Posyandu During The COVID-19 Pandemic: 
Diversification and Participation

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Abstract—This paper explains the participation of mothers, toddlers and the elders in Posyandu activities, and the diversification of posyandu cadre service strategies during the COVID-19 pandemic. Before the COVID-19 pandemic mothers, toddlers and elders people actively participate in every posyandu activity in Kampung Kagungan Rahayu, Tulang Bawang Regency, Lampung Province. This high participation is due to posyandu cadres who understand their role in realizing basic health services. During the COVID-19 pandemic, posyandu was held with attention to developments in the COVID-19 case. Based on this, posyandu cadres play an active role in diversifying service strategies so that participation of mothers, infants and elders remains high. The diversification strategies include the first posyandu cadres tidy up data on the health development of mothers, toddlers and elders. Second, posyandu cadres visit mothers, toddlers and elders directly from door to door by observing health protocols. Third, the cadres hold posyandu activities at the auxiliary puskesmas (pustu) in waves or in turns. Fourth, they also conducted direct monitoring and evaluation of services during the pandemic by telephone between the posyandu cadre leaders. We contend that the diversification of the service strategy has an impact on the high level of community participation in accessing posyandu during the COVID-19 pandemic.

Keywords—integrated healthcare center, public participation, diversification of public service strategies

I. INTRODUCTION

In the early days of the Covid-19 pandemic, posyandu activities at the auxiliary health centers temporarily stopped. Posyandu activities have stopped because posyandu cadres comply with the stay at home regulations that are promoted by the government. Posyandu activities at the auxiliary puskesmas were stopped for five months, the activities of mothers and children only stayed at home to prevent the spread of the virus [1]. During those five months, posyandu cadres tried to innovate services, this activity was carried out on the grounds that basic health for mothers, babies, toddlers and the elderly is very important as a basis for family health and public health in general, especially in the covid-19 pandemic conditions. Posyandu is defined as a non-formal education agency that is seen as a learning facility for mothers who participate in posyandu [2]. The author conducted a study and dedication to observe this condition in the village of Kagungan Rahayu, Tulang Bawang District, Lampung Province. This location was chosen because the tulip posyandu in Kagungan Rahayu village is an exemplary posyandu that is used as a reference for various posyandu in Tulang Bawang District. to become a model posyandu at the district level, it was initiated because the tulip posyandu won a national award as the best posyandu representing Lampung province. Taking locations in the Tulang Bawang district will increase understanding of the dynamics of good practice in the implementation of posyandu in the regions.

Posyandu is a basic health activity organized from, by and for the community assisted by health workers. Posyandu is one of the Community Based Health Efforts (UKBM). So, Posyandu is a self-help activity from the community in the health sector with the village head in charge. The Posyandu concept is closely related to cohesiveness. The integration referred to includes integration in the aspect of objectives, aspects of the location of activities, aspects of organizing officers, aspects of funding and so on. Posyandu currently plays a significant role in supporting public health services. The role of this Posyandu is accompanied by community participation that has become increasingly visible after the emergence of Posyandu as a form of community-based health effort [3]. The existence of posyandu in the midst of society has a very big role, because it involves fulfilling a very vital need for the health of mothers and children.

One of the components of the health system in Indonesia is community empowerment, especially posyandu, whose success depends on the participation of cadres and the community [4]. The Indonesian government has made efforts to reduce the Maternal and Newborn Mortality Rate (MMR and IMR). One of the efforts to reduce the Maternal and Newborn Mortality Rate (MMR & IMR) is the implementation of the Posyandu program in the regions. This existence is expected to have a significant impact in reducing the Maternal and Newborn Mortality Rate (MMR & IMR). Posyandu cadres can act as agents of change whose task is to raise awareness of pregnant women about the importance of healthy behavior during pregnancy [5]. The participation of cadres and the community...
is strongly influenced by the motivational factors they have [4]. Efforts to increase the role and function of Posyandu are not solely the responsibility of the government, but all components in the community, including cadres. The role of cadres in implementing Posyandu is very large because apart from being a provider of health information to the community it is also as a driving force for the community to come to Posyandu and carry out clean and healthy living habits.

