

Characteristics of Mothers, Mothers' Motivation, and the Role of Community Health Workers in Relation to Mothers' Participation in Toddler Classes in Gogodalem Village

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Abstract: Child growth issues require special attention. According to the Riskesdas 2018, the prevalence of stunting in Indonesia reaches 30.8% and wasting is 10.2%. Bappenas 2018 reported that nutrition problems in toddlers are at 30.8%, which does not meet the RPJMN target to reduce malnutrition and stunting to 28%. The Bringin Health Center ranks second with a high nutrition problem rate of 9.7%. The toddler class program is one of the government's efforts to address this issue. In Gogodalem Village, the target for toddler classes has not reached 100% because not all target participants attend, and the attendance of cadres is inconsistent. This study was conducted to determine the relationship between maternal characteristics, maternal motivation, and the role of cadres with mothers' participation in toddler classes in Gogodalem Village, Bringin District. This study uses a correlational analytical design. The population in this study consists of mothers with toddlers aged 0-59 months from February to June 2024, totaling 219. The sample for this study was 69 respondents, determined using the Slovin formula, with a sampling technique of proportionate random sampling. Data collection tools included questionnaires and attendance reports from toddler classes, with data analysis using the chi-square test. The results show that maternal characteristics related to participation in toddler classes include maternal age with a p-value of 0.001, a relationship with maternal motivation with a p-value < 0.0001, and the role of cadres with a p-value of 0.014 in relation to mothers' participation in toddler classes.

Keywords: Maternal Characteristics, Maternal Motivation, Role of Community Health Workers, Participation in Toddler Classes

INTRODUCTION

Almost all developing countries, including Indonesia, are experiencing issues with toddler growth. Growth in toddlers is closely related to their nutritional status. According to UNICEF, food intake and infectious diseases affect toddler health. Nutritional problems, whether deficiencies or excesses, can occur due to unhealthy food intake. Some nutritional issues faced by toddlers include protein-energy malnutrition (PEM), vitamin A deficiency (VAD), iron deficiency anemia (IDA), disorders due to iodine deficiency (IDD), and additional nutritional needs. There are three main issues regarding toddler growth and nutritional status: underweight, which means a deficiency in

weight for their age; stunting, which means a low height-to-age ratio; and wasting, which means a low weight-to-height ratio. The most common nutritional problems among children today are stunting and wasting (Kemenkes RI, 2019).

The growth issues in Indonesia require special attention from the government, as data on growth problems indicate a prevalence of stunting at 30.8% and wasting at 10.2%. In Central Java, the prevalence of stunting (height for age) among toddlers is 20.8%, wasting (weight for age) is 7.9%, underweight (weight for age) is 17.6%, and overweight (weight for height) is 3.2%. In Semarang Regency, the prevalence of stunting (height for age) among toddlers is 18.7%, and wasting (weight for age) is 3.2% (Kemenkes RI, 2021). The Health Profile Data of Semarang Regency in 2021 indicates a high status of nutritional and growth issues, including at the Bringin Health Center, Semowo Health Center, Duren Health Center, and Bergas Health Center. The Bringin Health Center ranks second with a nutritional and growth status issue percentage of 9.7% (Dinas Kesehatan Kabupaten Semarang, 2022).

Growth disorders have very serious impacts, both in the short term and long term. In the short term, growth disorders can lead to developmental impairments in the brain, decreased intelligence, physical growth issues, and metabolic problems in the body. In the long term, growth disorders can result in reduced cognitive and learning abilities, decreased immune function, increased risk of diseases, diabetes, obesity, cardiovascular diseases, cancer, stroke, and physical disabilities. All of these will diminish the quality of human resources, productivity, economic efficiency, and national competitiveness (Sumardilah & Rahmadi, 2019)

Given the serious impacts caused by growth issues, the government has several programs to address these problems, including the establishment of toddler classes for mothers. The toddler class program is designed for mothers with toddlers aged 0-59 months to exchange information and experiences about health, nutrition, and developmental stimulation using maternal and child health (KIA) books, guided by facilitators. The aim is to enhance mothers' knowledge, behavior, and attitudes in maintaining the health and growth of their toddlers. The benefits of this class for mothers include serving as a source of information about toddler development, understanding health issues related to toddlers, and strengthening relationships with other mothers and the community (Kemenkes RI, 2019).

