

Original Research

The Relationship between Family Support and Elderly Participation in Posbindu Activities at Urug Public Health Center, Tasikmalaya

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ABSTRACT

Background Indonesia is entering an aging population phase, in line with the global increase in the number of older adults. The World Health Organization (WHO) reports that more than 700 million people are aged 65 years and over worldwide, a figure projected to rise sharply by 2050. In response, the Indonesian government established the Integrated Development Post (Posbindu) to promote early detection, monitoring, and prevention of non-communicable diseases among the elderly.

Objective This study aimed to examine the relationship between family support and elderly participation in Posbindu activities at Urug Public Health Center, Tasikmalaya.

Methods A quantitative descriptive correlational design with a cross-sectional approach was applied. The study population included 189 elderly individuals aged 60 years. A purposive sampling technique was used to recruit 51 respondents. Data were collected using a family support questionnaire and Posbindu attendance records. Bivariate analysis was conducted using the Spearman rank correlation test.

Results The findings showed that 35 respondents (68.6%) reported receiving family support, while 16 (31.4%) did not. Statistical analysis revealed a significant correlation between family support and elderly participation in Posbindu activities ($p = 0.000$, $p < 0.05$).

Conclusion Family support is crucial in encouraging elderly participation in Posbindu programs. Strengthening family involvement and health worker initiatives may enhance community-based elderly care and ensure the sustainability of Posbindu activities.

ARTICLE HISTORY

Received : 27 March 2025
Revised : 25 April 2025
Accepted : 17 May 2025
Available Online : 10 August, 2025
Published : 25 August 2025

KEYWORDS

Family Support ; Elderly participation; Community health center; Health Promotion; Aging population.

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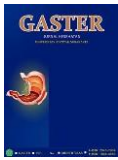


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Cite this as: Abdillah, A.R., Falah, M., Saryomo., Muksin, A., (2025). The Relationship between Family Support and Elderly Participation in Posbindu Activities in the Urug Health Center Working Area, Tasikmalaya. *Gaster*, 23 (2) <https://doi.org/10.30787/gaster.v23i2.1925>



INTRODUCTION

The elderly are a group of people who are experiencing a process of physical and mental change over a period of several decades (Sitompul et al., 2023). Adaptation to decreased strength and physical fitness, as well as the ability to carry out daily activities, is a life development that is expected by the elderly (Sintia et al., 2022). The world population is aging, almost every country in the world is experiencing an increase in the number and proportion of elderly people in its population (Tamaz & Nino, 2021).

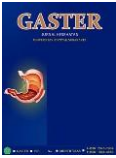
World Health Organization (WHO) says that worldwide there are more than 700 million people aged 65 years and over (WHO, 2022). Meanwhile, in 2023, 11.75% of Indonesians will be elderly. There are eight provinces that have entered the elderly population structure. The eight provinces are DI Yogyakarta (15.52%), East Java (14.53%), Central Java (14.17%), North Sulawesi (12.74%), Bali (12.71%), South Sulawesi (11.24%), Lampung (10.22%), and West Java (10.18%) (Statistics Indonesia, 2023).

In 2023, West Java have an increase in the number of elderly people by 11.21% (Falah et al., 2024). One of the cities in West Java that has the largest elderly population is Tasikmalaya. In 2023, there were 86,625 elderly people in Tasikmalaya City. Mangkubumi Health Center has the highest population with 6,633 people, followed by Tamansari Health Center with 5,165 people, and Urug Health Center with 4,194 people aged 60-69 years and 1455 people over 70 years (Falah et al., 2024).

Currently, the Indonesian population is experiencing an aging period, followed by an increase in Life Expectancy (UHH). The increase in UHH will be a major problem because morbidity will increase and people will live long enough to suffer from age-related diseases, such as disability, dementia, and dysfunction (Pratiwi et al., 2022). With the increasing number of elderly population, the government has created Integrated Development Posts (Posbindu) which are operated through the Community Health Center program and involve the elderly, families, communities, and social groups (Sintia et al., 2022).