In its implementation, posyandu cadres also have a very important role, namely informing the community about the opening days and hours of the posyandu, preparing equipment for posyandu implementation before the implementation of the posyandu such as notebooks, KMS, or props, registering babies, toddlers, pregnant women, and mothers of childbearing age who attend the posyandu, weigh babies and toddlers, record the results of weighing at KMS, conduct individual counseling to mothers, conduct home visits to conduct counseling, especially for pregnant women, mothers who have toddlers or babies, or to age partners fertile. Posyandu cadres need to know these things. However, until now there are still many posyandu cadres who still do not understand well their role as posyandu cadres in implementing posyandu. In addition, posyandu cadres also have a role to be able to assist posyandu midwives. Posyandu cadres must also be able to divide their duties and must be able to work together in teams. However, in some posyandu there are still posyandu cadres who have not been able to implement this.

Thus, it is necessary to increase the knowledge and understanding of posyandu cadres regarding the process of effective posyandu management [6]. Efforts to reanimate posyandu are important because posyandu is a basic public health service. Posyandu will be effective if it is supported by the participation of posyandu participants [7]. The success of empowerment can be identified in various ways, one of which is participation [8]. The existence of posyandu in supporting health programs, especially maternal and child health programs, has not been as expected due to low community participation in planning, managing, and implementing posyandu programs [9], in increasing efforts to participate in mothers and the elderly. In the posyandu program, it is aimed at diversifying the posyandu service strategy that will be carried out in this service activity.

In this community service activity, the team conducted research in Kampung Kagungan Rahayu, Menggala District, which is a village of division or separation from Ujung Gunung Ilir Village, Tulang Bawang Regency. Ujung Gunung Ilir Village is one of the villages in Tulang Bawang Regency which has an area of 2,940 hectares. Kampung Kagungan Rahayu was included in the formation of the village as a result of the expansion of the existing village (Kampung Ujung Gunung Ilir). The population of Kampung Kagungan Rahayu based on population census and data from the Central Bureau of Statistics in 2006 was 1,507 people and 306 households, consisting of 739 men and 768 women. Furthermore, based on the data archive of the population of Tulang Bawang in 2010, it was found that the inhabitants of Kampung Kagungan Rahayu were 3,158 people with details of 1,479 men and 1,600 women.

Based on these data, the population in the formation of Kampung Kagungan Rahayu as an expansion of the Ujung Gunung Ilir (parent) Village area in Tulang Bawang Regency has not met the stipulated requirements as contained in the provisions of the Regional Regulation of Tulang Bawang Regency Number 08 of 2007. Regional Regulation of Tulang Bawang Regency Number 08 of 2007 totaling at least 1000 people or 200 families. However, this problem is obscured by the fact that the community has to go through the wide range of control in the government sector considering the geographical conditions of Ujung Gunung Ilir Village, which is the largest area in Mempala District. On this basis, the implementation of the division of the Kampung Kagungan Rahayu area was implemented with the aim of improving the quality of development in the Kampung Kagungan Rahayu area as well as increasing competitiveness in various fields whose impact would be very good for the economic growth of each region.

Based on the situation analysis and literature review that has been described, problems that occur in Kampung Kagungan Rahayu, Tulang Bawang Regency, are identified and formulated, namely Kampung Kagungan Rahayu which is a relatively new village due to the expansion of Ujung Gunung Ilir village, the role of posyandu cadres in realizing basic health services in Kampung Kagungan Rahayu, and posyandu cadres do not understand the concept of public services, especially in the field of basic health. So that with this problem the team held community service in Kampung Kagungan Rahayu with the aim of increasing understanding of the role of posyandu cadres in realizing basic health services in Kampung Kagungan Rahayu and diversifying creative efforts made by posyandu cadres to increase the participation of mothers and the elderly. This service activity is also expected to produce benefits that can help posyandu cadres in understanding their role, the commitment of posyandu cadres to realize basic health services in Kampung Kagungan Rahayu, and increased participation of mothers and the elderly to participate in posyandu in Kampung Kagungan Rahayu.