The mother's participation in the toddler mother's class is influenced by Mothers' Motivation and the role of community health workers. According to the research, there is a relationship between motivation and the mother's participation ($p = 0.003$) (Nurdin et al., 2019a). There is a

significant relationship between the role of community health workers and the mother's participation ($p = 0.002$) (Amalia et al., 2019).

Gogodalem Village is a large village with a high target for toddler classes. However, mothers' participation in the classes has not yet met the target, as many target participants are still absent. Additionally, the attendance of community health workers is also inconsistent at each meeting. Based on a preliminary study conducted in Gogodalem on April 6, 2024, of the 10 mothers targeted for the toddler classes, only 4 mothers (40%) recognized the importance of these classes and felt it was necessary to attend in order to monitor their toddlers' growth and development. Two mothers who attended the toddler classes less than three times were considered inactive, while two others who attended more than three times were considered active. One mother stated that the cadres in the toddler classes played a role in motivating mothers, communicating the schedule of the classes, the venue, and providing information related to toddler growth. Meanwhile, three other mothers felt that the community health workers role was limited to just reminding them of the schedule and location without actively motivating them or conveying information about toddler growth and development.

The results of other interviews revealed that 6 mothers (60%) out of 10 respondents considered the toddler classes to be merely a supplement to the posyandu (integrated health service posts) and felt that it was sufficient to only attend the posyandu, as their toddlers were already healthy and growing well. Three mothers who attended the toddler classes less than three times were classified as inactive, while three others who attended more than three times were classified as active. Two mothers stated that the cadres in the toddler classes contributed to motivating mothers, communicating the schedule of the classes, the venue, and providing information related to toddler growth. Meanwhile, four other mothers felt that the cadres' role was limited to just reminding them of the schedule and location, without actively motivating them or conveying information about toddler growth and development. Therefore, further research is needed regarding Characteristics of Mothers, Mothers' Motivation, and the Role of Community Health Workers In Relation To Mothers' Participation In Toddler Classes In Gogodalem Village.

METHOD

This study is an analytical research using a cross-sectional design. It was conducted in Gogodalem Village, Bringin District, Semarang Regency in June 2024. This research has received an ethical clearance letter from the KEP of Universitas Ngudi Waluyo with the number

406/KEP/EC/UNW/2024. The population in this study consisted of mothers with toddlers aged 0-59 months from February to June 2024, totaling 219. The sample for this study included 69 mothers of toddlers, determined using the Slovin formula. The sampling technique employed was proportionate random sampling. Data collection was carried out using questionnaires and attendance reports from toddler classes. The independent variable in this study is the participation in toddler classes, categorized as "inactive" and "active," while there are four dependent variables: maternal employment, categorized as "working" and "not working"; maternal education, categorized as "primary" and "secondary or higher"; maternal motivation, categorized as "low" and "good"; and the role of cadres, categorized as "low" and "good." The collected data were analyzed using bivariate analysis with chi-square, utilizing IBM SPSS version 25.0.

RESULTS

Characteristics of mothers, mothers' motivation, and the role of cadres in this research involve an analysis of mothers' participation in toddler mother classes. The results of the analysis are presented in Table 1 below:

Table.1 The relationship between mothers' characteristics, mothers' motivation, and the role of community health workers towards mothers' participation in toddler mother classes

Influential factors	Participation in Toddler Mother Classes		P Value	OR (CI 95%)
	Inactive	Active		
Maternal Employment				
Working	4 (5.8%)	18 (26.1%)	0.001*	6.632 (1.938-22.691)
Not Working	28 (40.6%)	19 (27.5 %)		
Maternal Education				
Primary	11 (15.9%)	9 (13,1%)	0.359	1.630 (0.572-4.643)
Secondary Or Higher	21 (30,4%)	28 (40.6%)		
Maternal Motivation				
Low	15 (21.7%)	3 (4.3%)	0.0001*	10 (2.542-39.334)
Good	17 (24.6%)	34 (49.3%)		
Role Of Community Health Workers				
Low	17 (24.6%)	9 (13,1%)	0.014*	3.526 (1.268-9.805)
Good	15 (21.7%)	28 (40.6%)		

