

Increasing Elderly Participation In Posyandu: Community Service For The Health and Independence of the Elderly

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Abstract

This study aims to identify the factors that influence the participation of the elderly in Posyandu Lansia activities in Lempang Village. The research method used is qualitative with an in-depth interview approach and field observation. The results showed that the participation of the elderly was influenced by individual awareness of the importance of health checks, posyandu accessibility, and family support. Although most of the elderly are aware of Posyandu Lansia, there are still limitations in understanding the long-term benefits of these activities. The accessibility factor, especially for older people who live far from the posyandu, is also a major obstacle. Family support in reminding the elderly to attend posyandu activities has been shown to be effective in increasing participation. This study suggests the need for improved communication, health counselling, as well as the provision of transport facilities to increase the participation of the elderly in Posyandu Lansia activities.

Keywords: Elderly Posyandu, Elderly Health, Community Service.

A. INTRODUCTION

Improving the quality of life of the elderly is one of the main challenges in public health development in Indonesia. Along with the increase in life expectancy, the number of elderly people in Indonesia continues to increase, so the need for adequate, affordable and sustainable health services for this age group is increasingly urgent¹. In addition, the increasing number of elderly people also has an impact on various aspects of life, including social welfare, economy, and family resilience. The elderly tend to be more susceptible to various degenerative diseases, such as hypertension, diabetes, and cognitive impairment,

¹ Azizah Azizah and Vivi Fitriani, "Pelatihan Keterampilan Kreativitas dalam Peningkatan Kualitas Hidup Lansia Rumah Bahagia Bintang," *Renata: Jurnal Pengabdian Masyarakat Kita Semua* 2, no. 1 (2024): 21–26, <https://doi.org/https://doi.org/10.61124/1.renata.33>.

which require long-term care and access to optimal health facilities². By 2020, the number of elderly people in Indonesia is predicted to equal the number of children under five, signalling a significant change in the demographic structure³. This phenomenon shows that Indonesia is undergoing a transition to an aging population, where the proportion of the elderly population is increasing compared to the younger age groups⁴.

Increasing older people's participation in Posyandu is an important issue in improving their health and independence⁵. Posyandu lansia is a health service programme that aims to improve the status and quality of life of the elderly through promotive and preventive services. However, elderly participation in this programme is still not optimal. For example, in the working area of Puskesmas Limbangan, the attendance of the elderly at Posyandu activities only reached 7.02% in the first quarter of 2022. Factors affecting the low participation of the elderly include lack of awareness of the importance of preventive health services, limited access to information, and lack of support from family and community⁶. To address this, community service efforts are needed that focus on empowering the elderly and increasing the role of families in supporting their health. Programmes such as Gerakan Sayangi Lansia (GSL) have been implemented to empower families in realising healthy, independent, active and productive elderly. Through a comprehensive community service approach, it is hoped that the participation of the elderly in Posyandu can be increased, so that they are able to achieve independence in maintaining their health and improving their quality of life⁷.

According to the World Health Organisation (WHO), 11% of the world's 6.9 billion population are elderly⁸. Based on data from the World Health Statistics in 2013, Indonesia ranks fourth as the country with the largest population in the world, with a population of around 242 million. This position is below China with 1.35 billion people, India with 1.24

² Ahmad Khomaedy and Iin Aini Isnawati, "Hubungan Beban Keluarga dan Keaktifan Senam dengan Kualitas Hidup Lansia di Desa Pategalan Kecamatan Jatibanteng," *Quantum Wellness: Jurnal Ilmu Kesehatan* 1, no. 4 (2024): 238–50, <https://doi.org/https://doi.org/10.62383/quwell.v1i4.1061>.

³ T Anggarawati and N W Sari, "Peningkatan Kualitas Hidup Lansia Melalui Self Help Group di Rumah Pelayanan Sosial Lanjut Usia," *Indonesia Jurnal Perawat* 6, no. 1 (2021): 33–41, <https://doi.org/https://doi.org/10.26751/ijp.v6i1.1343>.

⁴ Muhammad Fadli and Rudi Hartono, "Rumah Kumpul Lansia di Kabupaten Banjar," *Jurnal Tugas Akhir Mahasiswa Lanting* 12, no. 2 (2023): 87–103, <https://doi.org/https://doi.org/10.20527/jtamlanting.v12i2.2224>.

