

Literature Review: The Correlation Between Mothers' Knowledge, Motivation, and the Role of Cadres with Toddler Visits to Integrated Health Posts

Indri Astuti¹, Meti Periyanti², Novitasari³, Dina Khairani⁴, Harni Armianti⁵, Ida Sofiyanti⁶

¹Bachelor of Midwifery Program, Universitas Ngudi Waluyo, indryastutipangkalpinang@gmail.com

²Bachelor of Midwifery Program, Universitas Ngudi Waluyo, metiperiyanti@gmail.com

³Bachelor of Midwifery Program, Universitas Ngudi Waluyo, novitasaridumay@gmail.com

⁴Bachelor of Midwifery Program, Universitas Ngudi Waluyo, novitakhairunnisa221@gmail.com

⁵Bachelor of Midwifery Program, Universitas Ngudi Waluyo, harniarmiati@gmail.com

⁶Bachelor of Midwifery Program, Universitas Ngudi Waluyo, idasofiyanti@gmail.com

Email Correspondence: harniarmiati@gmail.com

Article Info	Abstract
Article History Submitted, 2026-04-12 Accepted, 2026-05-19 Published, 2026-06-30 Keywords: Maternal knowledge, motivation, the role of candres and posyandu	Posyandu serves as a basic service center to prevent stunting, provide immunizations, monitor weight, and deliver nutrition education for mothers, in order to reduce infant mortality rates. This literature review aims to describe the relationship between maternal knowledge, motivation, and the role of cadres with toddler visits to posyandu. This literature review uses a literature review method. A systematic search was conducted through computer-based searches using the Google Scholar database with articles published between 2021 and 2025. Only articles with quantitative designs and full text were included in this analysis. Key data searches used the PICO technique (Population, Intervention, Compare, Outcome). Of the 15 articles identified, 10 articles were relevant to the topic of this literature review. These 10 articles show that mothers with good knowledge better understand the benefits of posyandu and are therefore more active in bringing their children. Motivation also influences toddler visits. Mothers with high motivation tend to be more consistent in participating in posyandu activities. In addition, the role of cadres has been shown to have a strong relationship with toddler visits. Cadres who are active in providing counseling and encouraging the community can increase the participation of mothers with toddlers. Maternal knowledge, motivation, and the role of cadres are interrelated factors that contribute significantly to increasing visits to posyandu.

Introduction

Infancy and toddlerhood are the periods after birth until before 59 months of age, including newborns aged 0-28 days, infants aged 0-11 months, and toddlers aged 12-59 months. The health of infants and toddlers is crucial due to their rapid physical and mental growth and development during this period. Health efforts for infants and toddlers include management and referrals, nutrition, growth and development monitoring, immunization, rehabilitation and long-term care for chronic/rare diseases, parenting and developmental stimulation, and providing a healthy and safe environment. (Let's Get Healthy, Ministry of Health, 2026).

According to the WHO, growth and development of toddlers (0-60 months) is a crucial process during which 80% of brain development occurs, influencing future health, learning ability, and personality. The WHO uses anthropometric standards (weight, length/height, head circumference) to monitor optimal growth and emphasizes balanced nutrition, stimulation, and loving care. (Generasi Maju, 2025).

Posyandu (Integrated Service Post) is a community empowerment center that provides integrated basic health services across the entire life cycle, from pregnant women and infants to toddlers, adolescents, and the elderly. Its primary focus includes monitoring child growth and development, immunizations, health education, and stunting prevention. (Let's Get Healthy, Ministry of Health, 2026)

Posyandu Balita (Indonesian Integrated Health Post) is an integrated service post for toddlers that provides basic health services such as weighing, height measurement,

Corresponding author:

Harni Armianti

harniarmiati@gmail.com

The 3th International Conference on Health, Faculty of Health, Vol 3 No 1 2026

Universitas Ngudi Waluyo

immunization, and monitoring child growth and development. Its purpose is to monitor toddler health, detect nutritional and developmental problems early, and provide counseling to parents about child health (BKKBN, 2025).

Good maternal knowledge, high motivation, and the active role of cadres are significantly related to increased toddler visits to Posyandu. Mothers with high knowledge are more aware of the benefits of Posyandu, motivation encourages independent activity, and the role of cadres (motivators/facilitators) serves as the main driving force (Global Indonesian Education Institute, 2023).

These three factors are interrelated and significantly determine the activity of Posyandu visits. Increasing cadre capacity (training) and educating mothers are key strategies (Global Indonesian Education Institute, 2023).