*p<0.05

From the results of the characteristics of mothers, it was found that the factor related to mothers' participation in toddler mother classes is the mothers' occupation, with a p-value of 0.001 and an OR of 6.623 (1.938-22.691), which means that working mothers have a 6.623 times higher risk of being inactive in attending toddler mother classes compared to non-working mothers. Mothers education are not significantly related to participation in toddler mother classes, with a p-

value of 0.359. Mothers motivation are statistically significantly related to participation in toddler mother classes, with a p-value of 0.0001 and an OR of 10 (2.542-39.334), meaning that mothers with low motivation have a 10 times higher risk of being inactive in attending toddler mother classes compared to those with good motivation. Additionally, the role of community health workers is related to mothers' participation in toddler mother classes, with a p-value of 0.014 and an OR of 3.526 (1.268-9.805), indicating that a low role of community health workers poses a 3.526 times higher risk for mothers to be inactive in attending toddler mother classes compared to those with a good community health workers role.

DISCUSSION

In a cross-sectional study involving a sample of 69 mothers with toddlers in Gogodalem Village, Bringin District, Semarang Regency, we identified that mothers' occupations, mothers' motivation, and the role of cadres are related to mothers' participation in toddler mother classes.

Mothers' motivation is the most dominant factor in this study regarding their participation in toddler mother classes. Mothers' motivation significantly influences their attendance in these classes, fostering concern for their children's health. A lack of motivation can reduce attendance and opportunities to obtain important information. Therefore, enhancing mothers' motivation is crucial for them to be more enthusiastic and consistent in attending the in toddler mother classes. According to (Muhammad, 2017), motivation is a change of energy within a person that is demonstrated by an increase in intensity, direction, and perseverance to achieve specific goals, triggering greater effort and enthusiasm to achieve desired outcomes. Supported by research results from (Djamil, 2017) there is a significant relationship between mothers' motivation and mothers' involvement in toddler mother classes, with a p-value of 0.039 and OR (2.705). Other supporting research by (Triana et al., 2021) found a significant relationship between motivation and mothers' participation in toddler mother classes, with a p-value of 0.001. Research by (Nurdin et al., 2019a) indicated a meaningful relationship between motivation and mothers' participation in toddler visits to posyandu, with a p-value of 0.003 ($p \leq 0.05$) and OR = 4.332.

The results of this study also showed that there were respondents with low motivation who were active in attending toddler mother classes, amounting to 3

respondents (4.3%). According to the researcher, this is because all respondents with low motivation but who were active in attending the classes were non-working respondents (100%). This is likely because non-working respondents have more free time, allowing them to be more active in participating in toddler mother classes. According to the theory (Irwan, 2017) working typically requires a lot of time. As a result, the time available for working mothers to participate in toddler mother classes may be very limited or non-existent. In contrast, housewives have more time to rest and take their children to toddler mother classes. Supported by research (Nurdin et al., 2019a) here is a meaningful relationship between occupation and mothers' participation in toddler mother classes, with a p-value of 0.023 ($p \leq 0.05$) and OR = 3.182. Research findings by (Widyaningsih et al., 2020) also indicated a relationship between occupation and mothers' participation in toddler mother classes, with a p-value of $0.040 < 0.05$ and OR = 2.595.

Respondents with low motivation but who were active in attending toddler mother classes were mostly those whose homes were located close to the class venue, with 3 respondents (100%). The proximity of the respondents' homes to the toddler mother class venue allowed them to regularly participate in the activities, even though their motivation was low, as it was close to the village hall. This aligns with the theory (Irwan, 2017) that distance from home can determine a person's interest in participating in an activity. Generally, people tend to choose healthcare facilities that are located near their homes, as they feel safer and more comfortable going there, which in turn encourages their interest in consulting with those health services. Supported by research findings (Hepilita & Samul, 2019) p-value of 0.004 indicates a significant relationship between the distance of the toddler mother class venue and mothers' behavior in participating in the classes. In line with the findings of (Nababan et al., 2021) p-value of 0.002 ($p < 0.05$) indicates a meaningful relationship between the distance to the toddler mother class and mothers' participation in weighing toddlers in the working area of the Pardamean Community Health Center. Research by (Fitriyah et al., 2019) also found a significant relationship with a p-value of 0.001 regarding visits to the Posyandu. The analysis showed an odds ratio (OR) for the distance variable of 57.371.

