



## **Relationship of psychosocial stimulation by mother to development children age 3<sup>th</sup>-5<sup>th</sup> year in Gamping 1<sup>st</sup> Public Health Center Working Area**

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### **ABSTRAK**

**Latar Belakang:** Menurut Organisasi Kesehatan Dunia (WHO) menyatakan bahwa sekitar 95% anak dengan gangguan perkembangan tinggal di negara dengan pendapatan rendah dan menengah. Beberapa penelitian menunjukkan bahwa stunting dan berat badan kurang berhubungan dengan perkembangan anak, terutama perkembangan motorik, kognitif, dan bahasa pada anak. Stimulasi psikososial merupakan rangsangan dari luar atau lingkungan yang penting bagi tumbuh kembang anak. Anak yang mendapat rangsangan yang tepat sasaran dan teratur, perkembangannya lebih cepat dibandingkan anak yang kurang atau tidak mendapat rangsangan sama sekali. Jika kelainan perkembangan tidak ditangani secara dini dan memadai, maka kelainan tersebut cenderung mengakibatkan kecacatan.

**Tujuan:** Mengetahui hubungan stimulasi psikososial ibu dengan perkembangan anak usia 3 – 5 tahun di Wilayah Kerja Puskesmas I Gamping.

**Metode:** Penelitian kuantitatif analitik dengan desain cross sectional. Teknik pengambilan sampel yang digunakan adalah probabilitas sampling dengan jenis rancangan teknik cluster random sampling dengan jumlah sampel sebanyak 103 anak dari 1.421 populasi di posyandu wilayah kerja Puskesmas I Gamping. Tumbuh kembang anak diukur dengan menggunakan Kuesioner Pra Skrining Perkembangan (KPSP). Stimulasi psikososial ibu diukur menggunakan instrumen HOME yang telah diuji oleh CVI Expert. Analisis bivariat yang digunakan adalah uji chi square.

**Hasil:** Berdasarkan hasil penelitian setelah dilakukan Uji Chi Square diperoleh nilai p value sebesar 0,002 (p-value <0,05).

**Kesimpulan:** Bahwa stimulasi psikososial mempunyai hubungan terhadap tumbuh kembang anak usia 3-5 tahun hal ini juga merupakan salah satu pola pengasuhan yang dapat dilakukan ibu di rumah. Perlunya penelitian lebih lanjut untuk mengontrol jumlah atau seberapa besar pengaruh dari luar mengenai informasi yang diperoleh ibu yang dapat mempengaruhi tingkat atau model rangsangan yang dikembangkan ibu pada saat memberikan rangsangan.

**KATA KUNCI :** balita; perkembangan; stimulasi psikososial; KPSP dan HOME

### **ABSTRACT**

**Background:** According to World The Health Organization (WHO) states that around 95% of children with developmental disorders live in the country income low and intermediate. Several studies show that stunting and being underweight are related to child development, especially motoric, cognitive, and language development on child. Psychosocial stimulation is external or environmental stimulation that is important for child development. Children who receive targeted and regular stimulation develop faster than children who receive less or no stimulation. If developmental deviations are not treated early and adequately, they tend to result in disability.

**Objectives:** To determine the relationship between maternal psychosocial stimulation and

children development age 3<sup>th</sup>– 5<sup>th</sup> years in Gamping 1<sup>st</sup> Public Health Center Working Area.

**Methods:** The quantitative analytical research with design cross sectional. The sampling technique used is probability sampling with a type of cluster random sampling technique design with a total sample of 103 children from 1,421 in population at posyandu in Gamping 1<sup>st</sup> Public Health Center Working Area. Child development is measured using a Questionnaire Pre-Screening Development (KPSP). Psychosocial stimulation mothers were measured using the HOME instrument which has been tested by CVI Expert. The bivariate analysis used is the test chi square .

**Results:** Based on the research results after carrying out the Chi Square Test, the p value was 0.002 (p-value was <0.05).

**Conclusions:** That psychosocial stimulation has an relationship on children's development aged 3-5 years this is also one of the nurturing patterns that mothers can do at home. The need for further research is to control the amount or how much influence from outside regarding the information obtained by the mother which can influence the level or model of stimulation that the mother develops when providing stimulation.

**KEYWORDS :** children; development; stimulation psychosocial; KPSP And HOME

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## INTRODUCTION

Development is increasing capacity and increasing the ability body in a controlled, predictable pattern. The early stages of development a child will determine stage development further (1). A child's optimal development depends on the stimulation provided by parents or family members. In providing optimal stimulation to a child's growth and development, parents need to have the necessary knowledge and skills. Children who are stimulated by their parents in a direct, regular, and early stage develop more sooner than children who are not in stimulation(2).

According to results of studies done by researcher World For *World The Health Organization* (WHO) states that there are 52.9 million children under the age of 5 years, and as many as 54% of boys experience developmental disorders in years 2016. As many as 95% of children with developmental disorders live in the country income low and

intermediate(3).

Based on Profile Health Area Special Yogyakarta, the prevalence toddler Lack of Protein Energy (Malnutrition and Deficiency) in 2019, Kulon Progo is located in first place with 9.89%, Bantul 8.62%, Yogyakarta 8.46%, Sleman 8.17%, and Gunung Kidul7, 90% (4). Sleman Regency is in fourth place with a prevalence 88.17%. On year 2019 prevalence of malnutrition in Regency Sleman amounted to 0.51% (298 toddlers). Malnutrition problems will affect the disorder's growth, and susceptibility to infection, and can inhibit the development child. Several studies show that stunting and being underweight are related to child development, especially motoric, cognitive, and language development on child (5).

