

RELATIONSHIP OF KNOWLEDGE AND FAMILY SUPPORT TO POSYANDU UTILIZATION BEHAVIOR

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ABSTRACT

Background: The prosperity of a nation is measured by the life expectancy of the elderly. Posyandu or integrated service post is a Puskesmas program through community participation activities shown to the community. Health services at the elderly Posyandu include physical and mental emotional health checks which are recorded and monitored with the Towards Health Card (KMS).

Purpose: The aim of this study was to determine the relationship between knowledge, attitudes of the elderly, family support and the role of cadres on the behavior of using Posyandu.

Methods: This research uses quantitative research with a cross sectional research design. The population in this study were all elderly people at Posyandu Mawar. The sample of this research was taken by Total Sampling, namely as many as 60 people. This research instrument uses a questionnaire.

Results: The results of the bivariate analysis found that there was a relationship between knowledge and Posyandu utilization behavior (P value 0.014), there was an attitude relationship with Posyandu utilization behavior (P value 0.015), there was a relationship between family support and Posyandu utilization behavior (P value 0.003), and there was a relationship between the role of cadres with Posyandu utilization behavior (P value 0.006).

Conclusion: It can be concluded that the utilization of Posyandu at Posyandu Mawar, Bogor City is still low. This is due to the lack of knowledge of the elderly regarding Posyandu, poor attitude of the elderly, lack of family support, and minimal role of cadres.

Keywords: Knowledge, Attitude, Family Support, Role of Cadres, Behavior

INTRODUCTION

Aging is a natural process of entering the final stage of life that every elderly individual will experience. The elderly experience an aging process that makes individuals experience a decline in physiological and psychological functions. The aging process makes humans have many degenerative diseases such as hypertension, diabetes, gout and cancer which will end their lives with terminal episodes.

World Health Organization(WHO) in the UN population data report stated that the world must be prepared to face a rapid increase in elderly people. Currently worldwide the number of elderly is estimated at 1 billion with an average age of 60 years. Indonesia itself ranks fifth with the most elderly population in the world after

China with 110 million people, India with 100 million people, the United States with 39.6 million people, and Japan with 20 million people.

Based on data from the Indonesian Ministry of Health, the number of elderly people in Indonesia reached 19.5 million in 2011 (8.2% of the total population), the majority being women. In 2025, the number of elderly people is estimated to be 13.2% and will be 25.5% of the total population in 2050.²

According to the Director of Social Services for the Elderly of the Ministry of Social Affairs in 2012, the more life expectancy in Indonesia is 72 years, the number of elderly people is also increasing. It is predicted that by 2025, the number of elderly people will swell to 40 million. Even in 2050 the number of elderly people will swell to 71.6 million in Indonesia. Currently, the number of elderly people in Indonesia has reached 28 million people. This figure is close to 8% of Indonesia's total population of 250 million

Banten Province in 2016 the number of elderly population was 709.722 million elderly or 5.9 percent of the total 11.83 million population of Banten province. The Banten Provincial Government also stated that it would continue to increase life expectancy in Banten and the welfare of the elderly.⁴

Bogor City Service Data In 2016 the population of Bogor City was 1.34 million people and for the number of elderly groups in Bogor City there were 11,599 people. Along with the increasing elderly population, the government has formulated various policies for elderly health services aimed at improving the health status and quality of life of the elderly in order to achieve a happy and efficient old age in your family and society in accordance with their existence. As a concrete manifestation of social and health services for this elderly group

The government has launched services for the elderly through several levels. Health services at the community level are the elderly Posyandu, basic level health services for the elderly are Puskesmas and advanced health services are Hospitals. Elderly Posyandu is an integrated service post for the elderly in a certain area that has been agreed upon, which is driven by the community where the elderly can get health services. ⁶

In Health Law no. 36 of 2009 Article 139 states that the Government is obliged to guarantee the availability of health service facilities and facilitate the elderly to be able to live independently and productively socially and economically, therefore it is necessary that health services for the elderly are established by establishing an Integrated Elderly Service Post or Posyandu. ⁷

One of the services for the elderly at the community level, which is run by the Ministry of Health of the Republic of Indonesia is Posyandu. Posyandu is a service facility for the elderly in the community, the process of formation and implementation of which is carried out by the community together with government

and non-government cross-sectoral institutions, the private sector, social organizations and others, with an emphasis on health services on promotive and preventive efforts.

