

**PENGARUH PERMAINAN *SENSORY BIN* TERHADAP
PERKEMBANGAN MOTORIK HALUS BALITA USIA 1-3 TAHUN DI
WILAYAH KERJA PUSKESMAS PLERET**

¹Deshinta Widyaningrum, ²Yuni Kusmiyati, ³Ana Kurniati

¹²³Jurusan Kebidanan, Poltekkes Kemenkes Yogyakarta,
JL. Mangkuyudan MJ III/304, Yogyakarta, 555145

E-mail: Deshinta2912@gmail.com

ABSTRAK

Latar Belakang: Perkembangan motorik halus merupakan aspek penting dalam tumbuh kembang balita yang memerlukan stimulasi optimal. Kurangnya stimulasi dapat menyebabkan keterlambatan perkembangan motorik halus. Salah satu bentuk stimulasi yang dapat diberikan adalah permainan *Sensory Bin*, yaitu permainan yang melibatkan berbagai rangsangan sensorik untuk melatih koordinasi mata dan tangan serta keterampilan otot-otot kecil anak.

Tujuan: Mengetahui pengaruh permainan *Sensory Bin* terhadap perkembangan motorik halus balita usia 1–3 tahun di wilayah kerja Puskesmas Pleret Kabupaten Bantul.

Metode: Penelitian ini menggunakan desain *quasi experiment* dengan pendekatan *pretest-posttest with control group design*. Sampel penelitian berjumlah 94 balita yang terdiri dari 47 kelompok eksperimen dan 47 kelompok kontrol. Kelompok eksperimen diberikan intervensi permainan *Sensory Bin*, sedangkan kelompok kontrol diberikan stimulasi menggunakan Buku KIA. Pengukuran perkembangan motorik halus menggunakan instrumen ASQ-3 domain motorik halus. Analisis data dilakukan dengan Uji *Wilcoxon* dan Uji *Mann–Whitney*.

Hasil: Uji *Wilcoxon* menunjukkan terdapat perbedaan perkembangan motorik halus sebelum dan sesudah intervensi pada kelompok eksperimen ($p=0,000$), sedangkan pada kelompok kontrol tidak terdapat perbedaan yang signifikan ($p=0,317$). Uji *Mann–Whitney* menunjukkan terdapat perbedaan perkembangan motorik halus antara kelompok eksperimen dan kontrol ($p=0,000$).

Kesimpulan: Permainan *Sensory Bin* berpengaruh terhadap perkembangan motorik halus balita usia 1–3 tahun di wilayah kerja Puskesmas Pleret Kabupaten Bantul.

Kata Kunci: *Sensory Bin*, motorik halus, balita, stimulasi perkembangan.

**THE EFFECT OF SENSORY BIN PLAY ON FINE MOTOR
DEVELOPMENT OF TODDLERS AGED 1–3 YEARS IN THE WORKING
AREA OF PUSKESMAS PLERET**

¹Deshinta Widyaningrum, ²Yuni Kusmiyati, ³Ana Kurniati

¹²³Department of Midwifery, Poltekkes Kemenkes Yogyakarta,
JL. Mangkuyudan MJ III/304, Yogyakarta, 555145

E-mail: Deshinta2912@gmail.com

ABSTRACT

Background: Fine motor development is an essential aspect of child growth and development that requires optimal stimulation. Lack of stimulation may lead to delays in fine motor development. One form of stimulation that can be provided is Sensory Bin play, which involves various sensory experiences to improve hand-eye coordination and strengthen the small muscles used in fine motor activities.

Objective: To determine the effect of Sensory Bin play on the fine motor development of toddlers aged 1–3 years in the working area of Pleret Community Health Center, Bantul Regency.

Methods: This study employed a quasi-experimental design with a pretest-posttest control group approach. The sample consisted of 94 toddlers, divided into an experimental group (47 participants) and a control group (47 participants). The experimental group received Sensory Bin play intervention, while the control group received developmental stimulation based on the Maternal and Child Health (MCH) Handbook. Fine motor development was assessed using the ASQ-3 fine motor domain. Data were analyzed using the Wilcoxon test and Mann–Whitney test.

Results: The Wilcoxon test showed a significant difference in fine motor development before and after the intervention in the experimental group ($p = 0.000$), while no significant difference was found in the control group ($p = 0.317$). The Mann–Whitney test revealed a significant difference between the experimental and control groups ($p = 0.000$).

Conclusion: Sensory Bin play has a significant effect on improving the fine motor development of toddlers aged 1–3 years.

Keywords: Sensory Bin, fine motor development, toddlers, developmental stimulation.