The results of this study also found that there were respondents with good motivation who were not active in toddler mother class activities, totaling 17 respondents (24.6%). According to the researcher, this is due to the inadequate role of cadres in implementing the toddler mother classes,

as 12 respondents (70.58%) from the total of those with good motivation but who did not actively attend the classes indicated that the role of the cadres was lacking. According to the theory (Dwiningrum, 2016) cadres who provide good service make mothers happy, satisfied, and interested in attending toddler mother classes. Conversely, if the service is poor, mothers will feel disappointed, dissatisfied, and lose interest in attending the classes. Non-responsive or less competent cadres can lead mothers to feel unsupported and to gain less benefit from the program, thereby reducing their motivation to participate actively. Supported by research (Miskin et al., 2016) there is a relationship between the role of cadres and toddler visits to the Posyandu in the working area of the Pineleng Community Health Center, with a p-value of 0.025 and OR = 0.280. Additionally, research by (Andriani et al., 2019) found a significant relationship between the role of cadres and mothers' visits with toddlers to the Posyandu, with a p-value of 0.002 and OR = 6.300.

Mothers' occupation is the second factor related to mothers' participation in toddler mother classes, as different jobs entail different activities, particularly in terms of allocating time to attend the classes. This is in line with research by (Nuriah & Rahmadyanti, 2024) which found a relationship between occupation and participation in toddler mother classes, with a p-value of 0.000. Additionally, research by (Baek & Chong, 2014) indicated that the average HPLP (Health Promotion Lifestyle Profile) score for working mothers (2.30 ± 0.37) is higher than that for non-working mothers (2.15 ± 0.37), with a p-value of 0.021.

The role of community health workers is also a factor related to mothers' participation in toddler mother classes. According to (Widyaningsih, 2020), active participation of cadres is essential for the success of the program and for attracting community involvement. Supported by research from (Rahmawati, 2023) there is a relationship between the role of community health workers and mothers' participation in toddler activities at the Posyandu, with a p-value of 0.025. Additionally, research by found a significant relationship between the role of community health workers and toddler visits to the Posyandu among mothers, with a p-value of 0.000, indicating that the p-value < 0.05, and an OR of 7.2.

This study also found that there were community health workers with a less active role, yet 9 respondents (13%) of mothers with toddlers actively attended the classes. According to the researcher, this is due to good motivation among the mothers. Of the 9 active respondents despite the low role of the cadres, 8 respondents (88.88%) had good motivation. Conversely, the study revealed that there were cadres with a good role, but 15 respondents (21.7%) were not active in attending toddler mother classes. The researcher noted that this was due to the mothers' lack of

motivation. Among the 15 inactive respondents, despite the good role of community health workers, 10 respondents (66.66%) had low motivation.

Self-motivation is crucial for participation in toddler mother classes. Even if the community health workers are not optimal, respondents remain active if they have high motivation. Conversely, with low motivation, respondents remain inactive despite the active role of the community health workers. According to (Ningsih, 2021), motivation is the desire that arises from self-awareness to act, influenced by the role of health workers who provide guidance, support, and direction. This is supported by research findings from (Djamil, 2017) which indicated a significant relationship between motivation and mothers' participation in toddler mother classes, with a p-value of 0.039 and an OR of 2.705. Additional supporting research by (Triana et al., 2021) found a significant relationship between motivation and mothers' participation in toddler mother classes, with a p-value of 0.001. Furthermore (Nurdin et al., 2019a) There is a meaningful relationship between motivation and the participation of mothers with toddlers in visiting the posyandu, with a p-value of 0.003 ($p \leq 0.05$) and an odds ratio (OR) of 4.332.

CONCLUSION

The results of this study indicate that the characteristics of mothers related to their participation in toddler mother classes include the mother's occupation. Additionally, the mother's motivation and the role of community health workers are also associated with Participation of mothers in toddler mother classes.

Conflict of Interest

All authors declare that there is no conflict of interest.

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