

ANALYSIS OF FACTORS INFLUENCING ELDERLY PARTICIPATION IN POSYANDU PROGRAMS AT GULAI BANCAH HEALTH CENTER, BUKITTINGGI, 2025

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Abstract

Elderly visits to elderly posyandu (integrated health posts) are one of the indicators of the success of community health service programs aimed at maintaining and improving the health status of the elderly. Low visit rates remain a challenge in various regions, including the study site. Several factors may influence visit rate, including elderly motivation, family support, and the role of posyandi cadres. This study aimed to analyze the influence of motivation, family support, and cadre roles on elderly visit to posyandu, and to determine the most dominant influencing variable. This research employed a descriptive analytic design with a cross sectional approach. The population included all elderly registered in the posyandu within the working area of Gulai Bancah Public Health Center, Bukittinggi. The study was conducted in July 2025. Samples were determined using purposive sampling based on inclusion criteria, and data were collected through interviews with structures questionnaires. Data analysis was conducted using univariate, bivariate and multivariate analysis with regression at a significance level of $p < 0,05$. The results showed that motivation variable had a significant effect on elderly visits ($p = 0,003$; $OR = 0,196$), meaning elderly with high motivation were more likely to visit. The cadre role variable also a significant effect ($p = 0,029$; $OR = 3,503$), indicating that elderly in areas with active cadre were likely to attend. Conversely, family support did not show a significant effect on elderly visits ($p = 0,862$). Multivariate analysis revealed that the most dominant factors influencing visits was the cadre role ($p = 0,029$, $OR = 3,503$). The study recommended enhancing elderly motivation and optimizing cadre role as key strategies to improve regular elderly visits to posyandu. Sustainable cadre training programs and interventions to increase elderly individual motivation are highly recommended to achieve the elderly posyandu attendance targets.

KEYWORDS: Component, Formatting, Style, Styling, Insert

I. INTRODUCTION

The increase in the elderly population is a global phenomenon that affects various aspects of life, including health. According to data from Statistics Indonesia (BPS), the number of elderly in Indonesia continues to rise every year, making elderly health problems an important issue in public health development. One of government's to improve the health status of elderly is through the establishment of Elderly Posyandu (integrated health posts), which function as community-based health service with promotive, preventive, simple curative and rehabilitative activities.

Although Elderly Posyandu programs have been implemented in various regions, the attendance rate of elderly remains suboptimal. Several factors (knowledge, attitude, motivation), enabling factors (access to service, cadre role, facilities), and reinforcing factors (family and health worker support).

In Gulai Bancah Public Center, Bukittinggi City, Elderly Posyandu activities are actively implemented. However, attendance data show fluctuations in elderly visits each month. This condition indicates the presence of influencing factors on the willingness and consistency of the attend. Analyzing these factors is crucial to identify effective strategies for improving elderly participation.

Based on this background, this study to analyze the factors influencing elderly collection was conducted at one point in time to determine the relationship between independent and dependent variables.

II. METHODS

This study used a quantitative approach with a cross sectional design, where data collection was conducted at the point in time to determine the relationship between independent and dependent variables.

Population and sample : the study population consist of all elderly registered at Elderly Posyandu within the working area of Gulai Bancah Public Health Center, Bukittinggi City. The sample size was determined using Slovin's formula with 95% confidence level. Resulting 86 respondents. Sampling was conducted using proportional random sampling.

Research Variables : The dependent was elderly visits to Elderly Posyandu. Independent variables included motivation, family support, cadre role, knowledge, and other relevant factors.

Instrument : The research instrument was structured questionnaire based on Green & Kreuter's PRECEDE-PROCEED model and previous studies. the questionnaire was tested for validity and reliability with satisfactory results.

Data Collection : Data were collected through structured interviews using the questionnaire administered to respondents who met the inclusion criteria.

Data Analysis : Univariate analysis was conducted to describe the frequency distribution of each variable. Bivariate analysis use Chi Square tests to assess the relationship between independent variable and elderly visits. Multivariate analysis employed multiple logistic regression to identify the dominant factors influencing visits.

III. RESULT

Characteristics of Respondens : The study included 86 Elderly respondents registered at Elderly Posyandu in Gulai Bancah . Most respondents aged 60 years and older, with the majority being female. The education level of respondents varied, with the largest proportion in the primamry education category.

Univariate Analysis : Most elderly had moderate to high levels of motivation registered at Elderly Posyandu activities. Family support was generally rated as good, while the Cdre role was cocidered fairly optimal. Knowledge about the benefits of Elderly Posyandu was still low among some respondents.

Bivariate Analysis : Chi-square tests showed significant relationships between motivation, family support, cadre role, and knowledge with elderly visits to Elderly Posyandu ($p < 0,05$).

Multivariante Analysis : Logistic regresion revealed that the cadre role was the dominant factors influencing elderly visits, with an Odds Ratio (OR) of 3,505, indicating that elderly with active cadre involvement were more likely to attend regularly.

IV. DISCUSSION

The study demonstrared that elderly visits to elderly Posyandu were influenced by motivation, family support, cadre role, and knowledge. This finsing aligns with the PRECEDE-PROCEED model, which explains that health behaviors are influenced by predisposing, enabling, and reinforcing factors.

Motivation : Elderly with high motivation were more consistent attending Posyandu services. This supports findings by Azizah (2011) and Dewika (2020).

Family Support : Family support wasan important factor in ederly visits, echoing research by Hutapea (2019) and Nurhayati (2021).

Cadre role : Active cadres provided information, reminders, and services significantly increased elderly attendance, consistent with Sulastri (2022).

Knowledge : Elderly with better knowledge of Posyandu benefits were more active in participation, supporting findings by Dewi (2020).

Dominant Factors : Logistic regresion indicated that the cadre role was the most dominant factors. Families and cadre together play a key role in encouraging elderly attendance at Elderly Posyandu.

V. CONCLUSION AND SEGGESTIONS

Conclusion : Elderly visits to Elderly Posyandu in Gulai Bancah Public Health Center were influenced by motivation, family support, cadre role, and knowledge. The cadre role emerged as the dominant factor.

Suggestions :

- For Public Health Centers : Exchange family education and optimize cadre performance through regular training.
- For Families : Provide encouragement, attention, and assistance to elderly members.
- For Elderly : Increase self motivation and awareness to actively participate in Posyandu activities.

- For Future Researchers : Explore other factors such as social environment, physical health, and government support.

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