In addition to health services, the Posyandu also provides social, religious, educational, skills, sports and arts and culture services as well as other services needed by the elderly in order to improve their quality of life through improving their health and welfare. Therefore, Posyandu is very much in accordance with the concept of healthy aging and active aging initiated by WHO

However, based on a literature review, the implementation of Posyandu in almost all regions in Indonesia is still facing various problems. These problems include: the absence of health education, lack of knowledge and skills of cadres, lack of elderly family support, and low visits to the elderly. 10

Research conducted by Susilowati (2014) on "Factors Influencing Elderly Visits to the Elderly Posyandu in Tegalgiri Nogosari Boyolali Village" shows that there is no relationship between age (Pvalue = 0.295) and gender (Pvalue = 0.275) with the activeness of the elderly to Posyandu, there is a relationship between work (Pvalue = 0.027), level of education (Pvalue = 0.037), attitude (Pvalue = 0.005), and family support (Pvalue = 0.001) with the activeness of the elderly in Posyandu. 11

Family support is important in realizing a physically and mentally prosperous elderly. External support can be fulfilled or played by anyone, but the emotional and inner needs of the elderly require the involvement of their families intensively and can even strengthen relationships between generations.

Family support is a meaningful support system that can provide clues about the mental, physical and emotional health of the elderly. Family support can be divided into four aspects, namely appraisal support, instrumental support, informational support, and emotional support. Family support plays a very important role in encouraging the interest or willingness of the elderly to participate in Posyandu activities. The family can be a strong motivator for the elderly if they always make themselves available to accompany or accompany the elderly to the Posyandu, remind the elderly if they forget the Posyandu schedule and try to help overcome all problems with the elderly.

If Posyandu is not utilized properly, then screening for diseases that occur in the local elderly cannot be detected early, so that it can increase morbidity and mortality in the elderly.

The government's efforts to improve the health status of the elderly are increasing and strengthening the health efforts of the elderly in basic health services, especially the puskesmas and the elderly group through the concept of an elderly friendly health center, increasing health referral efforts for the elderly through the development of geriatric polyclinics in hospitals. , increasing education and

dissemination of health and nutrition information for the elderly and this elderly health program has been socialized to all provinces, community empowerment through the development and coaching of elderly groups or posyadu for the elderly in the community.⁹

Based on data from the Bogor City Health Office in 2016, it was found that the life expectancy of Bogor City from 2014 was 68.48 years to 67.78 years in 2017, this is a decrease in the development of the health sector in Bogor City so that it is necessary to increase the program planning to increase the degree and the quality of life of the elderly in Bogor City, one of which is in the Posyandu Mawar Working Area. Coverage of elderly visits to Posyandu in the Posyandu Mawar working area was 25.37% compared to the elderly health service program, the success indicator for elderly visits was 50%, and health screening for the elderly was 70%.¹²

Based on the results of a preliminary study conducted by interviewing or questioning several Posyandu in the Mawar Posyandu area in December, a preliminary study was carried out by researchers on 10 elderly people, there were 3 elderly people who always wanted to take part in Posyandu activities every month. In other elderly people, the desire of the elderly to attend Posyandu is sometimes there and sometimes not. The elderly said they were less willing to participate in Posyandu activities because their health condition was sick, there was no family to accompany them, there were no cadres who picked up the elderly to the Posyandu and reminded them of the Posyandu schedule, other elderly people felt healthy and felt no need to take part in Posyandu activities, there were other needs which takes priority over Posyandu there are also the elderly who, if they have gone to a doctor or other health service, and ignorance of the benefits of attending the Posyandu itself. Based on the description above, the researcher is interested in knowing whether there is a relationship between knowledge, attitudes of the elderly, family support and the role of cadres on the behavior of Posyandu utilization.