⁵ Eko Prayetno et al., "Community Service : Tea from Sukun Leaves as a Traditional Beverage with a Modern Approach," *Jurnal Al Maesarah: Jurnal Pengabdian Kepada Masyarakat Bidang Pendidikan, Sosial, Dan Kemasyarakatan* Vol. 3(2), no. 2 (2024): 92–104, <https://doi.org/https://doi.org/10.58988/jam>.

⁶ Primastyaning Alifia Herdiyanti and Retna Hanani, "Partisipasi Lansia Dalam Program Posyandu Lansia Di Wilayah Kerja Puskesmas Limbangan," *Journal of Public Policy and Management Review* 13, no. 1 (2023): 1–16, <https://doi.org/10.14710/jppnmr.v13i1.42318>.

⁷ Eko Prayetno et al., "Contemporary Islamic Sects in Indonesia," *Jurnal Al Burhan* 4(2), 2024, no. 2 (2024): 113–25, <https://doi.org/https://doi.org/10.58988/jab.v4i2.342>.

⁸ Sandi Kurniawan et al., "Pengaruh Refleksi Massage Therapy Terhadap Penurunan Kualitas Nyeri pada Lansia Penderita Rheumatoid Arthritis," *Window of Nursing Journal*, 2021, 13–20, <https://doi.org/https://doi.org/10.33096/won.v2i1.278>.

billion people, and the United States with 313 million people⁹. Based on projections by the Central Statistics Agency (BPS) in 2013, in 2018 the number of people aged 60 years and over is estimated to reach 24.75 million or 9.34% of the total population¹⁰. With the increasing number of elderly people in Indonesia, the challenges in the health, economic and social sectors are increasingly complex. This growth in the elderly population demands readiness in the provision of adequate health services, a sustainable social security system, and elderly-friendly infrastructure¹¹.

The elderly are one of the groups or populations at risk (population at risk) which is increasing in number. Allender, Rector, and Warner state that population at risk is a group of individuals whose health problems have the potential to worsen due to risk factors that affect them¹². The elderly as an at-risk population have three main characteristics that affect their health: biological risks associated with the ageing process, such as decreased body function and increased susceptibility to disease; social and environmental risks, such as stressful environmental influences; and behavioural or lifestyle risks involving unhealthy habits such as physical inactivity, poor diet, and smoking or alcohol consumption, all of which interact and increase the potential for reduced quality of life and serious health problems¹³. As people age, the various biological and functional changes that occur in the elderly increasingly impact on their well-being. Miller, in his theory of Functional Consequences, states that a decline in bodily function is a natural consequence of the ageing process¹⁴.

Posyandu lansia is a form of health service organised by the community for the community, which is specifically aimed at the elderly (aged >60 years). Posyandu for the elderly aims to monitor and maintain the health of the elderly through routine examinations, health counselling, and providing information related to a healthy lifestyle¹⁵. Services provided at the posyandu for the elderly include checking blood pressure,

⁹ Anik Supriani, Kiftiyah Kiftiyah, and Nanik Nur Rosyidah, "Analisis Domain Kualitas Hidup Lansia dalam Kesehatan Fisik dan Psikologis," *Journals of Ners Community* 12, no. 1 (2021): 59-67, https://repos.dianhusada.ac.id/81/1/2a_analisis_domain.pdf.

¹⁰ Festy Ladyani Mustofa et al., "Hubungan Karakteristik dan Aktivitas Fisik dengan Tingkat Hipertensi pada Lansia di Panti Sosialtresna Werdha Natar 2019," *Jurnal Medika Malahayati* 4, no. 2 (2020): 87-94, <https://doi.org/https://doi.org/10.5281/scj.v8i1.406>.

¹¹ Eko Prayetno and Khofifah, "The Concept of Islamic Education : A Comparative Study of Ibn Katsir ' s and Al-Misbah ' s Tafsir of QS . Al-Anbiya ' : 7," *EduLab: Majalah Ilmiah Laboratorium Pendidikan* 9, No. 1, no. 1 (2024): 51-66, <https://doi.org/10.14421/edulab.2024.91.04>.

¹² Fatma Nuraisyah and Hafizh Radityo Kusumo, "Edukasi Pencegahan dan Penanganan Hipertensi untuk Meningkatkan Kualitas Hidup pada Lansia," *BAKTI : Jurnal Pengabdian Kepada Masyarakat* 1, no. 2 (2021): 35-38, <https://doi.org/10.51135/baktivoliiss2pp35-38>.

