

THE RELATIONSHIP OF MOTHER'S STIMULATION WITH THE DEVELOPMENT OF CHILDREN AGED 3-5 YEARS

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ABSTRAK HUBUNGAN STIMULASI IBU DENGAN PERKEMBANGAN ANAK USIA 3-5 TAHUN

Latar Belakang Anak merupakan generasi penerus bangsa. Salah satu upaya pengembangan kualitas sumber daya manusia dapat dilakukan dengan mengoptimalkan potensi perkembangan anak secara merata. Pemberian stimulasi akan lebih efektif apabila memperhatikan kebutuhan anak yang telah disesuaikan dengan tahapan perkembangannya.

Tujuan penelitian ini adalah menganalisis hubungan stimulasi ibu dengan tumbuh kembang anak usia 3-5 tahun di PMB Aisyah Amd Keb Wuluhan Jember.

Metode Desain penelitian ini adalah penelitian korelatif dengan pendekatan cross-sectional. Populasi dalam penelitian ini adalah seluruh anak prasekolah usia 3-5 tahun di PMB Aisyah Amd Keb sebanyak 57 orang. Besar sampel pada penelitian ini adalah 57 orang yang diambil jenuh. Pengumpulan data menggunakan kuesioner kemudian data diolah menggunakan SPSS dengan menggunakan uji rank spearman.

Hasil analisis data menunjukkan bahwa stimulasi yang diberikan ibu cukup sebanyak 28 orang (49,1%) dan perkembangan anak usia 3-5 tahun normal sebanyak 28 orang (49,1%). Berdasarkan uji rank spearman diperoleh nilai signifikansi (Asymp. Sig) sebesar $0,000 < 0,05$ artinya H_0 ditolak dan H_a diterima

Kesimpulan ada hubungan antara stimulasi ibu dengan tumbuh kembang anak usia 3-5 tahun di PMB Aisyah Amd, Keb Wuluhan Jember. Kekuatan hubungan berada pada kategori kuat. Saran agar ibu dapat memberikan stimulasi yang maksimal sesuai usia anak agar tumbuh kembang anak maksimal.

Kata Kunci : Stimulasi, Tumbuh Kembang Anak, Perkembangan

ABSTRACT

Background Children are the next generation of the nation. One of the efforts to develop the quality of human resources can be done by optimizing the development potential of children evenly. The provision of stimulation will be more effective if it pays attention to the needs of children who have been adapted to the stages of development. The purpose of this study was to analyze the relationship between maternal stimulation and the development of children aged 3-5 years at PMB Aisyah Amd, Keb Wuluhan Jember.

method The design of this study is a correlative study with a cross-sectional approach. The population in this study were all preschool children 3-5 years old in PMB Aisyah Amd, Keb as many as 57 people. The sample size in this study was 57 people who were taken saturated. Collecting data using a questionnaire then the data is processed using SPSS using the Spearman rank test.

The results of data analysis showed that the stimulation given by the mother was sufficient as many as 28 people (49.1%) and the development of children aged 3-5 years was normal as many as 28 people (49.1%). Based on the Spearman rank test, a significance value (Asymp. Sig) of $0.000 < 0.05$ was obtained

Conclusion rejected and H_a was accepted

Suggestion that there was a relationship between maternal stimulation and the development of children aged 3-5 years in PMB Aisyah Amd, Keb Wuluhan Jember. The strength of the relationship is in

the strong category. It is recommended that mothers can provide maximum stimulation according to the child's age so that the child's development is maximized.

Keyword : Stimulation, Child Development, development

INTRODUCTION

Children are the nation's next generation. Apart from that, every family also hopes that their children will grow optimally (physically, mentally/cognitively and socially healthy), be proud of them, and be useful for the country and the nation. One effort to develop the quality of human resources can be done by optimizing the potential for children's development evenly. Child development is all the changes that occur in children which include all aspects, including physical motor development, cognitive development, language development, social development of children as well as moral and religious development of children (Sentruk, 2021). All aspects of development play an important role in subsequent developmental tasks, where 80% of children's cognitive development has been achieved at preschool age. Development in preschool children includes motoric, personal, social and language development (Septiani et al., 2016)