Based on this description, it can be concluded that maternal knowledge, motivation, and the role of cadres are interrelated factors and play a crucial role in increasing Posyandu visits. However, research findings vary and studies that comprehensively integrate these two factors are limited. Therefore, a literature review is needed to thoroughly analyze the relationship between maternal knowledge, motivation, and the role of cadres and toddler visits to integrated health posts (Posyandu). This will serve as a basis for formulating appropriate interventions to improve child growth and development.

Methods

This literature study uses the Literature Review (LR) method, which is a systematic and clear literature study by collecting, identifying, and evaluating existing research data. The purpose of writing this literature is to determine the factors related to the development of preschool children, especially those related to parenting patterns and nutritional status. A systematic search was conducted through computer searches using the Google Scholar, Pubmed, Science Direct, and Proquest databases. The search was limited to articles published between 2021 and 2025. Of the 15 articles identified, 10 articles were relevant to the topic of this literature review. The keywords used by the author were "maternal knowledge," "motivation," "cadre role," and "posyandu." The inclusion criteria set in this literature review process were: 1) articles focusing on factors related to maternal knowledge, motivation, and the role of cadres in posyandu, 2) full-text articles published between 2021 and 2025, 3) articles using Indonesian or English, and 4) research articles. Exclusion criteria: 1) Articles in the form of theses or dissertations, 2) articles that cannot be freely accessed, 3) are literature review articles.

Results and Discussion

A literature review was conducted on 10 selected articles. The publications ranged from 2021 to 2026. The results of the journal analysis are presented in Table 1 as follows:

Table 1. Results of Journal Analysis

No	Research	Method	Results
1.	The Relationship Between Knowledge, Education Level and Mother's Occupation with the Frequency of Visits to the Integrated Health Post for Toddlers Aged 0-5 Years (Wati et al., 2023)	This research is an observational, analytical study with a cross-sectional design or approach. The population in this study were mothers with toddlers aged 1-5 years in Seleman Village, Ogan Komering Ulu Regency in 2023, totaling 80 toddlers. The sample was taken using a total sampling technique of 80 respondents. The type of data used was primary data, the dependent variable was the frequency of Posyandu visits, and the independent variables were knowledge, education, and employment.	The results of the bivariate study of the relationship between knowledge, education and work with the frequency of Posyandu visits based on the chi square statistical test of knowledge p-value $0.000 \leq 0.05$, education p-value $0.002 \leq 0.05$ and work p-value $0.001 \leq 0.05$ can be concluded that there is a relationship between knowledge, education and work with the frequency of Posyandu visits for toddlers aged 1-5 years in Seleman Village, Ogan Komering Ulu Regency in 2023. As for suggestions to mothers who have toddlers aged 1-5 years to continue to carry out the frequency of Posyandu visits, because it can monitor the child's growth and development.
2.	Knowledge of mothers of toddlers about integrated health posts (Posyandu) is related to the level of	This study is a correlational study with a cross-sectional research design. The population of this study was 54 mothers of toddlers and 39 samples that met the	From the results of the Spearman rho statistical test, a significant value of $0.95 > 0.05$ was obtained, so H_0 was rejected, meaning there was no