¹³ Khusnul Nikmah and Mila Khomsatun, "Pelatihan Kader Lansia dalam Upaya Peningkatan Pelayanan Kesehatan Lansia pada Keluarga," *Journal of Community Engagement in Health* 3, no. 2 (2020): 210-16, <https://doi.org/https://doi.org/10.30994/jceh.v3i2.66>.

¹⁴ Bayu Dwisetyo, *Strategi Holistik Peningkatan Kualitas Hidup Lansia* (Banyumas: Amerta Media, 2024).

¹⁵ Eko Prayetno and Munirul, "The Relationship Between Fluency in Speaking Arabic and Self- Confidence to Presentation Skills," *Jurnal Kajian Keislaman* 11 No. 2 (, no. 2 (2024): 439-52, <https://doi.org/10.24952/multidisipliner.v11i2.13661>.

checking blood sugar, monitoring nutritional status, providing additional food, and providing immunisations and supplements as needed¹⁶. In addition, posyandu for the elderly also aims to increase the awareness of the elderly about the importance of maintaining health independently¹⁷. Posyandu lansia also provides space for social interaction and emotional support, which can have a positive impact on the mental health of the elderly¹⁸. Although posyandu for the elderly has been implemented in various regions, the participation rate of the elderly in this activity is still relatively low. Factors such as lack of understanding of the benefits of posyandu, difficult access, and low awareness of the importance of regular health checks are the main challenges in increasing their participation.

In improving the quality of life of the elderly, there are research gaps that need to be further investigated, especially in terms of factors that influence the low participation of the elderly in posyandu activities. Although posyandu for the elderly has been proven to be effective in providing health services needed by the elderly, not many studies have deeply identified the challenges faced in its implementation, especially in the context of elderly participation in certain areas. As research that has been conducted by Fauzia et al¹⁹ menyoroti faktor eksternal seperti dukungan keluarga dan aksesibilitas sebagai determinan utama partisipasi lansia dalam posyandu. Namun, penelitian ini belum mengeksplorasi secara mendalam faktor psikologis, seperti persepsi lansia terhadap kesehatan dan motivasi intrinsik mereka untuk mengikuti kegiatan posyandu secara rutin. Sementara itu, penelitian Susanti et al.²⁰ This study focuses more on the relationship between social factors and economic conditions with the participation rate of the elderly. While this study provides a clear picture of the barriers that older people face in accessing posyandu, it does not highlight concrete intervention efforts that can be implemented to increase older people's attendance rates in the long term, such as the role of posyandu cadres in more interactive education or the use of technology in reminding older people about posyandu schedules. The limitations of this study are reinforced by the results of the bibliometric analysis visualised in Figure 1 below.

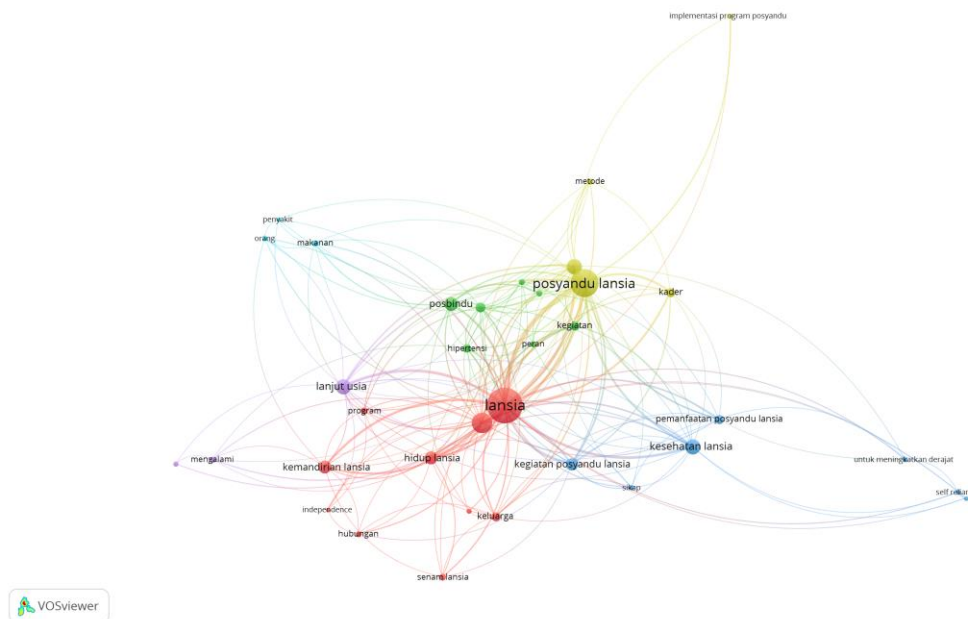
¹⁶ Darmin Tuwu and La Tarifu, "Implementasi Program Posyandu Lansia untuk Menjaga Kesehatan Lanjut Usia," *Journal Publicuho* 6, no. 1 (2023): 20–29, <https://doi.org/10.35817/publicuho.v6i1.72>.

