

ABSTRAK

NISDA FANITA LESTARI. Gambaran Pemanfaatan Posyandu pada Ibu Hamil di Kota Pekanbaru. Dibimbing oleh YESSI MARLINA dan NUR KHOLIS.

Pemanfaatan Posyandu oleh ibu hamil menjadi salah satu upaya untuk memantau kondisi kesehatan ibu dan janin secara berkala. Namun, keteraturan kunjungan dan pemanfaatan berbagai jenis pelayanan Posyandu masih belum optimal. Penelitian ini bertujuan untuk mengetahui gambaran pemanfaatan Posyandu pada ibu hamil di Kota Pekanbaru. Penelitian menggunakan desain kuantitatif dengan pendekatan deskriptif. Sampel penelitian berjumlah 182 ibu hamil yang diperoleh menggunakan teknik total sampling. Data yang digunakan merupakan data sekunder hasil Praktik Belajar Lapangan Perencanaan Program Gizi (PPG) Tahun 2025 dan dianalisis secara univariat dengan penyajian distribusi frekuensi serta persentase. Hasil penelitian menunjukkan bahwa sebagian besar responden berusia 20–35 tahun (79,7%), berada pada trimester III (42,8%), berpendidikan SMA/SMK (56,0%), dan bekerja sebagai ibu rumah tangga (64,8%). Sebanyak 94,5% ibu hamil telah memanfaatkan pelayanan pemeriksaan kehamilan, 67,6% memiliki Buku KIA, 43,4% memperoleh pendidikan kesehatan, dan 12,6% menerima imunisasi Tetanus Toksoid (TT). Meskipun demikian, mayoritas ibu hamil masih belum melakukan kunjungan Posyandu secara rutin. Jenis pelayanan yang paling banyak dimanfaatkan adalah pengukuran Lingkar Lengan Atas (LiLA), diikuti penimbangan berat badan dan pemberian Tablet Tambah Darah (TTD). Disimpulkan bahwa pemanfaatan Posyandu pada ibu hamil telah mencakup sebagian besar pelayanan dasar, namun keteraturan kunjungan serta pemanfaatan pelayanan promotif dan preventif masih perlu ditingkatkan melalui penguatan edukasi kesehatan, optimalisasi peran kader, serta peningkatan mutu pelayanan Posyandu.

Kata kunci: pemanfaatan Posyandu, ibu hamil, pelayanan Posyandu, kesehatan ibu, Kota Pekanbaru.

ABSTRACT

NISDA FANITA LESTARI. An Overview of Integrated Health Post (Posyandu) Utilization among Pregnant Women in Pekanbaru City. Supervised by YESSI MARLINA and NUR KHOLIS.

Utilization of Posyandu by pregnant women is one way to regularly monitor the health of the mother and fetus. However, the regularity of visits and utilization of various Posyandu services are still suboptimal. This study aims to determine the overview of Posyandu utilization among pregnant women in Pekanbaru City. The study used a quantitative design with a descriptive approach. The study sample consisted of 182 pregnant women obtained using a total sampling technique. The data used were secondary data from the 2025 Nutrition Program Planning (PPG) Field Learning Practice and were analyzed univariately with frequency distributions and percentages. The results showed that the majority of respondents were aged 20–35 years (79.7%), were in their third trimester (42.8%), had a high school/vocational high school education (56.0%), and worked as housewives (64.8%). A total of 94.5% of pregnant women had utilized prenatal care services, 67.6% had a KIA (Mother's Child Health) Handbook, 43.4% had received health education, and 12.6% had received tetanus toxoid (TT) immunization. However, the majority of pregnant women still did not regularly visit the Integrated Health Post (Posyandu). The most frequently utilized service was mid-upper arm circumference (LILA) measurement, followed by weight measurement and iron supplementation (TTD). It was concluded that Posyandu utilization for pregnant women has covered most basic services. However, the regularity of visits and utilization of promotive and preventive services still need to be improved through strengthening health education, optimizing the role of cadres, and improving the quality of Posyandu services.

Keywords: Posyandu utilization, pregnant women, Posyandu services, maternal health, Pekanbaru City.