The role and participation of the community in the Posbindu program is a success in disease prevention efforts. However, not everyone is aware of this. Various factors are thought to have an important role related to community participation, especially the elderly, in Posbindu activities (Rochmah et al., 2023). According to research conducted by Sintia et al (2022), one of the factors that influences elderly visits to Posbindu is family support. In line with research conducted by Suryaningsih et al (2020), which stated that family support plays an important role in encouraging the elderly to participate in Posbindu activities. Family support in the form of instrumental, informational, emotional, and appreciation support plays a very important role in encouraging the interest and enthusiasm of the elderly to participate in Posbindu activities (Sintia et al., 2022).

Previous research conducted by Rachmah Wati et al (2023), at the Posbindu Elderly Health Center in Bojong Indah Village found that knowledge, family support, and cadre support were related to the number of elderly people coming to the Posbindu. In line with research conducted by Sumendap et al (2020), which stated that there was a relationship between family support and elderly visits to the Posbindu in



Tumaluntung Village, Tareran District.

Based on preliminary research conducted on 7 October 2024, there are 17 Posbindu in the working area of the Urug Health Center. The data also shows that in several Posbindu, the participation of the elderly in Posbindu visit activities is very low. A preliminary study has also been conducted by researchers on the elderly in Ciwangsa Village, Tanjung Village in October 2024 by means of short interviews with eight elderly people about family support for the elderly who attend Posbindu. Of the 8 elderly people, 3 people stated that they visited the Posbindu because there was information support from their families such as reminding them of the Posbindu schedule in the hope of improving their health, while 5 elderly people stated that they had never attended a Posbindu visit because they were not exposed to information.

The purpose of this study was to determine the relationship between family support and elderly participation in Posbindu activities in the working area of Urug Health Center, Tasikmalaya City.

MATERIALS AND METHOD

This study is a type of quantitative research using a cross-sectional approach. The population in this study were elderly people aged 60 years and over and living in the working area of the Urug Health Center, namely 2 Posbindu in Tanjung Village, namely Posbindu Ciwangsa and Posbindu Citamiang as many as 189 people using purposive sampling techniques and obtained a sample of 51 respondents..

Researcher used the Lemeshow formula for sample calculations. The significance level, or margin of error, was 0.1 or 10%, and the confidence level was 90% (Nursalam, 2020). The inclusion criteria in this study are: Elderly aged 60 years and above, Active communication, Located in the Ciwangsa and Citamiang Posbindu area, Willing to be respondents. And the exclusion criteria for this study are: Elderly who are not willing to be respondents, Elderly outside the Ciwangsa and Citamiang Posbindu area, Elderly who are no longer actively communicating

Data collection in this study was done by providing questionnaire sheets to respondents. The questionnaire here uses a questionnaire adopted from research (Sakinatunnisa, 2022). The family support questionnaire uses a Likert scale consisting of 13 statements with positive and negative statements, with alternative answers having a score from one to four. Positive statements (+) if the respondent answers "never" score 1, "sometimes" score 2, "often" score 3, and "always" score 4. While negative statements (-) if the respondent answers "always" score 1, "often" score 2, "sometimes" score 3 and "never" score 4.

The researcher conducted a validity test and a re-reliability test to strengthen the instrument for use. Based on the results of the validity test analysis, the validity figures for the family support variable ranged from 0.446 to 0.867. After being compared with the r table value ($\alpha=0.05$) with $df = 28$, the r table value was obtained = 0.3061. Thus, of the 13 items of the family support variable questionnaire tested, all items met the requirements (valid). Then the reliability test was carried out by comparing the Cronbach's alpha value with the level or level of significance used. A questionnaire is said to be reliable if the Cornbach Alpha value is > 0.60 or close to 1. The questionnaire has been tested for reliability with the alpha formula with a

reliability value for the family support variable of 0.909 (> 0.60) which means it is reliable. And the data analysis in this study used univariate and bivariate analysis with the Spearman Rank correlation test.

This research has received ethical approval from the Urug Health Center with number 400.7.2/395/URG/2024.

RESULTS

Table 1. Frequency distribution based on age of elderly people who participate in Posbindu activities

Elderly Age	Frequency (f)	Percentage (%)
60-65	30	58,8
66-74	14	27,5
75-90	7	13,7
Total	51	100

Source: Primary Data (2025)

Of the 51 elderly people studied based on age group, there were 30 people (58.8%) in the 60-65 year age group, 14 people (27.5%) in the 66-74 year age group, and 7 people (13.7%) in the 75-90 year age group.

