

*THE INFLUENCE OF LECTURES, DISCUSSION AND DEMONSTRATIONS  
ON CLEAN AND HEALTHY LIVING BEHAVIOR  
TOWARD THE KNOWLEDGE, ATTITUDES AND SKILLS  
OF POSYANDU CANDRES IN CIPTOMULYO VILLAGE MALANG CITY*

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## **ABSTRACT**

**Background :** Posyandu cadres are community members who are willing, able, and have the time to voluntarily carry out Posyandu activities. The role of cadres in Posyandu activities is very significant because, in addition to being volunteers in activities related to the growth and development of toddlers, cadres also serve as health information providers and as motivators to encourage the community to participate and implement clean and healthy living behaviors. **Research Objective:** This study aims to determine the differences in knowledge, attitudes, and skills of Posyandu cadres following counseling using the lecture, discussion, and demonstration methods on Clean and Healthy Living Behavior (PHBS) in Ciptomulyo Village, Malang City. **Research Methods :** The research type is a Quasi-Experiment with a One Group Pre-test and Post-test design conducted from January 2-3, 2024, with a sample size of 28 Posyandu cadres from Ciptomulyo Village. **Research Result :** The results showed significant differences in the knowledge of the cadres ( $P = 0.000$ ). There were also differences in the attitudes of the cadres ( $P = 0.000$ ) and in their skills ( $P = 0.000$ ). **Conclusion :** Based on this study, it can be concluded that there were significant differences in the knowledge, attitudes, and skills of Posyandu cadres following counseling using the lecture, discussion, and demonstration methods in Ciptomulyo Village, Malang City. **Recommendation :** The suggestion for improving knowledge, attitudes, and skills in delivering counseling is to provide new materials that the Posyandu cadres have not previously received, in order to refresh their knowledge and motivate them.

**Keywords:** Knowledge, Attitudes, Skills, Posyandu Cadres, Lectures, Discussions, Demonstrations, Clean and Healthy Living Behavior (PHBS).