activities in the community (Sugiyono, 2017).

Social interaction is an important part of the lives of the elderly because it can provide a sense of belonging, value, and strengthen motivation to engage in social activities, including posyandu activities. According to Notoatmodjo (2012), social needs such as interacting and being valued by the environment are important motivations in forming healthy behaviors, especially in the elderly group. Elderly people who have active social relationships are more likely to participate in group activities because they feel comfortable, accepted, and receive support from fellow elders and the surrounding community.

Research by Marlina (2020) shows that the social interaction of the elderly is significantly related to participation in community-based health programs. Elderly people who are often involved in social activities, such as social gatherings, recitations, or posyandu activities, have a higher level of activity compared to the elderly who tend to withdraw. This is because social relationships can be a means of exchanging information about the importance of maintaining health and the schedule of posyandu activities that will take place.

In addition, social interactions between the elderly can create a mutual motivational effect. Elderly people tend to feel more motivated to participate in posyandu when their peers are also present. This is in accordance with the theory of social support put forward by House (1981), that the existence of emotional support and friendship between individuals greatly influences a person's participatory behavior in group activities. Therefore, the existence of a supportive social environment greatly supports the participation of the elderly in health programs such as posyandu.

Furthermore, the success of the elderly posyandu is also influenced by the quality of interaction between community members. If social relations between the elderly and between the elderly and the community go well, then they will be more easily integrated into the public health service system. The Ministry of Health of the Republic of Indonesia (2019) stated that strengthening the elderly community based on social interaction can increase the effectiveness of the implementation of posyandu and the sustainability of promotive and preventive programs.

However, for the elderly who have low social interaction, as recorded in 8 people in this study, there is a tendency to have less participation in posyandu activities. This can be caused by social isolation, shame, mental health disorders, or a lack of emotional support from the environment. According to Sulastri (2021), the elderly who feel lonely and lack social connections tend to avoid group activities and prefer to stay at home, which risks lowering their health status.

4. The Role of Health Cadre Activities in Increasing the Effectiveness and Success of the Elderly Posyandu Program

Based on the results of interviews with informants consisting of cadres, health center officers, and the elderly, it was found that cadres have a very large contribution to the success of the Posyandu Elderly program. The role of cadres is not limited to technical aspects, but also concerns the social, educational, and motivational role of the elderly. Cadre activities have proven to be able to increase the effectiveness of programs and the participation of the elderly in a sustainable manner.

The main role of cadres that is most prominent is to mobilize the participation of the elderly. Cadres actively visit elderly homes, provide reminders, and even pick up the elderly who do not have a companion. This activity shows a form of social intervention that is very important in encouraging the involvement of the elderly. According to Notoatmodjo (2012), the participation of the community, including the elderly, in health programs is greatly influenced by the support and interpersonal approach from trusted parties such as health cadres. Without this social encouragement, the elderly tend not to participate in health activities regularly due to physical and psychological barriers.

Apart from being motivators, cadres also play the role of communicators and educators. In each posyandu meeting, cadres convey basic health information needed by the elderly, such as the importance of balanced nutritional consumption, blood pressure control, and chronic disease management. This activity is very important because not all elderly people are able to access health information independently. The Ministry of Health of the Republic of Indonesia (2019) emphasized that posyandu cadres are the spearhead of health counseling in the community and are tasked with bridging communication between health workers and targets, including the elderly, in easy-to-understand language and appropriate cultural contexts.

Cadres are also involved in the technical implementation aspects of posyandu activities, starting from participant registration, anthropometric measurement, recording, to the preparation of activity reports. This shows that cadres have administrative and technical capabilities that support the smooth running of activities. According to House (1981), structural social support such as that carried out by cadres can increase the availability and affordability of health services, especially for vulnerable groups such as the elderly.

The attractiveness of posyandu activities is also inseparable from the initiative of cadres in creating a friendly, familiar, and fun atmosphere. Activities such as joint gymnastics, light games, and simple gift-giving can increase the comfort and enthusiasm of the elderly. This warm social interaction encourages the elderly to continue to participate in activities regularly. Sulastri (2021) in his research stated that the social activities of the elderly in groups such as posyandu significantly improve the quality of life of the elderly, both from physical, psychological, and social aspects.

Although the role of cadres is very large, there are several challenges faced, such as lack of periodic training, lack of incentives, and limited educational tools and media. This condition can hinder the spirit of cadres in carrying out their functions optimally. Therefore, continuous support from the local government and the health center is needed in the form of training, supervision, and appreciation for cadres. Notoatmodjo (2012) emphasized that the success of public health programs requires a support system that includes cadre training and community empowerment as a whole.

CONCLUSION

Based on the results of the study, there was no significant influence between the level of education of the elderly and the level of participation in the Posyandu Elderly program in the working area of the Sadabuan Health Center, Padangsidempuan City. However, this study shows that family support has an influence on the success of the implementation of the Elderly Posyandu, where the elderly who receive attention, motivation, and assistance from their families tend to be more active in participating in activities. In addition, the social interaction of the elderly with the community and fellow elderly also plays a role in increasing their participation in Posyandu activities. The role and activities of health cadres also contribute to increasing the effectiveness and success of the Posyandu Elderly program through education, motivation, and assistance provided to the elderly.

Based on these findings, it is recommended that the Puskesmas and the local government increase efforts to empower families and strengthen the role of health cadres through continuous training and support. In addition, activities that encourage social interaction among the elderly need to be further optimized to increase the participation and success of the Posyandu Elderly program.

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