	participation in visiting Posyandu Gunung Slamet, Sememi Village, Surabaya (Nancye & Rossita, 2022)	inclusion criteria. The sampling used in the study was purposive sampling. The measuring instrument used a questionnaire. Furthermore, the collected data were analyzed using the Spearman rho correlation test.	relationship between the two variables, knowledge level and participation level. Several factors influence the lack of participation of mothers of toddlers even though their knowledge level is good, such as health workers who are not optimal in providing information. Researchers suggest facilitating this by improving communication between health workers and mothers of toddlers, as well as optimizing the role of health workers at the Integrated Health Post (Posyandu) so that mothers of toddlers actively participate in visiting the Posyandu.
3.	Strategy to increase the coverage of toddler visits to integrated health posts (Posyandu) with SWOT analysis in the work area of Bagansiapiapi Community Health Center, Rokan Regency (Herryana et al., 2024)	Strategy to increase the coverage of toddler visits to integrated health posts (Posyandu) with SWOT analysis in the work area of Bagansiapiapi Community Health Center, Rokan Regency (Wan Herryana, Novita Rany, Hetty Ismainar 2024)	The results of this study are that mothers already know about Posyandu activities in general, but mothers do not yet understand the importance of monitoring toddler growth and development.
4.	Increasing Participation in Posyandu Visits for Toddlers Through Strengthening Partner Support (Tiyas, 2024)	The method used in this community service activity began with a meeting with health program managers in the Junok area, requesting permission to participate in integrated health service post (Posyandu) activities, and conducting a pre-post survey using a questionnaire completed by Posyandu cadres and mothers of toddlers as respondents.	Based on the results of the activity, it was concluded that there was an increase in participation in family visits of infants/toddlers to the integrated health post (posyandu) every month up to 60% of the target, the support of facilities for 5-table system activities, weighing and height measuring tools, and the provision of funding for additional food for infants/toddlers strengthened family participation visits to the integrated health post (posyandu), the delivery of information on integrated health post activities through the WA Group application as a forum for cadres, toddler families and health workers for consultations on integrated health post activities to help disseminate information about integrated health post activities that will be carried out every month. The need for third party support in the implementation of integrated health post activities is needed to strengthen community participation.
5.	Factors Influencing Toddler Visits to Integrated Health Posts in Mulyoarjo Village, Lawang District, Malang Regency (Aji A. R. Ariefl*, Rendra Rahmawan2, Ishami Y. Purnama3, Mochammad Wildan4,	Assessment of toddler visits to integrated health posts (Posyandu) used questionnaires and interviews. The data obtained were subjected to bivariate analysis using IBM SPSS v25.	The prevalence of under-five toddler visits to the integrated health post (Posyandu) was 31.82%. Factors such as occupation, attitude, distance from home, and the Covid-19 pandemic were found to have no significant effect on toddler visits to the integrated health post (p>0.05). Maternal

	Evelyn Asaleo ⁵ , Naila Adibah ⁶ , Yuhenda D. Pratama ⁷ , Arta Rahman ⁸ , Atika ⁹ , 2024)		knowledge significantly influenced toddler visits to the integrated health post (p=0.014). The analysis found that maternal knowledge was a factor influencing toddler visits to the integrated health post. Maternal knowledge significantly influenced toddler visits to the integrated health post in Mulyoarjo Village, Lawang District, Malang Regency.
6	The Presence of Integrated Health Posts (Posyandu) as an Approach to Improving Community Health Development (Kusuma, 2022)	This research is a qualitative study, using descriptive methods. Qualitative research can be understood as a research procedure that uses data and aims to describe and analyze events, social dynamics, phenomena, and individual attitudes and group perceptions toward something.	The results of this study explain that community independence in health services is needed to increase visits to the integrated health post (Posyandu), but in general, visits to the Posyandu will decrease if the Posyandu is not managed well, Posyandu management is very dependent on the activities of health cadres and the agencies that supervise it, because Posyandu is a form of Community Health Efforts (UKBM) managed from, by, for, and with the community, to empower the community and provide convenience to the community in obtaining basic health services. On the other hand, the presence of Posyandu cadres plays a role as a health motivator, health educator, and health service provider through the Posyandu program.
7	The Relationship Between Maternal Knowledge, Motivation, and The Role of Cadres on Toddler Visits to the Integrated Health Post (Posyandu) at the Cikalong Community Health Center, Tasikmalaya Regency in 2023 (Nurhayani et al., 2023)	This study used a descriptive analytical method with a cross-sectional design. The population in the study was 411 mothers of toddlers, the sample size was calculated using the chi-square formula of 80 with a proportional random sampling technique. Data analysis included univariate and bivariate analysis with the Chi-Square test to examine the relationship between two variables suspected of being related or correlated.	It was found that 53.8% were active in visiting the integrated health post (Posyandu), 60.0% had good knowledge, 51.2% had high motivation, and 57.5% did not receive enough support from the cadres. The bivariate analysis showed a knowledge p-value of 0.001, motivation p-value of 0.007, and cadre role p-value of 0.000.
8	Analysis of Determinant Factors on Toddler Visits (12-59 months) to Integrated Health Posts (Posyandu) in the Arjasa Community Health Center Work Area (Masrifah et al., 2025)	The type of research used in this study is a mixed method, which combines quantitative and qualitative methods to obtain a more comprehensive understanding of the factors related to toddler visits to integrated health posts.	There are several factors that influence the visits of toddlers (12-59 months) to the integrated health post (Posyandu) in the Arjasa Community Health Center (Puskesmas) working area. Conclusion: Midwives and health workers are expected to conduct home visits more regularly to provide direct counseling, monitor toddler health, and remind mothers about the Posyandu schedule, which is adjusted to their daily activities so as not to disrupt their time.
9	Analysis of Low Visits by Mothers with Toddlers to Integrated Health Posts (Posyandu) in	This research is descriptive research using a qualitative approach. The number of informants in this study consisted of 8 (eight) people: mothers with	The lack of visits by mothers of toddlers to the integrated health post (posyandu) is due to the need for improvements in the health facilities at the integrated