Table 2. Frequency distribution based on gender of elderly people who participate in Posbindu activities

Gender	Frequency (f)	Percentage (%)
Man	16	31,4
Woman	35	68,6
Total	51	100

Source: Primary Data (2025)

Of the 51 elderly people studied based on gender, 16 were male (31.4%) and 35 were female (68.6%).

Table 3. Frequency distribution based on the occupation of the elderly who participate in Posbindu activities

Work	Frequency (f)	Percentage (%)
Work	22	43,1
Doesn't work	29	56,9
Total	51	100

Source: Primary Data (2025)

Of the 51 elderly people studied, 22 (43.1%) were working, and 29 (56.9%) were not working.

Table 4. Frequency distribution based on residential status of elderly who participate in Posbindu activities

Status Stay	Frequency (f)	Percentage (%)
With husband/wife and children	22	43,1
With husband/wife	2	3,9
With children	27	53
Total	51	100

Source: Primary Data (2025)

Of the 51 parents studied, 22 (43.1%) lived with a husband or wife and children, with 2 (3.9%) and 27 (52.9%) with children.

Table 5. The role of the family in supporting the elderly to participate in Posbindu activities

Family Support	Frequency (f)	Percentage (%)
Support	35	68,6
Does not support	16	31,4
Total	51	100%

Source: Primary Data (2025)

Of the 51 adults studied, the majority of respondents had family support, namely 35 people (68.6%), and the minority did not have family support, namely 16 people (31.4%). The results showed that the majority of respondents had family support.

Table 6. The role of elderly people's activeness in participating in Posbindu activities

Elderly Visit to Posbindu	Frequency (f)	Percentage (%)
Active	31	60,8
Not active	20	39,2
Total	51	100%

Source: Primary Data (2025)

Of the 51 adults studied, 31 (60.8%) were active in using Posbindu, while 20 (39.2%) were inactive. In conclusion, the majority of respondents actively visited

Posbindu.

Table 7. Cross tabulation of the relationship between family support and elderly visits in Posbindu activities

Posbindu Elderly Visits Compliance								
Family support	Active		No Active		Total	%	P-value	Correlation coefficient
	N	%	N	%				
Support	31	60.8	4	7.8	35	100	0,000	0,670
Does not supported	0	0	16	31.4	16	100		
Amount	31	60.8	20	39.2	51	100		

Based on Table 7. it is known that 31 people (60.8%) received family support and were active in Posbindu visits, and it is known that 4 people (7.8%) received family support but were not active in Posbindu visits. Other results for respondents who did not receive family support and were not active in Posbindu visits were 16 people (31.4%).

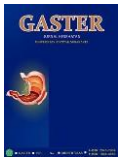
The results of statistical tests conducted using the Spearman rank correlation test showed that the p value = 0.000, which means that the p value <0.05. This shows a relationship between family support and elderly participation in Posbindu activities in the Urug Health Center Working Area, Tasikmalaya City. In addition, a correlation coefficient of 0.670 was found from the SPSS output, indicating that the relationship is a strong relationship. In addition, because the correlation coefficient of 0.670 is positive, the direction of the relationship between the variables is unidirectional.

DISCUSSION

Elderly Age

The results of the study showed that the majority of elderly who were more active in coming to the Posbindu were elderly aged 60- 65 years as many as 30 people, compared to elderly aged 66-74 and elderly aged 75-90 years. This could be because the physical condition of elderly age 66-74 years elderly age 75-90 declining than the elderly age 60-65, so they have difficulty reaching the Posbindu location (Falah et al., 2024). Mobility of the elderly in the 60-65 age group is generally better compared to older age groups. As a result, the elderly in the 66-74 and 75-90 age groups tend to behave less healthily, and memory ability and desire to behave healthily also decline with age (Pratiwi et al., 2022).

This research is in line with research Kurnia (2020), which states that elderly people aged 70 years and above are not active in participating in Posbindu due to a



decline in their body functions. This is in contrast to research Rachmah Wati et al., (2023), which states that age does not have a significant effect on the use of Posbindu.

