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MOTHER'S INTEREST TO STIMULATE THE DEVELOPMENT OF CHILDREN AGED 3-5 YEARS AT INTEGRATED SERVICE POST (*POSYANDU*) OF POST 6 GUMAYUN TEGAL REGENCY

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Abstract. Stimulation is an activity to provides direct stimulation to children from an early age. Stimulation will optimally involve the mother or closest family in its implementation. RISKEDAR data shows that the percentages of stunting, underweight, and wasting are 30.8%, 17.7%, and 10.2%, respectively. In addition, RISKEDAR data also notes that children in Indonesia experience developmental disorders (fine motor skills, gross motor skills, social skills, independence, delays) by 19.3%. Based on a preliminary study of 10 mothers in Gumayun village, it was found that all mothers (100%) did not stimulate the development of their children. A total of 5 mothers handed over the stimulation of their children to the posyandu, while 5 mothers did not do any stimulation at all.

This study aims to determine the mother's interest in stimulating the development of children aged 3 to 5 years. The research design used is descriptive. This research took place at Posyandu Pos 6, Gumayun Village, Tegal Regency in December 2021. Data collection was carried out using a questionnaire and then processed and analyzed using percentages.

From this study it was concluded that the mother's interest in stimulating the development of children aged 3-5 years based on high interest was 27 people (90%), high attention was 28 people (93.33%), high motivation was 18 people (60%) high knowledge was 15 people (50%). Giving stimulation according to age stages is recommended to be done regularly so that children achieve optimal development.

Keyword: Interest, Child Development

1. Introduction

The quality of a child can be judged from the process of growth and development. This process is the result of the interaction of genetic factors and environmental factors. Genetic or hereditary factors are factors related to genes, both from the father and mother, while environmental factors will affect the child's biological, physical, psychological, and social [1]

The results of basic health research in 2018 showed that the percentages of stunting, underweight, and wasting in Indonesia were 30.8%, 17.7%, and 10.2%, respectively. 19.3% of Indonesian children based on the data are known to have developmental disorders (fine motor, gross motor, social, independent, delay). Data from the Central Java Provincial Health Office in 2014 stated that the percentage of children who received growth and development services was 86.9%.

According to the Guidelines for the Implementation of Child Development Stimulation, Detection and Early Intervention (SDIDTK), stimulation is an activity to provide direct stimulation to children from an early age in the form of basic skills that are directed to achieve optimal child development. Giving stimulation can be done by parents, caregivers, family members, and community groups [2]

The government's effort to determine the growth and development of children is through the SDIDTK program. The implementers of the SDIDTK program are health workers. If the child receives SDIDTK services, parents will know how the child's growth and development are so that stimulation can be carried out immediately after knowing the results of the

assessment. Stimulation for all aspects of development should be done by involving the mother or other closest family. Stimulation carried out as early as possible will make the potential benefits for the growth and development of infants and toddlers even greater [3]

Based on a preliminary study conducted by interviewing 10 mothers in Gumayun village, it was found that all mothers (100%) did not stimulate the development of their children. As many as 50% of the mothers interviewed gave their children stimulation to the posyandu, while 50% did not do any stimulation at all. Parents in this village only monitor their child's developmental stage based on what happens naturally.

1. Method

This study used a descriptive research design. The population in this study were all mothers who had children aged 3-5 years at Posyandu Pos 6 Gumayun. The sampling technique used is total sampling where the number of samples obtained is 30 respondents.

2. Results and Discussion

Results

a. Characteristics of respondents based on Education

Table 4.1 Characteristics of respondents based on education

No	Education	Total	Percentage (%)
1	Elementary School	5	16.67
2	Junior High School	13	43.33
3	Senior High School	10	33.33
4	Diploma/College	2	6.67
Total		30	100

Table 4.1 shows that the majority of respondents have a junior high school education, namely 13 people (43.33%).

b. Characteristics of respondents based on occupation

Table 4.2 Characteristics of respondents based on occupation

No	Occupation	Total	Percentage (%)
1	Housewife	19	63.33
2	Farmer	1	3.33
3	Civil Servant	1	3.33
4	Private employee	8	26.67
5	Entrepreneur	1	3.33
Total		30	100

Based on table 4.2, it is known that the majority of respondents are housewives, namely 19 people (63.33%).