Based on the description above, the researcher is interested in knowing whether there is a relationship between knowledge and family support and the behavior of Posyandu utilization.

RESEARCH METHOD

This research uses descriptive analytic method with the approach used is cross sectional, the data used is primary data with a questionnaire as a measuring tool and data processing using SPSS. This research was conducted at Posyandu Mawar, Bogor City and the time of the research was carried out on 08 October 2021 – 28 July 2022. Data analysis used univariate and bivariate tests (Kendall tau).

RESEARCH RESULTS

Table 1. Frequency distribution of knowledge about Posyandu in the elderly

No	Knowledge of Posyandu	Frequency	Percentage (%)
1.	Good	32	53,3
2.	Enough	4	6,7
3.	Not enough	24	40.0
Total		60	100

Based on Table 1, it is known that out of 60 respondents, 32 (53.3%) respondents had good knowledge about posyandu.

Table 2. Frequency Distribution of Family Support in the Elderly

No	Family support	Frequency	Percentage (%)
1.	Support	36	60
2.	Does not support	24	40
Total		60	100

Based on Table 2, it is known that out of 60 respondents, 36 (60%) families provide support to the elderly.

Table 3. Frequency Distribution of Posyandu Utilization Behavior

No	Behavior	Frequency	Percentage (%)
1.	Positive	36	60
2.	Negative	24	40
Total		60	100

Based on Table 3 it is known that out of 60 respondents, 36 (60%) respondents had positive behavior.

Table 4. Relationship between Posyandu Knowledge and Posyandu Utilization Behavior in the Elderly

Posyandu knowledge	Posyandu Utilization Behavior				Amount (n)		<i>p-Value</i>
	Positive		Negative				
	f	%	f	%	f	%	
Good	22	36,7	10	16,7	32	53,3	0.014
Enough	2	3,3	2	3,3	4	6,7	
Not enough	12	20	12	20	24	40	
Total	36	60	24	40	60	100	

Based on table 4 the results of the analysis of the relationship between knowledge about posyandu and posyandu utilization behavior at Posyandu Mawar, Bogor City, show that out of 60 respondents, 22 respondents (36.7%) had good posyandu knowledge and positive posyandu utilization behavior, statistical test results used the Kendall Tau test obtained a p value of 0.014 <0.05 which means there is a relationship between knowledge about posyandu and posyandu utilization behavior at Posyandu Mawar, Bogor City.

Table 5. Relationship between family support and Posyandu utilization behavior in the elderly

Family support	Posyandu Utilization Behavior				Amount (n)		<i>p-Value</i>	<i>OR (Odds Ratio)</i>
	Positive		Negative					
	f	%	f	%	F	%		
Support	22	36,7	14	23,3	36	60	0.003	1.122
Does not support	14	23,3	10	16,7	24	40		
Total	36	60	24	40	60	100		

Based on table 5 the results of the analysis of the relationship between family support and Posyandu utilization behavior show that out of 60 respondents as many as 22 respondents (36.7%) by providing support and positive Posyandu utilization behavior, statistical test results using the Kendall Tau test obtained a p value of 0.003 <0 .05 which means there is a relationship between family support and posyandu utilization behavior at Posyandu Mawar, Bogor City. The Odds Ratio (OR) value is 1.122, which means that families who provide support will have 1.122 times the chance to behave positively in utilizing the posyandu.