	Pasangkayu Village, within the Working Area of Pasangkayu 1 Community Health Center, North Mamuju Regency (Moh. Andri et al., 2023)	toddlers, midwives, integrated health post (Posyandu) cadres, and PKK chairpersons/members.	health post and the lack of support from the mothers' husbands and families who do not support some informants. It is intended for the Pasangkayu I Community Health Center agency to always increase socialization in order to increase visits by mothers of toddlers to the integrated health post to obtain health services in order to prevent maternal and child mortality
10	Factors Influencing Mothers' Visits to Integrated Health Posts (Posyandu) by Toddlers (Yuli Andriani et al., 2024)	This research was conducted using a literature review of 10 articles published in the last five years, from 2017 to 2021. Article searches were conducted using Google Scholar and Science Direct.	The research results show that factors influencing Posyandu visits include knowledge, maternal occupation, the role of cadres and health workers, family support, distance from the Posyandu, maternal education, attitude, motivation, and ownership of a Community Health Card (KMS).

Based on the analysis of 10 articles conducted by researchers, the following risk factors were identified:

Mother's Knowledge

There is a relationship between knowledge, education, and employment with the frequency of Posyandu visits for toddlers aged 1-5 years in Seleman Village, Ogan Komering Ulu Regency in 2023. It is recommended that mothers with toddlers aged 1-5 years continue to visit Posyandu frequently, as this can monitor their growth and development. (Sepri Vera Wati, Diah Sukarni, Arie Anggraini, Rizki Amalia, 2023) shows that maternal knowledge has a significant relationship with toddler visits to Posyandu.

The analysis found that maternal knowledge is a factor influencing toddler visits to Posyandu. Maternal knowledge has a significant effect on toddler visits to Posyandu in Mulyoarjo Village, Lawang District, Malang Regency. (Aji A. R. Arief et al., 2023) showed a relationship between maternal knowledge and visits to the integrated health post (Posyandu)

60.0% of visits to the integrated health post (Posyandu) were attended by mothers with good knowledge (Heny Sri Nurhayani, 2023), indicating a factor in maternal knowledge regarding Posyandu visits.

Research results indicate that factors influencing Posyandu visits include knowledge, maternal occupation, the role of cadres and health workers, family support, distance from the Posyandu, maternal education, attitude, motivation, and ownership of a Health Card (KMS). (Emilia Yunritati Rehing et al., 2021).

Motivation

The lack of visits by mothers of toddlers to the integrated health post (Posyandu) is due to the need for improvements in health facilities at the Posyandu, as well as the lack of support from mothers' husbands and families, some of whom were unsupportive. The Pasangkayu I Community Health Center is expected to continuously improve outreach to increase visits by mothers of toddlers to the Posyandu to receive health services and prevent maternal and child mortality (Moh. Andri et al., 2023).

The results of the study indicate that factors influencing Posyandu visits include knowledge, maternal occupation, the role of cadres and health workers, family support, distance from the Posyandu, maternal education, attitude, motivation, and ownership of a Health Card (KMS). (Emilia Yunritati Rehing et al., 2021) indicate a relationship between motivation and Posyandu visits.

Cadre Role

The results of this study explain that community independence in health services is necessary to increase visits to integrated health posts (Posyandu). However, in general, visits to Posyandu will decline if Posyandu is not managed properly. Posyandu management is highly dependent on the activities of health cadres and the agencies that supervise them. Posyandu is a form of Community Health Effort (UKBM) managed from, by, for, and with the community, to empower the community and facilitate access to basic health services. Furthermore, the presence of Posyandu cadres acts as health motivators, health educators, and health service providers through the Posyandu program. (Andiko Nugraha Kusuma, 2022)

The results indicate that factors influencing Posyandu visits include knowledge, maternal occupation, the role of cadres and health workers, family support, distance from the Posyandu, maternal education, attitudes, motivation, and ownership of a Health Card (KMS). (Emilia Yunritati Rehing et al., 2021) indicate a relationship between the role of cadres and Posyandu visits.