¹⁷ Dian Meiliani Yulis et al., "Peningkatan Kompetensi Kader Posyandu Lansia dalam Merawat Luka," *Abdimas Polsaka*, 2023, 1–6, <https://doi.org/10.35816/abdimaspolsaka.v2i1.24>.

¹⁸ Ni Nyoman Purnaningsih et al., "Pengaruh Senam Lansia Terhadap Depresi pada Lansia di Posyandu Lansia Banjar Bina Kelurahan Usada," *Nursing Science Journal (NSJ)* 5, no. 1 (2024): 76–87, <https://doi.org/https://doi.org/10.53510/nsj.v5i1.250>.

¹⁹ Salwa Putri Fauzia, Frida Kasumawati, and Ayatun Fil Ilmi, "Faktor-faktor yang Berhubungan dengan Partisipasi Lansia di Posyandu Kutilang Bojongsari Baru Kota Depok," *Journal Locus Penelitian dan Pengabdian* 1, no. 5 (2022): 393–98, <https://doi.org/10.36418/locus.v1i5.75>.

²⁰ Eva Susanti, Nursal Asbiran, and Nur Hayati, "Analisis Faktor yang Mempengaruhi Rendahnya Partisipasi Lansia dalam Pemanfaatan Posyandu Lansia di Puskesmas Pauh Kembar Kabupaten Padang Pariaman Tahun 2019," *Human Care Journal* 5, no. 4 (2020): 915, <https://doi.org/10.32883/hcj.v5i4.616>.



Picture 1. Results of a Literature Review Using Bibliometric Analysis of Elderly Participation in Posyandu Activities to Improve Elderly Health and Independence

Based on the results of bibliometric analysis using VOSviewers version 1.6.20 assisted by Publish or Perish version 8, researchers reviewed 500 articles from Google Scholar, including those indexed by SINTA in the range of 2020-2025, related to elderly participation in posyandu activities to improve elderly health and independence. The bibliometric visualisation shows that there is a relationship between ‘posyandu elderly’ and ‘elderly health’, but the relationship with ‘elderly participation’ and ‘elderly independence’ is still weak, as shown by the visualisation of articles that are scattered with a wide distance and different colours. This indicates that although many studies have discussed posyandu lansia in the context of health, its relationship with the participation and independence of the elderly is still not studied in a unified whole. Therefore, the researcher is interested in deepening the relationship between concepts and enriching studies in this field.

This study aims to examine the efforts made to increase the participation of the elderly in posyandu activities in Lempangang Village. Through a community service approach, this programme focuses on empowering the elderly to achieve independence in maintaining their health, by involving various parties, ranging from posyandu cadres, village government, to the local community. By optimising the role of the elderly in posyandu, it is hoped that positive changes can be made that improve the quality of life of the elderly, both in terms of physical and mental health. In this context, the community service carried out in Lempangang Village aims to identify existing barriers and design strategies to increase the participation of the elderly in posyandu. Through this research, it is hoped that a model can be found that can be applied in other villages to strengthen the sustainability of the posyandu programme for the elderly.

B. RESEARCH METHODS

The research method used is qualitative research, which aims to understand phenomena in depth through the perspective of participants. This research will examine various aspects that influence the participation of the elderly in posyandu activities in Lempangang Village, focusing on the social interactions, perceptions, and motivations of the elderly and the factors that influence their involvement in these health activities. Data collection techniques were conducted through in-depth interviews with the elderly, posyandu cadres, and other related parties, such as village officials and health workers. In addition, direct observation in the field is also used to observe the dynamics that occur in the implementation of posyandu for the elderly, as well as to see directly the involvement of the elderly in each stage of the activity. The data obtained will be analysed thematically, where the researcher identifies certain patterns relating to the challenges, barriers and strategies used to increase elderly participation. This approach allows researchers to gain a more holistic and contextualised understanding of the factors that influence the success of posyandu lansia in the community.