Table 6. Multivariate Modeling

Variable	Sig	Exp(B)	95% CI for EXP(B)	
			Lower	Upper
Knowledge	0.769	0.709	0.071	7,071
Family support	0.443	0.619	0.182	2.107

Based on table 6 it was found that the family support variable was the variable that most dominantly influenced Posyandu utilization behavior with the highest Exp(B) value of 0.182. From the results of Exp(B) it can be concluded that respondents who get support from their families will have the behavior to utilize the posyandu 1 times greater than respondents who are not supported by their families.

DISCUSSION

a. Knowledge about Posyandu in the elderly

Based on the results of the study, it was found that out of 60 respondents, 32 (53.3%) had good knowledge of posyandu.

This research is in accordance with research conducted by Rahmalia Ningsih (2014) entitled "Factors Influencing Elderly Interest in Visiting Posyandu" the research shows that most of the elderly have high knowledge about Posyandu, namely 49.5%.

This research is in line with research conducted by Lisza (2013) entitled "Relationship between Knowledge Level, Education Level, and Employment Status with the Motivation of the Elderly to Visit Posyandu in Dadirejo Village, Tirto District, Pekalongan Regency." It is known that more than half 55.4% or as many as 82 respondents have good knowledge.

Elderly knowledge of the benefits of Posyandu can be obtained from personal experience in their daily lives. By attending Posyandu activities, the elderly will receive counseling on how to live a healthy life with all the limitations or health problems attached to them. With this experience, the knowledge of the elderly increases, which becomes the basis for forming attitudes and can encourage their interest or motivation to always participate in Posyandu activities.

Researchers assume that the knowledge of the elderly at Posyandu Mawar is good. This could be because the information obtained about Posyandu and socialization regarding the Posyandu program will add insight to the elderly regarding the importance of attending the Posyandu, so that it can generate interest in the elderly visiting the Posyandu. By participating in Posyandu activities, they will get counseling on how to live a healthy life with all the limitations or health problems attached to them. With this experience, the knowledge of the elderly increases, which forms the basis for forming attitudes and can encourage their interest to always participate in Posyandu activities.

b. Family support

Based on the results of the research, it is known that out of 60 respondents, 36 (60%) families provide support to the elderly.

This research is in accordance with research conducted by Dwi Handayani et al. (2012) entitled "Relationship between Family Support and Elderly Compliance in Participating in Posyandu at Posyandu Jetis, Kraja Village, Weru District, Sukoharjo Regency."

This research is also in line with research conducted by Deri Putra (2015) entitled "Factors Associated with the Utilization of Posyandu in the Working Area of the Attitudeak Health Center, Pariaman City". The results of the study show that more than half of the elderly have good family support (54.9%).

Family support plays a very important role in encouraging the interest or willingness of the elderly to participate in Posyandu activities. The family can be a strong motivator for the elderly if they always make themselves available to accompany or accompany the elderly to the Posyandu, remind the elderly if they forget the Posyandu schedule and try to help overcome all problems with the elderly.

Family support is important in realizing a physically and mentally prosperous elderly. Birth support can be provided or require intensive involvement of their families and can even strengthen intergenerational relationships.

Researchers assume that family support plays an important role in the use of Posyandu by the elderly. If the family supports the elderly, then the elderly will often use the Posyandu services.

c. Posyandu Utilization Behavior

Based on the research results, it is known that out of 60 respondents, 36 (60%) respondents with positive behavior.

This is in line with research that was conducted by Handayani (2012) entitled "Utilization of Integrated Development Posts by Seniors in Lebakgedong District, Bogor City in 2012 and Related Factors" which stated that 76.4% of the elderly used Posyandu.

This research is also in line with Sulaiman's research (2015) entitled "Factors Associated with the Use of Posyandu in the Working Area of Sukakarya Village, Pancur Batu District," which stated that 35 respondents (50%) made use of Posyandu.

This research is in accordance with Deri Putra's research (2015) entitled "Factors Associated with Posyandu Utilization in the Working Area of the Attitudeak Health Center, Pariaman City." The results of the study show that the elderly use the Posyandu (50.5%).