c. Characteristics of respondents based on information

Table 4.3 Characteristics of respondents based on information

No	Information	Total	Percentage (%)
1	Ever	26	86.67
2	Never	4	13.33
8	Total	30	100

Table 4.3 presents that the majority of respondents or 26 people (86.67%) have received information.

d. Characteristics of respondents based on sources of information

Table 4.4 Characteristics of respondents based on information sources

No	Information Source	Total	Percentage (%)
1	Printed Media	2	6.67
2	Electronic Media	5	16.67
3	Friend	3	10
4	Medical Staff	20	66.67
	Total	30	100

Based on table 4.4, it can be seen that the majority of respondents, or 20 people (66,67%) received information through health workers.

e. Characteristics of respondents based on interest indicators

Table 4.5 Frequency Distribution of Mother's Interest to Stimulate Children Aged 3-5 Years

No	Interest Indicator	High		Medium		Low		Total	
		Σ	%	Σ	%	Σ	%	Σ	%
1	Interest	27	90	3	10	0	0	30	100
2	Attention	28	93.33	2	6.67	0	0	30	100
3	Motivation	18	60	12	40	0	0	30	100
4	Knowledge	15	50	15	50	0	0	30	100

Table 4.5 shows that mothers have a high interest in the development of their children that is equal to 90%. High attention is 93.33%, high motivation is 60% and high knowledge is 50%.

3. Discussion

Interest is the psychological aspect of a person to pay high attention to certain activities and encourage him to carry out these activities [4]. From the results of research conducted on the interest of 10 mothers in stimulating children aged 3-5 years, it was found that 93.33% of them had a high interest due to attention.

Human growth and development are supported by the process of change. Changes in the physical aspects can occur as the formation of tissues, enlargement of structures, and organs by which muscles will reach their full level of strength and function. Developmental changes occur in individuals based on cognitive aspects, language skills, and social. Many factors shape our personality and the processes that influence our growth. Development refers to the qualitative change that is seen as an individual acquiring new skills. Language and thought processes, the capacity to develop social relationships, and the emergence of a unique personality are all products of human development [5]

Things that affect interest include economic status, education, and information. Knowledge is closely related to education. Most of the mothers or 43.33% of mothers have the latest education in junior high school and 63.33% of them are housewives. The higher a person's education, the wider his knowledge and vice versa. A mother who has a higher education tends to find it easier to get information through many ways, for example through other people, print media, or electronic media which will ultimately improve their health and quality of life [5]

Most mothers or 86.67% were found to have received information about the growth and development of children and how to stimulate them. The majority of mothers (66.67%) received information through health workers at the posyandu.

However, from the questionnaires filled out by the respondents, it was found that 12 mothers had moderate knowledge even though they had been given health information. Mother's interest-based on interest is quite high, indicated by a percentage of 90%. Mothers who do not stimulate children are related to the mother's interests. One of the reasons mothers do not do stimulation is because they do not know the advantages and disadvantages. This relates to indicators of interest in terms of knowledge. Therefore, a mother must have an interest in supporting the development of her child [6] Interest is a tendency that causes someone to try to find or try activities in a particular field or a tendency towards something or desire [7]

Through the information that has been obtained, stimulation of child development can be done as early as possible. If the mother already has an interest and knows the importance of stimulation, she can ask the health worker whether the child has normal development or has a delay. After consulting with health workers regarding child development, the mother can stimulate following the directions from health workers to help children have normal development and not experience disturbances. This stimulation effort will indirectly improve the quality of health.

The findings obtained from this study are in line with the results of research conducted by Cempaka Wati, Iin (2016) with the title "The Relationship between Developmental Stimulation and Development on the Development of Children Aged 0-5 Years in RW 8 Kalicari Village, Semarang City". The results of this study showed that 51.8% of mothers did enough stimulation and 56.63% of children had the appropriate developmental stage. The results of the Spearman Rho correlation test found a p-value of 0.001 ($p < 0.05$) which indicated a relationship between developmental stimulation and the development of children aged 0-5 years in RW 8 Kalicari Village, Semarang City. Giving stimulation according to age stages is recommended to be done regularly so that children achieve optimal development [8]

4. Conclusion

Mother's interest in stimulating the development of children aged 3-5 years based on interest and attention is in the high category, while based on motivation and knowledge is in the medium category.

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