Gender

The results of the showed that the majority of elderly people who were active in Posbindu activities were female, namely 35 people compared to male people, which was only 16 people. This shows that elderly women visit Posbindu more often than elderly men, because men prefer to stay at home, sit around, look after grandchildren, take care of the garden or livestock around the house rather than having to go to Posbindu (Ananda, 2022a). Women are more receptive to advice and suggestions from health workers, which enables them to easily overcome various health problems and improve their quality of life, such as visiting a health post to check their health (Sintia et al., 2022)

This research is in line with research conducted by Kurnia Rahim (2020), which found that more than half of the people who visited the Posbindu were women. This is in contrast to research conducted by Rachmah Wati et al (2023), which found that there was no significant relationship between gender and the number of elderly people visiting the Posbindu in Bojong Indah Village. The reason is that the elderly, both men and women, will not carry out Posbindu activities if they lack knowledge, do not get support, or do not have awareness.

Elderly Work

The results of the study showed that 29 elderly people who did not work were more active in participating in Posbindu every month compared to 22 elderly people who worked. This is because they have enough free time to do so. This study is in line with research Sumendap et al (2020), which found that elderly employment affects the utilization of health services, respondents who work have a 97.154 times greater chance than respondents who do not work not to participate in health coaching activities. In addition, Situmorang et al., (2022) stated that the reasons for the inactivity of the elderly in Posbindu activities were due to problems with the function of body organs, work that could not be left, and the belief that the elderly felt healthy.

The results of this study are in accordance with research Sakinatunnisa (2022), which found that the factor that influences elderly people's visits to Posbindu is work. On the other hand, research conducted by Rachmah Wati et al (2023), found that there was no relationship between work and elderly visits to Posbindu. According to him, work does not have much influence on the interest of the elderly in coming to Posbindu.

Residence Status

Because children are more concerned about their parents' health, the elderly who live under the same roof as their children visit the Posbindu more often, as many as 27 people, compared to other family members. The results of the interview showed that children always remind them of the Posbindu schedule, provide information about the Posbindu, ask the elderly to come to the Posbindu because it is very beneficial for their health, and are always willing to take the elderly to the Posbindu. Research Andriani, L., & Sugiharto (2022), mentioned that the best place to live with children and feel happy because the elderly have the opportunity to connect socially, have adequate

social resources, are close to children and grandchildren, and feel that there are still those who care about them so that the elderly feel happy and psychologically can improve health. As in the study Lindawati (2022), stated that compared to other family members, the elderly who live under the same roof as their children are more active in attending the Posbindu. The happiness of the elderly is influenced by many things, one of which is that living with family is the best place to spend old age because the family continues to be the main source of support in the survival of the elderly (Fauziyah, et al., 2020).

Family Support

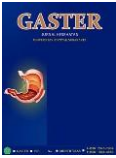
The results of the study from 51 respondents, the majority who received family support were 35 people and the minority who did not receive family support were 16 people. This study is in line with research Pangkah (2024), which states that family support plays a very important role in encouraging the elderly to participate in Posbindu activities. The study also states that families who support Posbindu activities will find it easier to motivate, encourage, or provide information to the elderly about the importance of participating in Posbindu activities compared to families who are less supportive of Posbindu activities. Strengthened by research conducted by Muliawati et al (2021), which states that the factors that have a significant relationship with the use of Posbindu are the attitudes of the elderly and family support.

Elderly Visit to Posbindu

The results showed that out of 51 elderly people studied, 31 people were active respondents to the Posbindu, while 20 people were inactive respondents. Based on the results of interviews with the elderly, most of the elderly who were inactive came to the Posbindu because they experienced obstacles or other factors that caused the elderly to be inactive in coming to the Posbindu. The obstacles for the elderly not to actively come to the Posbindu were because the elderly were unable to attend, either because they were sick or because they were working, or the elderly who thought that they did not need to participate in Posbindu activities, it was better to stay at home, the elderly who thought like that because they were lazy to come and participate in Posbindu activities or they did not know the importance of the Posbindu activities (Hanna et al., 2021). If someone has a weak physical condition, they will find it difficult to utilize the available health services and facilities. In addition, weak physical conditions and elderly age often affect the number of elderly who visit Posbindu (Yusnita, 2024).

