

## The Improvement of Elderly Health through the Utilization of Posyandu at Rumberu Public Health Center

Magdalena Paunno<sup>1</sup>, Yohana Djurumana<sup>2</sup>, Clara Titarsole<sup>3</sup>

<sup>1,2</sup> Faculty of Health, Universitas Kristen Indonesia Maluku, Ambon, Indonesia

<sup>3</sup> Faculty of Medicine, Universitas Pattimura, Ambon, Indonesia

Vol 4(2),41-48

© 2025 Paunno et.al

<https://doi.org/10.54639/kks.v4i2.1652>

### Article Information

Submitted: 23-07-2025;

Revised: 11-08-2025;

Accepted: 13-08-2025;

Published: 14-08-2025;

### Corresponding Author:

Yohana Djurumana

Faculty of Health, Universitas Kristen Indonesia Maluku, Ambon, Indonesia

Email: [anarambuu@gmail.com](mailto:anarambuu@gmail.com)

### Citation Information

Paunno, M., Djurumana, Y., Titarsole, C. (2025). The Improvement of Elderly Health through the Utilization of Posyandu at Rumberu Public Health Center. Karya Kesehatan Siwalima, 4(2), 41-48. <https://doi.org/10.54639/kks.v4i2.1652>



This work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.

E-ISSN: 2828-8181

P-ISSN: 2828-8408

### Publisher

Lembaga Penerbitan Fakultas Kesehatan, Universitas Kristen Indonesia Maluku

<https://ojs.ukim.ac.id/index.php/KKS/index>

### Abstract

Elderly individuals are characterized by a decline in biological functions, which can manifest through physical symptoms, including reduced cognitive abilities. Therefore, accessible healthcare facilities are essential to provide routine health examinations for older adults. The utilization of the Elderly Posyandu (Integrated Health Post) at Rumberu Public Health Center remains notably low, influenced by various factors. The aim of this community service activity was to provide education and guidance on the importance of the Elderly Posyandu and its utilization at Rumberu Public Health Center. The findings indicate that many elderly individuals have not yet accessed the Elderly Posyandu, and available facilities remain limited. Strengthened collaboration among health cadres and the provision of adequate facilities are expected to enhance the utilization of Elderly Posyandu services at Rumberu Public Health Center.

Keywords: elderly health; posyandu utilization; community health services; public health center; health promotion

## Introduction

Older adults are individuals who may initially be healthy but, over time, experience biological changes due to reduced physiological reserves in most body systems and increased vulnerability to various diseases and mortality. These changes lead to physical frailty and susceptibility, affecting all aspects of life, including physical well-being (Sulaiman & Anggriani, 2018).

Globally, the proportion of older adults (aged 60 years and above) has increased significantly. The global elderly population is projected to rise from 10% in 1998 to 15% in 2025 and nearly 25% by 2050 (UNFPA, 2007). In the Asia-Pacific region, the elderly population grew from 410 million in 2007 to 733 million in 2025, with projections reaching 1.3 billion by 2050. Aging is accompanied by a decline in physiological functions, increasing the prevalence of non-communicable diseases. Moreover, degenerative conditions weaken the immune system, making older adults more susceptible to infectious diseases (Kurniastuti et al., 2025).

To address health-related challenges among older adults and ensure adequate healthcare facilities, governments must

develop policies to optimize elderly health services through the Elderly Integrated Health Post (*Posyandu Lansia*). According to the *Guidelines for the Implementation of Elderly Posyandu* issued by the National Commission for the Elderly (2010), the Elderly Posyandu is a community-based health service platform managed collaboratively by local residents, government agencies, and non-governmental organizations. This program targets individuals aged 60 and above, aiming to enable them to lead healthy and independent later lives. Activities include physical examinations, vital signs monitoring, basic laboratory testing, and referrals to higher-level health facilities when necessary (Suprpto, Mulat, & Yuriatson, 2022).

Optimal utilization of the Elderly Posyandu can facilitate early detection of health problems, extend life expectancy, and improve the quality of life for older adults through sustained health services. Additionally, it provides a social interaction space essential for preventing social isolation and maintaining mental well-being (Handayani et al., 2025). However, several studies indicate that participation rates among older adults remain low, primarily due to limited

outreach, low motivation, inadequate supporting facilities, and lack of knowledge (Ilyas, 2017; Fajarwati, 2023).

Therefore, active involvement from local governments, healthcare providers, community health cadres, and families is crucial to encourage greater participation in Elderly Posyandu activities. This community service program aims to raise public awareness regarding the importance of Elderly Posyandu as a platform for monitoring the physical health and overall well-being of older adults. It also seeks to identify and address barriers to utilization and to improve service quality, including infrastructure and human resource capacity.