World Health Organization (WHO) In 2018, it was reported that more than 200 million children under 5 years old in the world do not fulfill their development potential and most of them are children living on the continents of Asia and Africa. The incidence of developmental delays in the United States ranges from 12-16%, Thailand 24%, and Argentina 22%, while in Indonesia it is between 29.9%. According to UNICEF, in 2015, data was obtained that there was still a high incidence of growth and development disorders in children under five, especially motor development disorders (27.5%) or 3 million children experienced disorders. Based on data from IDAI (2015), in Indonesia it is estimated that around 5% to 10% of children experience developmental delays. The exact incidence of developmental delays is not yet known, but it is estimated that 1-3% of children under 5 years of age experience general developmental delays. According to the East Java Province Minimum Service Standards, the

coverage rate for early detection of growth and development of children under five and preschool level in East Java in 2014 was 54.8% (Dinkes, 2016). Based on an initial study conducted on April 15 2022 on 13 children aged 3-5 years, it was found that 61.5% of children experienced developmental delays, especially in language and motor skills. Information obtained from respondent parents provides information that children rarely receive stimulation because they do not understand how, so children only get stimulation from educational institutions (PAUD/TK).

Development during childhood is the key to survival in generations and progress for a child. Developmental delays experienced by children not only have an impact on the child but can also impact the family, community, and also in terms of costs for providing health services, educational support and national care services (Makrufiyani, 2018)

Delays and problems in children's growth and development can be influenced by several factors. In general, these factors can be divided into 2 groups, namely internal factors and external factors (Qurrotul et al., 2018). External factors include parental education, parental employment, developmental stimulation provided by parents, and environmental factors around the child. (Ardita et al, 2012; Alam et al, 2016:48). Specifically, referring to the opinion of Grover D and Partnering in Rfidulloh, (2020), Lack of stimulation can cause developmental delays in children. Most children who experience developmental delays are not identified until pre-school or school age, making it difficult for them to develop the hidden potential that each child has.

Soetjningsih, (2016) stated that providing stimulation will be more effective if it pays attention to the child's needs which have been adapted to the stages of development. In this case, the most important figures in providing stimulation to children are parents, because

parents have greater influence and spend most of their time with parents than with other people in providing stimulation for children's development. If there is a lack of stimulation, it will have a very bad impact on the child's developmental stages. Stimulation of growth and development for children aged 3-5 years plays an important role in improving sensory functions (hear, touch, see, taste, smell), motor (gross, fine movements), emotional-social, speech, cognitive, independent, and creative (moral, leadership). Apart from that, stimulation can also stimulate brain cells (Yunita et al., 2020). Developmental stimulation for children must be in accordance with their developmental tasks. In accordance with the instructions contained in the Children's Development Card, parents can monitor and stimulate development according to their age (Kusuma & Fauziah, 2021).

The results of research conducted by Perdani et al., (2021) show that the majority of parents, especially mothers, have provided good stimulation for children's development. The stimulation provided is related to the child's development, including language development, gross motor skills, fine motor skills and social personality. Research by Sumiyati & Yuliani, (2016) shows that the description of gross motor and fine motor development abilities corresponds to the developmental age of 4-5 years, 33 children aged 4-5 years (80.5%) have developmentally appropriate abilities and as many as 8 children (19.5%) experienced developmental deviations, there was a significant relationship between stimulation and the development of children aged 4-5 years. Research (Handayani, 2021) shows that the determinants that influence a baby's developmental status include nutritional status, stimulation, parenting patterns and maternal anxiety. The research design used in this study was a Systematic Literature Review with children aged 0-12 months with a sample size of 53 respondents. The difference between the previous study and the current research lies in the characteristics of the respondents or the age of the children, namely 3-5 years, differences in the research variables observed, namely general child development, differences in data collection methods, data analysis, research time

and research objects. This research has something in common, namely that the design used is quantitative and examines stimulation and child development.

Considering the importance of stimulation for children, parents must always provide encouragement or stimulation to children in all aspects of development, both gross and fine motor skills, language and social personality. This stimulation must be provided regularly and continuously with affection, play methods and so on. So that the child's development will run optimally. Lack of stimulation from parents can result in delays in children's development, therefore parents or caregivers must be given an explanation of how to stimulate children (Nursyamsi N. L., 2019).

Based on the background above, researchers are interested in conducting research on "The relationship between maternal stimulation and the development of children aged 3-5 years at PMB Aisyah Amd, Keb Wuluhan Jember".