II. METHODS AND STAGES OF ACTIVITIES

The case study method was applied to achieve the goal. Digging for knowledge that does not appear to be knowledge is carried out through various stages. The implementation method can be done so that posyandu cadres have the ability to diversify basic health service efforts by using the following steps, namely: socialization, counseling, coaching, and evaluation. In the socialization step, it is needed as a form to socialize posyandu cadres about the concept of public services and provide socialization that basic health services are part of these public services. Socialization aims to inform the public. This concept of public service is regulated in Law no. 25 of 2009 concerning good public services. This concept of public services implies the obligation to meet the needs of all citizens through a government system that supports the creation of quality public services in order to meet the basic needs and
civild rights of every citizen for public goods, public services
and administrative services. It's just that the implementation is
still not ideal, because a fairly good concept is not supported by
the threat of an appropriate and appropriate punishment [10].
Therefore, the concept of public service is very important for
posyandu cadres to know in its implementation so that the
process of activities carried out by the posyandu can run well
and that the existence of good public services in health can also
affect public trust. The better the services provided, the more
trust the public thinks about the health services provided by the
posyandu.

The extension step is necessary to provide counseling and
formulate creative efforts to attract mothers and the elderly to
be active in participating in posyandu activities. Health
education is a method used to convey health information.
Extension can be done directly through face-to-face methods or
by using mass media as a means of conveying information. The
purpose of the implementation of this community service
activity is to increase the knowledge of posyandu cadres and
the community, especially mothers, children, and the elderly
about the importance of posyandu health services. So we use
the extension step as a method to provide understanding to
posyandu cadres about the importance of creative health
service efforts to attract the interest of the community,
especially mothers, children, and the elderly to be active in
participating in posyandu activities. In this extension step, the
team used lecture, discussion, and simulation methods [11]. In
this method also, the team uses community service activity
participants as subjects to be used as the evaluation results of
the survey that has been carried out, namely by giving the
subject (activity participants) a questionnaire in the form of a
pretest as a form of test before the start of the activity (before
activity participants are given related material) then the subject
(activity participants) will continue and participate in activities
with counseling, and at the end of the activity the subject
(activity participants) will again be given a questionnaire in the
form of a post test to be replenished. The post test contains the
same questions as the previous pre-test with the aim of
evaluating the subject (activity participants) in understanding
the material that has been delivered [12]. This counseling
proved to have an effect on the level of knowledge of the
activity participants on the importance of creative health
service efforts to attract the interest of the community,
especially mothers, children and the elderly to be active in
participating in posyandu activities.

Furthermore, coaching is needed to be able to collaborate
with the local government and women leaders of Kampung
Kagungan Rahayu as well as women leaders in Tulang Bawang
Regency to organize posyandu cadres to revitalize the role of
the posyandu. An important element in the implementation of
managed care based health posyandu is the collaboration
between health administering organizations and primary health
service providers. One form of achieving this goal of
dedication is by providing guidance by forging cooperation
contracts with the local government and women leaders of
Kampung Kagungan Rahayu and women leaders in Tulang
Bawang Regency to revitalize the role of posyandu. In addition
to collaborating, the team also used this coaching method to
further monitor the participants' understanding of this activity
and this coaching method the team used as a form of
supervision to participants regarding its implementation in
posyandu activities. The way to carry out this coaching method
is through a monitoring process carried out every month
followed by further coaching to activity participants. This
coaching method has proven to be able to be realized at the
level of knowledge and level of implementation carried out by
the activity participants. Therefore, the team used the coaching
method in achieving the goals of service in Kampung
Kagungan Rahayu, Tulang Bawang Regency.

Then, there is an evaluation needed to make a visit or
evaluate the implementation of the training to the assisted
Posyandu cadres to see the development of their skills.
Evaluation is something that is expressed as a value (judgment)
on learning outcomes based on data obtained through
assessment [13]. This service uses an evaluative method which
tries to examine the implementation of the role of posyandu
cadres and community participation, especially mothers,
children, and the elderly in participating in posyandu activities
in Kampung Kagungan Rahayu, Tulang Bawang Regency. The
data collection techniques used were survey methods,
observation, and in-depth interviews. The survey method was
aimed at posyandu cadres and the community who felt the
implementation of the posyandu health services, while the
interview was addressed to the posyandu head of Kampung
Kagungan Rahayu, Tulang Bawang Regency. Thus, the team
used the evaluation method in knowing the results of the
implementation of the activities that had been carried out.