## Method

This community service activity was conducted using an interactive lecture method aimed at improving the understanding of older adults regarding the utilization of the Elderly Integrated Health Post (*Posyandu Lansia*). The implementation was carried out systematically in the following stages:

### 1. Preparation Stage

The target location for the activity was determined, namely the Elderly

Posyandu within the working area of Rumberu Public Health Center. Additionally, research instruments in the form of pre-test and post-test questionnaires were prepared to assess participants' knowledge levels before and after the educational session.

### 2. Educational Session

The session began with a presentation on the importance of the Elderly Posyandu, the benefits it offers, and the procedures for accessing its services. The material was delivered both verbally and visually, followed by a discussion and question-and-answer session to address participants' inquiries and challenges.

### 3. Knowledge Assessment

Upon completion of the educational session, participants were asked to complete the post-test questionnaire. The results were then compared to the pre-test scores to determine changes in participants' knowledge regarding Elderly Posyandu utilization.

### 4. Data Analysis

The collected data were analyzed descriptively to identify participants' knowledge levels

before and after the educational intervention. Furthermore, McNemar's test was employed to statistically evaluate whether the observed changes in knowledge were significant between the pre-test and post-test results. A *p*-value of less than 0.05 was considered statistically significant.

## Results

**Table 1.** Knowledge Categories of Elderly Posyandu Utilization Before and After the Educational Intervention

Knowledge Category	Pre-test n	Pre-test %	Post-test n	Post-test %
Good ( $\geq 70$ )	8	20%	36	90%
Poor ( $< 70$ )	32	80%	4	10%
Total	40	100%	40	100%

Note. Good = score  $\geq 70$ ; Poor = score  $< 70$ .

The findings presented in Table 1 show a substantial improvement in participants' knowledge regarding the utilization of the Elderly Integrated Health Post (Posyandu Lansia) following the educational intervention. Before the session, only 20% of participants demonstrated good knowledge, while the majority (80%) were in the poor knowledge category. After the intervention, the proportion of participants with good knowledge

increased markedly to 90%, while those in the poor category decreased to 10%. This indicates that the educational session was effective in significantly enhancing the participants' understanding of the Elderly Posyandu services.



**Figure 1.** Attendance registration during the community service activity.

To determine whether the observed improvement in knowledge was statistically significant, McNemar's test was performed on the paired pre-test and post-test results. The 2 $\times$ 2 contingency table showed that 28 participants shifted from the poor knowledge category to the good category after the intervention, while none moved in the opposite direction. The McNemar's test result indicated a statistically significant difference ( $p < 0.001$ ), confirming that

the educational intervention effectively improved participants' knowledge of Elderly Posyandu utilization.



**Figure 2.** Health examination during the community service activity.

## Discussion

The geographical condition of Rumberu Village, located in a remote area with limited road infrastructure, poses significant challenges for older adults in accessing the Elderly Integrated Health Post (*Posyandu Lansia*). The difficulty of reaching the service location often discourages elderly residents from attending Posyandu activities. This finding is consistent with the study by Pongantung and Langingi (Modayag, 2024), which reported a significant relationship between the distance to healthcare facilities and the utilization of elderly health services.

Optimizing the utilization of the Elderly Posyandu requires not only

improving physical accessibility but also enhancing the knowledge and understanding of older adults regarding the service. According to Notoatmodjo's (2014) theory of health behavior, knowledge is a cognitive domain that forms the foundation for the development of attitudes and behaviors. The more comprehensive an individual's understanding of the benefits and objectives of a health service, the greater the likelihood of regular utilization. Community-based educational interventions that actively involve older adults and other stakeholders have been shown to increase awareness and knowledge regarding the availability and benefits of elderly health services (Maryuni & Yana, 2022).

In the context of the Elderly Posyandu, knowledge includes an understanding of its functions, the benefits of regular health check-ups, activity schedules, and available services such as growth monitoring, immunization, vitamin supplementation, and health education. Communities with higher knowledge levels about Posyandu are more likely to access its services regularly because they recognize both the short-term and long-term benefits. Previous studies support this

relationship; for example, Tomaso et al. (2023) found that mothers with optimal knowledge about Posyandu benefits were three times more likely to attend regularly compared to those with lower knowledge.

The present study reinforces these findings, as evidenced by a substantial improvement in knowledge after the educational intervention. Based on McNemar's statistical analysis, 28 participants shifted from the poor knowledge category in the pre-test to the good knowledge category in the post-test, with none moving in the opposite direction. The McNemar's test result showed a statistically significant difference ( $p < 0.001$ ), indicating that the intervention had a meaningful impact on participants' knowledge. This statistical confirmation strengthens the conclusion that targeted health education can effectively increase awareness and encourage greater participation in the Elderly Posyandu, particularly in remote areas such as Rumberu Village.

### **Implications and Recommendations**

1. Policy Implications – Local and national health authorities should develop targeted policies that

address geographic, infrastructural, and informational barriers to Posyandu Lansia attendance, ensuring services are accessible and relevant to the needs of older adults in remote areas.