C. RESEARCH RESULTS

This study found that elderly participation in posyandu activities in Lempangang Village is influenced by various factors, both internal and external, such as awareness of the importance of health, physical condition, family support, and the quality of services provided. Through posyandu activities that are routinely held twice a month, there has been a significant increase in elderly participation, especially after they experience direct benefits such as health checks, medical consultations, and nutritious food distribution. This success not only has a positive impact on the physical health of the elderly, but also improves their psychological well-being through more active social interactions, thereby reducing loneliness and strengthening relationships within the community. Health check-up services also provide a sense of security and comfort, as they feel cared for by their family, community and medical personnel. In addition, increased participation of the elderly also contributes to reducing the risk of degenerative diseases and eases the burden of care for families. Thus, the elderly health check-up programme at posyandu not only serves as a means of early disease detection, but also as a platform to strengthen social relationships and support the elderly in living a healthier and more independent life.



Picture 2. Elderly Visit to Posyandu

Picture 2 shows some of the elderly enthusiastically coming to the health check-up centre during the posyandu for the elderly programme. This programme provides free services, such as blood pressure checks, blood sugar checks, and health consultations with medical personnel. In addition, the elderly also receive counselling on healthy lifestyles, the importance of physical activity, and proper diet to prevent degenerative diseases. This activity does not only focus on treatment but also as a promotive and preventive effort so that the elderly have access to adequate health services. The participation of some elderly people in this activity shows that the posyandu programme is able to attract their attention and increase their awareness of the importance of maintaining health. According to the Ministry of Health of the Republic of Indonesia, posyandu lansia is a strategic effort to support the health of the elderly through integrated and community-based services²¹.



Picture 3. Blood Pressure Check

The picture shows several elderly people who are undergoing blood pressure checks by health workers and consulting about their health complaints. Checking blood pressure is an important first step in monitoring the health condition of the elderly, because unstable blood pressure can be an early indication of various diseases such as hypertension, hypotension, or other cardiovascular disorders. With this check, health workers can detect potential risks earlier and provide appropriate interventions. In addition, the consultation

²¹ Rukmini Rukmini, Tumaji Tumaji, and Lusi Kristiana, "Implementasi Program Pelayanan Kesehatan Lanjut Usia di Dinas Kesehatan Provinsi Jawa Timur," *Buletin Penelitian Sistem Kesehatan* 25, no. 1 (2022): 19–31, <https://doi.org/https://doi.org/10.22435/hsr.v25i1.5130>.

session provides an opportunity for health workers to provide education on the danger signs to look out for as well as provide referrals to better equipped health facilities (hospitals) if needed. In the opinion of gerontologists, regular blood pressure checks and consultations in the elderly are essential steps in managing chronic diseases and improving their quality of life, as the elderly tend to face higher health risks as they age²².



Picture 4. Nutritious Food for the Elderly



Picture 5. Nutritious Food Share for the Elderly

In addition to health check-ups, posyandu lansia activities also include the free distribution of nutritious food to the elderly. This programme aims to improve their well-being by ensuring adequate and balanced nutrition. The elderly often face challenges in fulfilling their nutritional needs, either due to economic limitations, appetite disorders, or lack of understanding about healthy eating patterns. Good nutritional intake is essential for the elderly to support physical health, increase endurance, and reduce the risk of degenerative diseases such as osteoporosis, diabetes, and hypertension²³. Therefore, the food provided in this programme is designed to suit the needs of the elderly, containing a

²² Indra Ruswadi and Evi Supriatun, *Keperawatan Gerontik Pengetahuan Praktis bagi Perawat dan Mahasiswa Keperawatan* (Indramayu: Penerbit Adab, 2022), https://books.google.co.id/books/about/KEPERAWATAN_GERONTIK_Pengetahuan_Praktis.html?hl=id&id=hPWUEAAAQBAJ&redir_esc=y.

²³ Toto Sudargo et al., *Asuhan Gizi pada Lanjut Usia* (Yogyakarta: Gadjah Mada University Press, 2021), https://books.google.co.id/books/about/ASUHAN_GIZI_PADA_LANJUT_USIA.html?id=hEpKEAAAQBAJ&redir_esc=y.

combination of protein, fibre, vitamins and minerals that play a role in maintaining the body's metabolic balance.