This activity will be carried out by providing understanding
and then implementing and formulating various efforts that will
be carried out by the posyandu to attract mothers and the
elderly to actively participate in posyandu activities. This
activity will be a meeting point between professional services
from health workers and community participation in
overcoming the problem of participation of mothers and the
elderly as program objects, especially in efforts to reduce infant
mortality and birth rates. Posyandu is a forum to get basic
services, especially in the field of health and family planning
which is managed by the community, the implementation is
carried out by cadres who have been trained in the fields of
health and family planning, where the members come from
PKK, community leaders and young women. Health cadres
represent active community participation in integrated services,
with cadres selected by the community, prioritizing activities in
five programs and receiving assistance from health workers,
especially for activities that they are not competent to provide.
This activity involved several parties, namely the cadres of the
tulip posyandu, village midwives, the people of Kagungan
Rahayu Village, village officials from Kagungan Rahayu
village, and the Tulang Bawang district health office.

III. RESULTS

The discussion is a section that presents the results of a
research process in a more external way. In this case, the role
of posyandu cadres will be discussed, health services by posyandu cadres, and community participation in posyandu activities in Kampung Kagungan Rahayu, Tulang Bawang Regency. This section will discuss matters related to planning, implementing, and evaluating the results of services provided by posyandu cadres in carrying out their roles as posyandu cadres in Kampung Kagungan Rahayu, Tulang Bawang Regency. Discussion on planning, implementation, and evaluation of services refers to the results of observations of posyandu cadres in the process of providing good and correct health services to the community. In the results, the discussion refers to the results of the evaluation tests that have been carried out, namely in the form of pre-tests and post-tests given to activity participants. In addition, the results obtained from the discussion between the participants were formed by forming several small groups which were then presented and discussed with other participants and the material.

The purpose of this activity is to increase the understanding of the role of posyandu cadres in realizing basic health services in Kampung Kagungan Rahayu, an increase in the understanding of posyandu cadres on procedures for preparation and provision of health services to the community, and diversification of creative efforts carried out by posyandu cadres to increase maternal participation and elderly people. These goals are expected to be achieved and able to be implemented by posyandu cadres in posyandu activities that are carried out every month.

In this activity the team conducted an evaluation of the activity participants to find out how to increase their understanding of good health services. This evaluation was carried out twice which included the initial evaluation (pre test) and the final evaluation (post test). The initial evaluation (pre test) is carried out before the participants get the training material in an effort to determine the level of understanding and knowledge of the participants before the training. Meanwhile, the final evaluation (post test) is carried out at the end of the activity after the participants have participated in all the activities and materials given. The final evaluation is carried out by asking the same questions as the initial evaluation, as an effort to determine the development or increase of participants' knowledge about the material given.

After the initial evaluation (pre test) and final evaluation (post test) on the Diversification of Posyandu Service Efforts to Increase Participation of Mothers and the Elderly in Kampung Kagungan Rahayu, Tulang Bawang Regency, it can be seen that there has been an increase in the average understanding of participants by 10, 10%. Although these results only show an increase in participants’ knowledge, this has contributed significantly to laying the foundation of understanding for posyandu cadres so that they become responsive cadres to posyandu services. These results are also expected to be able to attract public interest and participation to continue to participate in activities carried out by the posyandu and are expected to be able to reduce the mortality rate that occurs in mothers and children.

The existence of this research also aims to change the community mindset of Kampung Kagungan Rahayu, Tulang Bawang Regency that the services provided by the posyandu are not different from the services provided by the hospital so that this research activity is expected to be able to participate in posyandu activities and the community to be able to help the role of cadres, posyandu in its implementation. Posyandu cadres are also expected to be able to work together in improving the quality and service at the posyandu so that the community can believe that the services provided by the posyandu are no different from the services provided by the hospital, and posyandu cadres are expected to be able to help midwives at the posyandu in their implementation and be able to understand their role, as a posyandu cadre.