RESEARCH METHODS

This research uses a correlational design with a cross sectional approach. Nursalam (2017) explains that correlation research is research that examines the relationship between variables and aims to find, explain a relationship, estimate and test based on existing theory. Based on this concept, this research was conducted with the aim of finding out the relationship between maternal stimulation and the growth and development of children aged 3-5 years. year at PMB Aisyah Amd, Keb Wuluhan Jember. Apart from that, Notoadmodjo (2017) explains that cross sectional is a research approach that studies the dynamics of the correlation between risk factors and their impacts, by approaching, observing or collecting data at one time. In this research, the focus was on preschool children aged 3-5 years in PMB Aisyah Amd, Wuluhan District, Jember Regency, totaling 57 children using the Accidental Sampling method. According to Nursalam (2017) Accidental sampling is a sampling technique that is based on chance, that is, consumers who coincidentally/accidentally meet researchers can be used as samples, if it is felt

that the person they met by chance is suitable as a data source. In this research, two variables are used, namely the independent variable and the dependent variable. The independent variable or variable X is a variable (influence) that is thought to change according to changes in the independent variable.

(Sugiyono, 2017). This research was carried out at PMB Aisyah Amd, Wuluhan District, Jember Regency on 3 August – 3 September 2022. Data sources used in this research.

This is significantly related to child growth and development. Based on the things described above, we are interested in conducting research on the relationship between maternal stimulation and the growth and development of children aged 3-5 years.

RESEARCH RESULT

Frequency Distribution of Respondents based on Maternal Stimulation at PMB Aisyah Amd,.keb Wuluhan Jember

Based on table 1, it was found that the majority of stimulation given by mothers was sufficient for 28 people (49.1%).

Tabel 1
Frequency Distribution of Respondents based on Maternal Stimulation at PMB Aisyah Amd,.keb Wuluhan Jember

Maternal Stimulation	Frekuensi	Persentase (%)
Good	12	21.1
Enough	28	49.1
Not enough	17	29.8

Frequency Distribution of Respondents based on the Development of Children aged 3-5 years at PMB Aisyah Amd,.keb Wuluhan Jember

Table 2
Frequency Distribution of Respondents based on the Development of Children aged 3-5 years at PMB Aisyah Amd,.keb Wuluhan Jember

Development	Frekuensi	Persentase (%)
More	17	29.8
Normal	28	49.1
Lateness	12	21.1

Based on table 2, it can be seen that most of the development of children aged 3-5 years is normal, as many as 28 people (49.1%).

Cross tabulation of maternal stimulation with the development of children aged 3-5 years at PMB Aisyah Amd,.keb Wuluhan Jember

Table 3
Cross-tabulation of maternal stimulation with the development of children aged 3-5 years at PMB Aisyah Amd,.keb Wuluhan Jember

Stimulasi	Child development						Total	
	More		Normal		Latenes			
	F	%	f	%	F	%	f	%
Good	5	8.8	7	12.3	0	0.0	12	21.1
Enough	12	21.1	16	28.1	0	0.0	28	49.1
Not enough	0	0.0	5	8.8	12	21.1	17	29.8

Based on table 3, it is found that the majority of mothers who provide stimulation in the good category have a tendency for normal child development (12.3%), mothers who provide stimulation in the adequate category

have a tendency for normal child development (28.1%), mothers who provide stimulation with the less likely category has a tendency for children's development to be delayed (21.1%).

Data analysis

Based on the Spearman rank test analyzed using SPSS, the significance value (Asymp. Sig) between maternal stimulation and the development of children aged 3-5 years at

PMB Aisyah Amd, Wuluhan Jember is $0.000 < 0.05$, meaning H_0 is rejected and H_a is accepted. , so there is a relationship between maternal stimulation and the development of children aged 3-5 years at PMB Aisyah Amd,keb Wuluhan Jember. The strength of the relationship is in the strong category.

Table 6
Spearman Rank Test Results

		Stimulasi	Child development
Stimulasi	Pearson Correlation	1	0.611**
	Sig. (2-tailed)		0.000
	N	57	57
Child development	Pearson Correlation	0.611**	1
	Sig. (2-tailed)	0.000	
	N	57	57

CONCLUSION

Implementation of maternal stimulation at PMB Aisyah Amd,keb. Most of the stimulation given by mothers was sufficient, 28 people (49.1%). Most of the development of children aged 3-5 years at PMB Aisyah Amd,keb was normal, 28 people (49.1%).There is a relationship between maternal stimulation and the development of children aged 3-5 years at PMB Aisyah Amd,keb Wuluhan Jember

SUGGESTION

It is recommended that mothers can provide maximum stimulation according to the child's age so that the child's development is maximized.

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