Integrated service post (Posyandu) is a place for services for the elderly in the community, the process of formation and implementation of which is carried out by the community together with non-governmental organizations (NGOs), cross-sectoral, government and non-government, private, social organizations and others, with focuses on health services on preventive and promotive efforts. Posyandu acts as a forum formed by non-governmental organizations as an initial filter in improving public health status. Posyandu is usually carried out at the village hall using a five-desk mechanism. Physically, the elderly are getting weaker, the elderly have special characteristics compared to adults and adolescents. This physical weakness makes the elderly unable to freely use various existing social facilities and infrastructure.

Researchers assume that the results of this study indicate that the elderly who use Posyandu are greater than the elderly who do not use Posyandu. Elderly who use Posyandu can be seen from their activeness in coming regularly every month to Posyandu. Efforts that can be made to increase the utilization of Posyandu are by conducting outreach about the existence of Posyandu in each village, approaching and advocating for policy makers, strengthening family support and increasing the knowledge of staff as well as the elderly about living a healthy, independent and productive life in old age.

d. Relationship between Knowledge and Posyandu Utilization Behavior at Posyandu Mawar, Bogor City

Based on the results of the study, that out of 60 respondents, 22 respondents (36.7%) had good posyandu knowledge and positive posyandu utilization behavior. posyandu with posyandu utilization behavior at Posyandu Mawar, Bogor City.

This research is in line with Deri Putra's research (2015) entitled "Factors Associated with Posyandu Utilization in the Working Area of the Attitudeak Health Center, Pariaman City" that the elderly with a high level of knowledge have a higher percentage of utilizing the Posyandu (52.0%) compared to the elderly who have low level of knowledge. The p value was 0.000, which means that there is a relationship between knowledge and Posyandu utilization in the working area of the Attitudeak Health Center, Pariaman City.

This condition is in accordance with the theory which states that knowledge is the result of knowing that occurs after people perform sensory functions for a particular study. This process occurs through sight, hearing, smell, taste and touch. Good knowledge of the elderly about an object results in a good understanding of the object, so that if someone knows about Posyandu, it will result in a good understanding of the elderly in using Posyandu.

Researchers assume that the results of this study indicate that the better the level of one's knowledge, the better the level of utilization and the easier it is to understand the true meaning of Posyandu, and vice versa. The success of the Posyandu program is not only determined by health workers but also influenced by the high understanding of the community and their awareness to apply what has been obtained during the implementation of the Posyandu. In addition, there is a need to increase socialization regarding the Posyandu program which will broaden the elderly's insight into the importance of participating in the Posyandu, thereby generating interest for the elderly to come to the Posyandu. By participating in Posyandu, the elderly will know the limitations or health problems that are attached to them.

e. Relationship between family support and Posyandu Utilization Behavior at Posyandu Mawar, Bogor City

Based on the results of the study, that of 60 respondents as many as 22 respondents (36.7%) by providing support and positive posyandu utilization behavior, statistical test results using the Kendall tau test obtained a p value of 0.003 <0.05 which means there is a relationship between family support and behavior Posyandu utilization at Posyandu Mawar, Bogor City. The Odds Ratio (OR) value is 1.122,

which means that families who provide support will have 1.122 times the chance to behave positively in utilizing the posyandu.

The results of research conducted by researchers are supported by the results of research conducted by Jamalimah (2013) entitled "Factors related to the use of Posyandu in Mon Ara Ujong Rimba Village, Mutiara Timur District, Pidie Jaya Regency in 2013" the results of this study indicate that there is an influence of support family on the interest of the elderly in participating in Posyandu, with a p-value of 0.001.

Family support is a meaningful support system that can provide guidance about the mental, physical and emotional health of the elderly. Family support can be divided into four aspects, namely appraisal support, instrumental support, informational support, and emotional support.