Relationship between Family Support and Elderly Participation in Posbindu Activities

The results of the study showed that out of 51 respondents, 35 had family support, 31 were active in the Posbindu and 4 were inactive. In addition, of the 16 respondents who did not have family support, all were inactive in the Posbindu. The results of the statistical test conducted using the Spearman Rank correlation test showed a p value = 0.000, which indicates that the p-value <0.05. This shows a significant relationship between family support and elderly participation in Posbindu activities in the working area of the Urug Health Center, Tasikmalaya City in 2024. Elderly visits in Posbindu activities will help the Posbindu program succeed and can reduce the number of elderly



people suffering from illness. The purpose of elderly visits to Posbindu activities is to control their own health (Eswanti & Sunarno, 2022). This research is in line with research conducted by Lena (2021), which states that the benefits of Posbindu can detect health problems early and can improve the health level and life expectancy of the elderly.

Despite its many benefits, some elderly people mentioned obstacles that were often complained about in visiting Posbindu activities. In this study, there were also 4 people who received good family support but were not active in Posbindu activities, due to several obstacles such as time and schedule limitations, lack of information and difficult transportation, and road access to Posbindu. This study is in line with research conducted by Sintia et al (2022), stated that road access to the Posbindu is an obstacle or something that influences the elderly in visiting the Posbindu. In contrast to the research conducted by Rachmah Wati et al (2023), who stated that the distance to the Posbindu was not a factor that influenced the elderly in visiting the Posbindu. According to him, because the distance from the elderly's house to the Posbindu is close and access to the Posbindu is affordable.

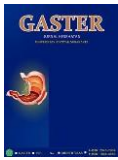
Based on the results of interviews with the elderly, researchers found that the majority of the elderly received full support from their families to come to the Posbindu. This is consistent with research by Sintia et al., (2022), which stated that some received family support through information such as reminding the elderly about the Posbindu schedule, some received instrumental support such as providing the facilities the elderly need to come to the Posbindu, as well as emotional support and appreciation where the elderly are always asked about their condition when they have participated in Posbindu activities.

In research Endah Purwanti et al (2023), mentioned that family support can be in the form of free time with the elderly or providing them with materials, advice, and information about maintaining a healthy lifestyle. Also, it can be in the form of attention by listening to the elderly's complaints about their health and appreciating positive actions taken by the elderly, especially in terms of maintaining a healthy lifestyle. Internal factors such as self-esteem, needs, expectations, and responsibilities influence the motivation of the elderly, as well as from the surrounding environment, such as encouragement and demands and family support.

The results of this study are in line with research conducted by Ananda (2022), which found a significant relationship between family support and elderly visits to the Posbindu in Pasar Pargarutan Village, East Angkola District, South Tapanuli Regency. The p-value (0.002) means less than 0.05. Strengthened by research Mayasari et al (2022) which found that there was a relationship between family support and elderly participation in the Posbindu in the Poasia Health Center Working Area, Kendari City, Southeast Sulawesi. This is different from the research conducted by Yusnita (2024), this study shows that there is no relationship between family support and elderly visits to the Posbindu in Silandit Village, South Padangsidempuan District, Padangsidempuan City, with a p value (0.981) $p > 0.05$.

CONCLUSION

Based on the Spearman Rank correlation test, the result was $p=0.000$ ($p<0.05$) meaning that there is a relationship between family support and elderly participation in



Posbindu activities in the Urug Health Center working area of Tasikmalaya City. And the correlation coefficient of 0.670 means that the level of correlation strength or relationship is a strong relationship.

This study is expected to increase insight and become a reference for the development of nursing science. For health workers, it is expected to encourage the elderly and support the implementation of Posbindu and take a direct approach to the elderly or provide counseling especially to the elderly. As well as giving praise and encouragement so that the elderly are more diligent and active in coming to Posbindu. It is recommended that future researchers should conduct further research on other variables that influence the activeness of the elderly in participating in Posbindu activities, such as elderly knowledge and modifying the family support questionnaire.

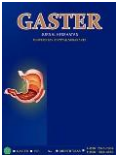
ACKNOWLEDGEMENT

The author would like to express his deepest gratitude to the Urug Tasikmalaya Health Center for providing the access and facilities needed for this research. The cooperation of the elderly who participated in this research was very valuable for the success of this research. In addition, the researcher would like to express his appreciation to the Faculty of Health Sciences, Muhammadiyah University of Tasikmalaya and also the supervising lecturer who provided the facilities and support needed to complete this research. The author declares that there is no conflict of interest with any party involved in this research.

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