The food distribution also has social and psychological benefits for the elderly. Apart from being a form of appreciation and motivation for them to be more active in participating in posyandu activities, this programme also strengthens the sense of community. The elderly feel more cared for and supported, which in turn improves their overall quality of life. This activity also reflects a holistic approach to public health care, where medical aspects and social welfare go hand in hand. With the support of various parties, including health workers, posyandu cadres, and the local government, this programme is expected to be sustainable and provide long-term benefits for the elderly.

Factors Affecting Elderly Participation

Based on interviews with various informants, it was revealed that there are several factors that influence the participation of the elderly in conducting health checks at the posyandu for the elderly. One of the main factors found was the low level of awareness of the importance of routine health checks. Although most of the elderly in Lempangang Village are aware of posyandu activities, not all of them have sufficient understanding of the benefits of regular health checks. Many elderly people think that they only need health checks when they feel sick or have certain complaints, whereas regular check-ups can detect potential health problems early and prevent more serious illnesses in the future.

One of the elderly revealed through an interview:

'I didn't know what the benefits of posyandu were, I thought it was only for sick people. But after a neighbour invited me, I started coming regularly because I felt healthier after being checked regularly.'

This shows the important role of social communication in increasing the understanding of the elderly about the benefits of posyandu elderly. According to Rogers²⁴ In the Diffusion of Innovations theory, the process of information dissemination within a community is strongly influenced by interpersonal communication and social influence. Interactions between individuals, whether through direct conversations or other social relationships, play an important role in spreading ideas or innovations. Social influence from groups or individuals considered to have authority or influence in the community can accelerate the adoption of an innovation, as people tend to more readily accept information from sources they trust or respect. Elderly people who get information through neighbours or close people are more likely to be open to trying something new, such as attending posyandu lansia. In addition, effective social communication can be a powerful tool to build awareness and change people's behaviour, especially in terms of health promotion²⁵. With good

²⁴ Wilanisa Amilia, "Hubungan Antara Fungsi Keluarga dengan Kualitas Hidup Lansia di Kelurahan Wirobrajan Yogyakarta," *Mutiara Medika* 11, no. 1 (2020): 1-7.

²⁵ Rabindra Aldyan Bintang Mustofa and Mutiara Sani, "Efektivitas Promosi Kesehatan Melalui Media Sosial dalam Mendorong Perilaku Hidup Sehat pada Remaja," *Sosial Simbiosis: Jurnal Integrasi Ilmu Sosial dan Politik* 1, no. 3 (2024): 212-23, <https://doi.org/https://doi.org/10.62383/sosial.v1i3.484>.

communication, the elderly can better understand the importance of regular health checks and feel supported to actively participate in posyandu activities²⁶.

The second factor influencing participation is accessibility. According to one of the posyandu cadres:

“Many elderly people live far from the posyandu, so sometimes they are lazy to come, especially if the weather is not favourable.”

Limited access to transport is a major obstacle, although there have been efforts to facilitate the elderly by providing vehicles to pick up those who live far from the posyandu location, there are still some elderly who are reluctant to be picked up. Some of them feel uncomfortable or embarrassed to join other elderly groups, while others may feel more comfortable at home or consider that health checks are not that important. Psychological factors such as a sense of dependency or not wanting to inconvenience others are also often barriers. Without easy access, participation in health services such as posyandu lansia will remain low, even if the programme is available²⁷. Therefore, this health check programme was held in three different hamlets in Lempangan Village to make it easier for the elderly to get their health checked without having to think about the distance.

The third factor influencing elderly participation is support from the closest family. This shows that the role of the family greatly determines the success of elderly participation in public health activities. In Bronfenbrenner's view²⁸ Through Ecological Systems Theory, the family as part of the microenvironment has a direct influence on individual behaviour, including the elderly's decision to use health services. The family is a system that is very close to the individual, where the interactions that occur in it can shape a person's attitudes, values and habits²⁹. Dalam konteks lansia, dukungan dari keluarga, seperti dorongan untuk rutin memeriksakan kesehatan atau membantu mengatasi hambatan logistik seperti transportasi, dapat meningkatkan kemungkinan mereka untuk memanfaatkan layanan kesehatan yang tersedia.