The pattern of the relationship between family support and activity shows that the higher the family support, the higher the activity in participating in Posyandu activities. Conversely, the lower the family support, the lower the active participation in Posyandu activities. That the family has a function as a support for other family members who are always ready to provide assistance when needed. Family support is a process that occurs throughout life. The nature, type and sources of support vary at different stages of the life cycle.

Researchers assume that family support has an important role for the elderly in the use of posyandu by the elderly. If there is support from the family, indirectly the intensity of elderly visits to the Posyandu will increase, and vice versa, in the absence of support from the family, the elderly will not come to the Posyandu, especially for the elderly who are no longer able to walk alone to come to the Posyandu. Integrated Healthcare Center.

f. The relationship between knowledge and family support on Posyandu utilization behavior at Posyandu Mawar, Bogor City)

Based on the results of multivariate analysis with multiple logistic regression tests, the variables that will be included in the multivariate modeling are the results of the bivariate selection studied with a p value = (<0.25), namely: the results of bivariate selection for the variable knowledge, family support with a p value < 0.25 which means that all variables are included in the multivariate modeling. The results of the multivariate modeling showed that the family support variable was the variable that most dominantly influenced Posyandu utilization behavior with the highest Exp(B) value of 0.182. From the results of Exp(B) it can be concluded that respondents who get support from their families will have the behavior to utilize the posyandu 1 times greater than respondents who are not supported by their families.

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Integrated service post (Posyandu) is a place for services for the elderly in the community, the process of formation and implementation of which is carried out by the community together with non-governmental organizations (NGOs), cross-sectoral, government and non-government, private, social organizations and others, with focuses on health services on preventive and promotive efforts. Posyandu acts as a forum formed by non-governmental organizations as an initial filter in improving public health status. Posyandu is usually carried out at the village hall using a five-desk mechanism. Physically, the elderly are getting weaker, the elderly have special characteristics compared to adults and adolescents. This physical weakness makes the elderly unable to freely use various existing social facilities and infrastructure. Therefore, it is necessary to create special facilities and infrastructure that make it easier for the elderly to carry out their activities, in accordance with the purpose of establishing a Posyandu, namely increasing the reach of elderly health services in the community. Behavior for posyandu utilization is influenced by factors of knowledge, attitudes, norms, traditions, beliefs, values, education, socio-economic, availability of facilities and infrastructure, access, physical environment, family support and the role of community leaders.

From this description statistically, it can be concluded that the family support variable is the variable that has the closest relationship with behavior to utilize the Posyandu. Researchers assume that family support has an important role for the elderly in the use of posyandu by the elderly. If there is support from the family, indirectly the intensity of elderly visits to the Posyandu will increase, and vice versa, in the absence of support from the family, the elderly will not come to the Posyandu, especially for the elderly who are no longer able to walk alone to come to the Posyandu. Integrated Healthcare Center.

CONCLUSION

1. Frequency Distribution of Knowledge about Posyandu in the Elderly from 60 respondents, as many as 32 (53.3%) respondents with good knowledge about Posyandu
2. Frequency Distribution of Family Support to the Elderly Out of 60 respondents, 36 (60%) families provide support to the elderly

3. Frequency Distribution of Posyandu Utilization Behavior from 60 respondents, as many as 36 (60%) respondents with positive behavior.

SUGGESTIONS

1. For Posyandu Mawar

Enhance partnerships with village heads, NGOs, RW heads, PKK activists, community leaders, religious leaders by inviting them together to utilize the Posyandu every month. Increasing the role of officers and cadres by conducting home visits to the elderly who have limited mobility, motivating the elderly to always live a healthy and productive life and motivating family members to always support the elderly to be able to play an active role in Posyandu activities.

2. For Further Researchers

It is hoped that future researchers will be able to examine using different research methods and with other variables that can influence Posyandu utilization behavior.

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