The existence of posyandu in the midst of society has a very big role, because it involves fulfilling a very vital need for the health of mothers and children, so it is necessary to increase the knowledge and understanding of posyandu cadres regarding the process of effective posyandu management. Posyandu cadres must also be able to understand well their role as cadres. Technically, the role of cadres related to the services provided to the community is to collect data on babies or toddlers, carry out weighing and record them in a Health Towards Card (KMS), provide additional food, distribute vitamin A, conduct nutrition education, and visit the homes of mothers who breastfeeding or mothers who have toddlers. Cadres are expected to play an active role and be able to become a motivator, motivator and community extension agent. In this service activity, the team studied the Role of Posyandu as a Center for Maternal and Child Health Information in Kampung Kagungan Rahayu, Tulang Bawang Regency with the aim of knowing the community's perception of the role of posyandu cadres, the role of posyandu cadres in improving the quality of maternal and child health, and posyandu as public health information center. The results of this activity show that the community's perception of the posyandu program is quite positive, posyandu has an important role in improving the quality of maternal and child health through the health service process, and posyandu has become a public health information center. This was reviewed based on the results of the initial evaluation and the final evaluation that had been carried out which showed that there was an increase in the understanding of posyandu cadres by 4.6% from the evaluation results. This can be said to be quite good, because the posyandu cadres in Kampung Kagungan Rahayu already understand well, coupled with this activity.

In addition, posyandu cadres need to understand well the procedures for preparing and providing posyandu services. The procedure for preparing and providing posyandu services is very important to know and implement in every posyandu activity with the aim that the posyandu cadres' performance is well organized and there is no overlap in the implementation of health service delivery by posyandu cadres. The procedure is a series of activities or stages that must be carried out in order to produce the desired result. It is important to pay attention to the preparation procedure for posyandu services before starting posyandu activities in providing health services to the
community, especially mothers, children and the elderly so that the implementation of posyandu activities is more coordinated. The procedure for preparing posyandu services in Kampung Kagungan Rahayu, Tulang Bawang Regency can be said to have been properly implemented. This was assessed based on the results of the evaluation that had been carried out which showed an increase in participants' understanding of 115.7%, so it was concluded that most of the participants were able to understand well in carrying out the posyandu health service preparation procedures, although there were some participants who still did not understand it well. However, the existence of this activity can help participants to understand the procedures for preparing posyandu services.

Meanwhile, in the procedure for providing posyandu services, posyandu cadres must know for sure because this procedure is an important aspect. If the posyandu cadre services can implement the procedure process properly and correctly, the posyandu activities carried out will run well without any significant obstacles. In Kampung Kagungan Rahayu, Tulang Bawang Regency, the procedure for providing health services to the community is quite important and must be understood and applied to posyandu activities. Even though there are still some posyandu cadres who do not understand well in its implementation, this procedure is still carried out as it should be accompanied by learning more about the procedure and can be obtained from routine socialization of the puskesmas program [14], understanding posyandu cadres is related also with education and knowledge that are increasingly motivated by cadres [15].

The existence of this activity is also a form of helping posyandu cadres in understanding the procedures for providing posyandu health services properly and correctly so that it is hoped that after this activity the posyandu cadres can understand well and can be applied in posyandu activities in Kagungan Rahayu Village. The results of this activity also showed that the participants’ understanding of the procedures for providing health services at this Posyandu had increased quite significantly by 256% according to the results of the evaluation that had been carried out. This percentage can be said to be large so it can be concluded that the participants understand well the material that has been presented.

Posyandu activities not only provide good services to the community but also must have creativity in providing health services and creativity in approaching the community. Creativity is the ability to create something new, either really something new or something new, which is obtained by connecting some existing things and making them something new. In the process of providing health services and approaching the community, creativity is needed that is able to attract the community's interest to participate in activities held by the posyandu, cadre creativity can be seen from the relationship between knowledge, cadre needs, respect, the role of community leaders, and the role of posyandu cadres [16].

In Kampung Kagungan Rahayu, creative health services already exist and have begun to be implemented in activities held by posyandu to attract public interest, especially for mothers, children, and the elderly, considering that almost part of the community still lacks confidence in the services provided by posyandu and prefers to leave to the hospital. Even though the services provided both at the posyandu and at the hospital are equally good, the community thinks that getting treatment at the hospital is better and facilitating than at the posyandu. As for the creativity of services held by the posyandu in Kampung Kagungan Rahayu, namely by providing rewards for people who arrive early and giving rewards to people who are most active in participating in posyandu activities, these rewards can be in the form of household appliances or daily household needs. The existence of this reward is proven to increase community participation in participating in posyandu activities. Meanwhile, in approaching the community, posyandu cadres use word of mouth to invite the community to come to the posyandu, sometimes posyandu cadres also approach the community through arisan and recitation conducted both between RTs and between RWs.