The fourth factor influencing elderly participation in posyandu activities is health counselling and promotion. Intensive counselling activities, both through direct meetings with medical personnel, as well as through communication media such as posters and pamphlets, have proven effective in increasing the awareness of the elderly about the

²⁶ Nazhira Arifin Sintia and Tiara Mairani, “Faktor-faktor yang Berhubungan dengan Partisipasi Lansia pada Kegiatan Posbindu di Wilayah Kerja Puskesmas Bintang Kabupaten Aceh Tengah Tahun 2022,” *Journal of Health and Medical Science*, 2022, 85-102, <https://www.pusdikra-publishing.com/index.php/jkes/article/view/786>.

²⁷ Maria Manungkalit, Ni Putu Wulan Purnama Sari, and Ninda Ayu Prabasari, “Fungsi Kognitif dengan Kualitas Hidup pada Lansia,” *Adi Husada Nursing Journal* 7, no. 1 (2021): 34, <https://doi.org/10.37036/ahnj.v7i1.186>.

²⁸ Eni Nuraeni, Alpan Habibi, and Muhamad Lutpi Baejuri, “Dukungan Keluarga dengan Kualitas Hidup Lansia Dipuskesmas Balaraja,” *Prosiding Simposium Nasional Multidisiplin 2* (2020).

²⁹ Diah Widiawati Retnoningtias et al., *Psikologi Keluarga* (Makassar: Tohar Media, 2024).

importance of maintaining health³⁰. Information delivered in a way that is easy to understand and relevant to their needs can encourage older people to be more active in utilising available health services. In addition, the counselling approach that prioritises direct interaction allows older people to ask questions and get more detailed explanations about the benefits of routine health checks, as well as simple ways to maintain health in old age.

Another factor that influences older people's participation in posyandu activities is their personal motivation. Although external factors such as access to transport and counselling are very important, the internal motivation of the elderly to maintain their health also plays a big role. Older people who feel that they still have a good quality of life or have clear life goals tend to be more motivated to maintain their health³¹. Conversely, older people who feel hopeless or see no direct benefit from health checks may be less interested in participating. Therefore, building personal motivation through psychosocial approaches and providing a deeper understanding of the importance of health in old age is also necessary, so that they do not only participate in posyandu activities because of external pressure, but also because of personal awareness of the long-term health benefits. Overall, this study shows that improving older people's participation in posyandu requires a holistic approach.

D. CONCLUSION

Based on the results of the study, it can be concluded that the participation of the elderly in Posyandu Lansia activities in Lempang Village is still affected by several factors, both internal and external. Internal factors, such as awareness of the importance of health and regular check-ups, play a major role in determining the level of participation of the elderly. Despite basic knowledge about posyandu activities, many elderly people do not fully understand the long-term benefits of regular health checks, which results in their low participation. In addition, external factors such as accessibility and family support are important elements in increasing elderly participation. Limited transport access, especially for older people who live far from the posyandu location, is a major obstacle. However, the role of families in actively reminding the elderly to attend posyandu activities has proven to increase their attendance. Therefore, the sustainability of this programme relies heavily on integrated support between the family, community and village government. To increase the participation of the elderly in Posyandu Lansia activities, there is a need for concerted efforts involving improved communication and counselling to the elderly and their families.

³⁰ Nurul Eko Widiyastuti et al., *Promosi dan Pendidikan Kesehatan* (Serang Banten: Sada Kurnia Pustaka, 2022), https://books.google.co.id/books/about/Promosi_dan_Pendidikan_Kesehatan.html?hl=id&id=aQ6hEAAAQBAJ&redir_esc=y.

³¹ Irfan Efendi and Soni Sulistyarto, "Motivasi Lansia dalam Mengikuti Senam Lansia di Desa Kali Tengah Kecamatan Tanggulangin Kabupaten Sidoarjo Jawa Timur," *Jurnal Kesehatan Olahraga* 12, no. 03 (2024): 31–42, <https://ejournal.unesa.ac.id/index.php/jurnal-kesehatan-olahraga/article/view/60132>.

In addition, the provision of adequate transport facilities and more intensive health counselling are expected to expand the coverage of participants. With the right strategy, it is hoped that Posyandu Lansia in Lempangang Village can be more optimal in improving the health and quality of life of the elderly, as well as supporting their independence in maintaining health in a sustainable manner.

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