

HUBUNGAN JUMLAH KUNJUNGAN POSYANDU DENGAN STATUS GIZI BALITA (1-5 TAHUN) DI DESA GUNUNGREJA TAHUN 2026

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ABSTRAK

Status gizi balita merupakan indikator penting kesehatan anak, namun masalah gizi seperti gizi kurang, stunting, dan wasting masih menjadi tantangan kesehatan yang memerlukan pemantauan pertumbuhan secara rutin melalui Posyandu. Di Desa Gunungreja masih ditemukan balita dengan status gizi kurang serta ketidakteraturan kunjungan Posyandu. Penelitian ini bertujuan untuk mengetahui hubungan jumlah kunjungan posyandu dengan status gizi balita (1–5 Tahun) di Desa Gunungreja Tahun 2026. Penelitian ini menggunakan penelitian kuantitatif dengan desain *analitik korelational* pendekatan *cross sectional*. Teknik pengambilan sampel menggunakan *Purpasive Sampling* sehingga jumlah sampel sebanyak 36 responden. Hasil penelitian menunjukkan bahwa sebagian besar balita (1–5 tahun) di Desa Gunungreja Tahun 2026 aktif mengikuti Posyandu (55,56%) dan memiliki status gizi baik (58,33%). Hasil uji *Chi-Square* menunjukkan terdapat hubungan signifikan antara jumlah kunjungan Posyandu dengan status gizi balita (1–5 tahun) di Desa Gunungreja Tahun 2026 ($p\text{-value} = 0,003 < 0,05$). Saran bagi pelayanan kesehatan diharapkan dapat meningkatkan pelaksanaan kegiatan Posyandu secara rutin dan berkelanjutan untuk mendukung pemantauan pertumbuhan serta peningkatan status gizi balita. Orang tua balita juga diharapkan lebih aktif membawa anak ke Posyandu dan memperhatikan pemenuhan gizi seimbang agar pertumbuhan dan perkembangan anak berlangsung optimal.

Kata Kunci: Balita, Jumlah Kunjungan Posyandu, Status Gizi.

**THE RELATIONSHIP BETWEEN THE NUMBER OF POSYANDU VISITS
AND THE NUTRITIONAL STATUS OF TODDLERS (1–5 YEARS OLD) IN
GUNUNGREJA VILLAGE IN 2026**

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ABSTRACT

Toddler nutritional status is an important indicator of child health; however, nutritional problems such as undernutrition, stunting, and wasting remain public health challenges that require regular growth monitoring through Posyandu. In Gunungreja Village, there are still toddlers with poor nutritional status and irregular attendance at Posyandu activities. This study aimed to determine the relationship between the number of Posyandu visits and the nutritional status of toddlers (1–5 years old) in Gunungreja Village in 2026. This study employed a quantitative research method with an analytical correlational design using a cross-sectional approach. The sampling technique used was purposive sampling, resulting in a total sample of 36 respondents. The results showed that most toddlers (1–5 years old) in Gunungreja Village in 2026 actively attended Posyandu (55.56%) and had good nutritional status (58.33%). The Chi-Square test results indicated a significant relationship between the number of Posyandu visits and the nutritional status of toddlers (1–5 years old) in Gunungreja Village in 2026 ($p\text{-value} = 0.003 < 0.05$). Healthcare providers are expected to improve the implementation of Posyandu activities regularly and sustainably to support growth monitoring and improve toddlers' nutritional status. Parents are also encouraged to bring their children to Posyandu regularly and ensure balanced nutritional intake to promote optimal growth and development.

Keywords: *Nutritional Status, Posyandu Visits, Toddlers.*