2. Service Optimization – Elderly Posyandu programs should be designed with age-friendly facilities, flexible schedules, and service packages that meet both preventive and curative health needs of the elderly population.
3. Capacity Building – Training and empowering community health cadres is crucial to ensure effective outreach, education, and follow-up care for older adults.
4. Continuous Health Education – Implementing regular, culturally appropriate health education campaigns can help sustain knowledge retention and behavioral change among older adults and their families.
5. Intersectoral Collaboration – Strengthening collaboration between the health sector, local government, and community-based organizations can create a more integrated approach to elderly health



services, improving both utilization rates and overall health outcomes.

## Conclusion

The utilization of the Elderly Integrated Health Post (*Posyandu Lansia*) in Rumberu Village remains low due to multiple interrelated barriers, including geographical inaccessibility, limited facilities, suboptimal and less relevant service types, and inadequate information dissemination. These factors collectively contribute to the low participation of older adults in preventive healthcare services.

To address this, both village and central governments need to improve the quality, accessibility, and relevance of Elderly Posyandu services through a more elderly-friendly and context-specific approach. Furthermore, sustained health education initiatives are essential to enhance knowledge and raise awareness among older adults, particularly in remote areas, to promote regular utilization of available health services.

## Acknowledgements

The authors would like to express their sincere gratitude to all individuals and institutions who contributed to the

success of this community service program. Special appreciation is extended to the healthcare workers in Rumberu Village, the residents of Inamosol, the elderly participants, and the community service team, including student senate members and faculty staff, for their invaluable support, active participation, and collaboration throughout the program.

## Conflict of Interests Statement

The authors declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

## References

- Fajarwati, D. (2023). Faktor-faktor yang mempengaruhi pemanfaatan pelayanan kesehatan di Poli Lansia Puskesmas Pejagoan Kabupaten Kebumen tahun 2022. *Jurnal Kesehatan Masyarakat*, 11(5), 521–531. <https://doi.org/10.14710/jkm.v11i5.38530>
- Handayani, R. (2025). Pengaruh Pengetahuan Masyarakat Terhadap Efektivitas Program Posyandu Lansia Di Desa Baru Kecamatan Danau Panggang Kabupaten Hulu Sungai Utara. *Administraus*, 9(2), 140-148. <https://doi.org/10.56662/administraus.v9i2.296>
- Ilyas, A. N. K. (2017). Peran posyandu lansia dalam meningkatkan kesejahteraan lanjut usia di Posyandu Lansia Sejahtera Kelurahan

- Pasirmuncang. *Jurnal Eksistensi Pendidikan Luar Sekolah (E-Plus)*, 2(2).  
<https://doi.org/10.30870/eplu.v2i2.2956>
- Kurniastuti, M., Novianti, B. E., & Ratnawati, E. (2025). Peningkatan Kapasitas Kader Posyandu Lansia melalui Pelatihan Penerapan 5 Meja di Desa Ngestirejo, Tanjungsari Gunungkidul. *Lamahu: Jurnal Pengabdian Masyarakat Terintegrasi*, 4(2), 190-196.  
<https://doi.org/10.37905/ljpmt.v4i2.33408>
- Modayag, D. I. (2024). Analisis hubungan jarak fasilitas kesehatan dengan pemanfaatan posyandu lansia di Lorong Tower Dusun I Desa Modayag. *[Watson Journal of Nursing]*, 2(2), 45–50.  
<https://doi.org/10.33559/eoj.v7i1.2754>
- Muhammad, R., Darusman, I., & Reskiaddin, L. O. (2021). Posyandu lansia di wilayah kerja Puskesmas Payo Selincih Kota Jambi tahun 2020. *Jurnal Kesmas Jambi*, 5(1), 28–40.  
<https://doi.org/10.22437/jkmj.v5i1.12399>
- Notoatmodjo, S. (2014). Ilmu Perilaku Kesehatan. Jakarta: Rineka Cipta
- Sulaiman, S., & Anggriani, A. (2018). PKM pemanfaatan posyandu lansia di Desa Sukaraya Kecamatan Pancurbatu Tahun 2017. *Amaliah: Jurnal Pengabdian Kepada Masyarakat*, 2(1), 161-164.  
<https://doi.org/10.32696/ajpkm.v2i1.109>
- Suprpto, S., Mulat, T. C., & Yuriatson, Y. (2022). Kompetensi kader posyandu lansia melalui pelatihan dan pendampingan. *Abdimas Polsaka*, 1(2), 39–44.  
<https://doi.org/10.35816/abdimaspolisaka.v1i2.15>
- Tomasoa, V. Y., Herwawan, J. H., & Siahaya, A. (2023). Screening dan Pendidikan Kesehatan Bagi Lansia di Kota Ambon. *Karya Kesehatan Siwalima*, 2(1), 1-7.  
<https://doi.org/10.54639/kks.v2i1.832>