Conclusion

Based on the literature review of the 10 articles, it can be concluded that maternal knowledge, motivation, and the role of cadres are three main interrelated factors influencing visits to integrated health posts (Posyandu). The growth and development of toddlers (0-60 months) is a crucial process where 80% of brain development occurs, influencing future health, learning ability, and personality. The WHO uses anthropometric standards (weight, length/height, head circumference) to monitor optimal growth and emphasizes balanced nutrition, stimulation, and loving care.

Healthcare workers, including midwives, nurses, and doctors, are expected to increase promotive and preventive efforts by educating parents about the importance of visiting integrated health posts (Posyandu) to monitor toddler growth and development.

Acknowledgments

Thank you to the Chancellor of Ngudi Waluyo University, the Dean of the Faculty of Health, the Head of the Undergraduate Midwifery Study Program, the Lecturers and all parties who have helped.

References

- Aji A. R. Arief, Rendra Rahmawan, Ishami Y. Purnama, Mochammad Wildan, Evelyn Asaleo, Naila Adibah, Yuhendra D. Pratama, Arta Rahman, Atika, H. (2024). FAKTOR YANG MEMPENGARUHI KUNJUNGAN BALITA DI POSYANDU DESA MULYOARJO KECAMATAN LAWANG KABUPATEN MALANG. 2, 306–312.
- Herryana, W., Rany, N., & Ismainar, H. (2024). Strategi Peningkatan Cakupan Kunjungan Balita Ke Posyandu Dengan Analisis Swot Di Wilayah Kerja Puskesmas Bagansiapiapi Kabupaten Rokan. *Jurnal Kesehatan Tambusai*, 5(1), 1595–1603.
- Kusuma, A. N. (2022). E-ISSN. 2808-4608 The Presence of Posyandu as an Approach in Improving Health Development in the Community-Andiko Nugraha Kusuma. *Jurnal Eduhealth*, 13(01), 137–146. <http://ejournal.seaninstitute.or.id/index.php/health>
- Masrifah, A. S., Ba'diah, A., Maimunah, S., Hasnita, E., & Sunartono. (2025). *Jurnal Kebidanan ANALISIS FAKTOR DETERMINAN TERHADAP KUNJUNGAN BALITA POSYANDU IN THE WORKING AREA OF ARJASA HEALTH CENTER* Pos Pelayanan Terpadu (Posyandu) kesehatan bersumber daya masyarakat yang di kelola dan diselenggarakan dari memberdayakan masya. XVII (02), 293–312.
- Moh. Andri, Sudirman, & Handayani Sam. (2023). Analisis Rendahnya Kunjungan Ibu yang Mempunyai Balita ke Posyandu di Kelurahan Pasangkayu Wilayah Kerja Puskesmas Pasangkayu 1 Kabupaten Mamuju Utara. *Jurnal Kolaboratif Sains*, 6(6), 544–551. <https://doi.org/10.56338/jks.v6i6.3721>
- Nancye, P. M., & Rossita, S. (2022). Pengetahuan Ibu Balita Tentang Posyandu Berhubungan Dengan Tingkat Partisipasi Berkunjung Di Posyandu Gunung Slamet Kelurahan Sememi Surabaya. *Jurnal Keperawatan*, 11(1), 44–51. <https://doi.org/10.47560/kep.v11i1.337>
- Nurhayani, H. S., Lisca, S. M., & Putri, R. (2023). HUBUNGAN PENGETAHUAN IBU, MOTIVASI DAN PERAN KADER TERHADAP KUNJUNGAN BALITA KE POSYANDU DI PUSKESMAS CIKALONG KABUPATEN TASIKMALAYA TAHUN 2023. 2(10), 4332–4345.
- Tiyas, D. W. (2024). Peningkatan Partisipasi Kunjungan Posyandu Balita Melalui Penguatan Dukungan Mitra. *Jurnal Pengabdian Masyarakat Bangsa*, 1(11), 3052–3056. <https://doi.org/10.59837/jpmba.v1i11.648>
- Wati, S. V., Sukarni, D., Anggraini, A., & Amalia, R. (2023). Hubungan Pengetahuan, Tingkat Pendidikan, dan Pekerjaan Ibu dengan Frekuensi Kunjungan Posyandu Balita Usia 0-5 Tahun. *Jurnal Kesehatan Saintika Meditory*, 6(2), 100–107. <https://jurnal.syedzasaintika.ac.id>
- Yuli Andriani, Mastina, & Eka Rahmawati. (2024). Faktor Yang Berhubungan Dengan Kunjungan Balita Di Posyandu. *Lentera Perawat*, 5(1), 141–148. <https://doi.org/10.52235/lp.v5i1.301>