In addition, there are obstacles that occur in the health service process. Posyandu cadres need to understand what obstacles occur in providing services and how to overcome these obstacles. Constraints are factors or circumstances that limit, hinder, or prevent the achievement of goals or objectives. These obstacles must be overcome by posyandu cadres so that they do not become a threat to the future progress of the posyandu. Posyandu cadres in Kagungan Rahayu Village, Tulang Bawang Regency, are now able to overcome the obstacles that occur in the posyandu activities held so that these obstacles can be used as a source of strength for posyandu cadres, although not up to 100% but from the results of the evaluation that has been held shows that the Posyandu cadres in Kampung Kagungan Rahayu are considered capable enough in its implementation. This can be seen from the results of the pre-test and post-test that have been carried out which have increased by an average of 9.30%, these results are clear that almost some posyandu cadres understand enough how to overcome the obstacles that occur in the implementation process and on the posyandu cadres, alone. Several participants gave answers that the obstacles that occurred were not big, usually only related to the presence of the community who sometimes did not want to participate in the activities carried out by the posyandu or because of the lack of understanding of the community in understanding the benefits of the programs and services provided by the posyandu. However, the posyandu cadres were able to handle this quite well.

In addition to providing good service, posyandu cadres have a role in determining the future progress of the posyandu. Posyandu cadres must be able to have a posyandu work program for the future, both to improve health services that are more effective in the future and increase community participation in the future. Based on the results of the community service survey that had been carried out at the Posyandu Kampung Kagungan Rahayu, the efforts made by posyandu cadres so that the counseling and services provided could run effectively, namely by collaborating with Posyandu cadres, inviting residents and motivating residents to come to
the posyandu, either With direct invitations or through announcements at the mosque, and also by using methods to pick up patients at home, posyandu cadres must also be able to divide tasks and cooperate with each other so that there is no overlap in carrying out posyandu activities. This explanation shows that the participants in the research activities, both posyandu cadres and the community, understand quite well how the services provided can run effectively, the participation rate of mothers with toddlers is high because some mothers with toddlers already have an awareness of the importance of posyandu in improving and monitoring the growth and development of children under five [17]. Judging from the results of the pre-test and post-test that have been carried out, there has been an average percentage increase of 12.19% which indicates that the activity participants are able to understand well the delivery of the material provided and it is hoped that it can be applied to posyandu activities in Kagungan Rahayu Village.

Meanwhile, in increasing community participation in the future, this Posyandu cadre in Kampung Kagungan Rahayu, Tulang Bawang Regency has a good understanding in increasing community participation in the future. Based on the results of evaluations that have been carried out, both before and after the holding of research activities, it shows that participants are able to understand how to increase community participation in the future, this is also evidenced by an increase in the average results of evaluations that have been carried out, namely by 13.51%. From the results of the evaluation, almost some of the participants answered the evaluation results quite well, such as one of the participants who answered how to increase community participation in the future, namely by door to door from house to house, holding outreach to the community when gathering together during social gathering or recitation, increasing the quality of health services provided to the community when gathering together during social gathering or recitation, increasing the quality of health services provided to the community.

Following are the results of the evaluation of activity participants in Kagung Rahayu Village, Tulang Bawang Regency.

As shown in Table 1. All dimensions measured indicate an increase in knowledge which causes a variety of activities to be carried out by posyandu cadres.

IV. CONCLUSION

Based on the explanation, the posyandu during the pandemic was active because posyandu cadres understood their role in realizing basic health services. During the COVID-19 pandemic, posyandu was held with due regard to the development of COVID-19 cases. Based on this, posyandu cadres play an active role in diversifying service strategies so that participation of mothers, infants and elders remains high. The diversification strategies include the first posyandu cadres tidy up data on the health development of mothers, toddlers and elders. Second, posyandu cadres visit mothers, toddlers and elders directly from door to door by observing health protocols. Third, the cadres hold posyandu activities at the auxiliary puskesmas (pustu) in waves or in turns. Fourth, they also conducted direct monitoring and evaluation of services during the pandemic by telephone between the posyandu cadre leaders. We contend that the diversification of the service strategy has an impact on the high level of community participation in accessing posyandu during the COVID-19 pandemic.

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