

*THE EFFECT OF SENSORY PLAY STIMULATION ON THE PSYCHOMOTOR
DEVELOPMENT OF STUNTED TODDLERS IN THE WORKING AREA OF
PUSKESMAS IMOGIRI II*

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ABSTRACT

Background: Sensory play was an activity in the form of games that trained the stimulation of the five senses in toddlers. Sensory motor and socio-psychological development in toddlers to emotional regulation in adulthood can be optimally trained with these games.

Objective: Knowing the effect of sensory play stimulation on psychomotor development in stunted toddlers in the Imogiri II Puskesmas Working Area.

Methods: This studied used a quasi experiment design with a pretest-posttest approach with control group design. Sampling was done by purposive sampling with a total sample of 50 toddlers with 25 toddlers in the experimental group and 25 toddlers in the control group. The studied was conducted with an intervention in the form of sensory play stimulation in the experimental group and stimulation used the KIA book in the control group. Data analysis was performed by Wilcoxon Test and Mann Whitney Test.

Results: Psychomotor development in the experimental group (sensory play stimulation) in all categories had significant differences with a p-value of 0.00. In the control group (stimulation used KIA book) significant differences were found in the categories of communication, gross motor and personal social with p-value <0.05, while in the categories of fine motor and problem solving there were no significant differences.

Conclusion: There is an effect of sensory play stimulation on psychomotor development in stunted toddlers in the Imogiri II Puskesmas Working Area.

Keywords: sensory play, psychomotor development, stunting

PENGARUH STIMULASI *SENSORY PLAY* TERHADAP PERKEMBANGAN
PSIKOMOTORIK BALITA *STUNTING* DI WILAYAH KERJA PUSKESMAS
IMOGIRI II

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ABSTRAK

Latar Belakang: *Sensory play* merupakan kegiatan yang berupa permainan yang melatih rangsangan panca indera pada balita. Perkembangan sensori motorik dan sosio-psikologis pada balita hingga regulasi emosi pada saat dewasa dapat dilatih secara optimal dengan permainan tersebut.

Tujuan: Mengetahui pengaruh stimulasi *sensory play* terhadap perkembangan psikomotorik pada balita *stunting* di Wilayah Kerja Puskesmas Imogiri II.

Metode: Penelitian ini memiliki desain *quasi experiment* dengan pendekatan *pretest-posttest with control group design*. Pengambilan sampel menggunakan *purposive sampling* dengan total sampel 50 balita. Penelitian dilakukan dengan intervensi berupa stimulasi *sensory play* pada kelompok eksperimen dan stimulasi menggunakan buku KIA pada kelompok kontrol. Analisis data menggunakan Uji *Wilcoxon* dan Uji *Mann Whitney*.

Hasil: Perkembangan psikomotorik pada kelompok eksperimen (stimulasi *sensory play*) pada semua kategori memiliki perbedaan yang signifikan dengan *p-value* 0,00. Pada kelompok kontrol (stimulasi menggunakan buku KIA) perbedaan yang signifikan terdapat pada kategori komunikasi, motorik kasar dan personal sosial dengan *p-value* < 0,05, sedangkan pada kategori motorik halus dan pemecahan masalah tidak terdapat perbedaan yang signifikan.

Kesimpulan: Terdapat pengaruh stimulasi *sensory play* terhadap perkembangan psikomotorik pada balita *stunting* di Wilayah Kerja Puskesmas Imogiri II.

Kata kunci: *sensory play*, perkembangan psikomotorik, *stunting*