Stimulation is the stimulus that given to the child by environment especially the role of mothers so that children can grow and develop optimally (6). Psychosocial

stimulation is external or environmental stimulation that is important for the development child. Children who accept stimulation-directed and regular develop more quickly than children who receive less stimulation or not at all (7). According to Imelda's research (2017), there is a relationship between Mother's knowledge of pre-school child development. The maternal knowledge sector regarding stimulating the development of preschool children at the lower level, namely motor skills is less 56.6%, motor fine 50.9%, Language 60.9%, and social 52.8%(8).

The child's development will be better the earlier stimulation is provided. The child's knowledge and abilities will expand the more stimulation they receive, leading to a more optimal level of development. It is also said that by the time a child is less than 4 years old, up to 80% of their brain tissue will have developed. This is the result of high levels of stimulation. Conversely, if a child receives no stimulation, brain function will decline due to shrinkage of brain tissue(9).

Developmental abnormalities frequently lead to disability if they are not appropriately and promptly addressed. *Posyandu*, the Toddler Family Development Programme (Bina Keluarga Balita/ BKB), and the home environment can all be used to monitor a child's motor development. As a result, families-mothers in particular-play a crucial role in early detection of developmental abnormalities in children. Because parents are able to identify irregularities in their child's growth and development process early on, the child's relationship with parents, particularly the mother's role, is very advantageous for the child's general growth

and development process(10).

The association between early stimulation and motor development in toddlers in Tanjung Berulak Village, the Kampar Health Center's operational region in 2019, is supported by research conducted by Yunita, D. (2020). The study's findings demonstrated that while 3 toddlers (15.7%) got early stimulation and incorrect motor development, 19 (57.6%) of the 35 toddlers who were not given early stimulation also exhibited inappropriate motor development. Based on the findings of Tanjung Berulak village, the Kampar Community Health Center's operational area in 2019, it can be stated that early stimulation plays a significant role in influencing the motor development of young children. It has been demonstrated that toddlers whose growth is dependent on stimulus learn more quickly than those whose development is not(11).

One of the early detection efforts can be carried out through the Early Growth and Development Intervention Detection Stimulation program (SDIDTK). SDIDTK is a program to grow a flower child Which comprehensive And quality through stimulation, identification and intervention. Three types of early detection of growth and development are early detection growth and development disorders, which is carried out to detect poor nutritional status or bad and microcephaly or macrocephaly head shape. Second, early detection of disturbances development for detecting lateness development, disturbance vision and hearing in children. Third, early detection of behavioral deviations, namely to find out the existence of emotional behavior problems, autism and disturbance concentration and

hyperactivity(12).

According to results study Sudiman (2018) Which title that Stimulation Psychosocial Family by Person Old to Development Child Age 48-60 The month shows the results of family psychosocial stimulation carried out by parents in child 0 the majority (56%) were in the good category and only 1 person (2%) was in the good category not enough. Stimulation psychosocial family-based component found that component stimulation Language, environment physique, warmth/acceptance, stimulation academics, exemplary, and punishment are mostly in the high category, while the learning stimulation components and stimulation variations are the most numerous. Efforts to increase knowledge related to children's education, and then efforts will be made to increase psychological stimulation in children so that growing flower child is optimal(13).

Based on the results of a preliminary study conducted at the Gamping 1<sup>st</sup> Public Health Center, Sleman Regency on March 28<sup>th</sup> 2023, there were 17 toddlers at Posyandu Ambarketawang Who experienced disturbance lateness talk and disturbance motor. Four mercy toddlers in Integrated Healthcare Center Balecatur experience disturbance speech delays and motor disorders. Random interviews were conducted with 7 mothers who have children aged 3-5 years. 3 fewer respondents knew stimulation, own characteristics did not have enough child support, and no motivated to give stimulation to their child. Two mothers know stimulation, not enough child support, and motivated to give stimulation to the child. Two mothers know stimulation, support their

children, and are motivated to provide developmental stimulation so that children can develop appropriately.

Based on the statement above, that the rate of stimulation is still low and child development problems are increasing, and there is still little research that examines psychosocial stimulation, especially in the Yogyakarta area, the aim of this research is to determine the relationship of psychosocial stimulation by mother to development children age 3<sup>th</sup>-5<sup>th</sup> years in Gamping 1<sup>st</sup> Public Health Center Working Area.

## **MATERIALS AND METHODS**

This type of research is quantitative analytical with a *cross-research design sectional*. The sampling technique used is *probability sampling* by type *cluster random sampling* technique design, namely by holding a sortition to determine which *posyandu* will be researched. The way to draw is by taking an odd number of toddlers in each *posyandu*, so that from 50 *posyandu*, 20 *posyandu* will be selected to be studied. The research location is in the working area *posyandu* in Gamping 1<sup>st</sup> Public Health Center Working Area. The population in this study were children aged 3 – 5 years at the *posyandu* in the Gamping 1<sup>st</sup> Public Health Center Working Area there were 1,421 toddlers, with the total sample was 103 children. The bivariate analysis used was the *chi-test square*. As for the criteria sample Which chosen is criteria inclusion that is, Mothers aged 23-35-year-old, toddler with age 3-5 years, and toddler who still active in weighing in *posyandu*. Meanwhile, the exclusion criteria are toddlers who do not present at *posyandu* and children suffering

from congenital diseases (autism and *Down syndrome* ). Maternal psychosocial stimulation was measured using the HOME instrument which has been tested by CVI Expert.

Ethical Clearance for this research was obtained from Alma Ata University Yogyakarta, with number: KE/AA/V/101188/EC/2023 as a research permit to be carried out at the posyandu in the working area of

Gamping 1<sup>st</sup> Public Health Center.

## RESULTS AND DISCUSSION

### RESULTS

Study This use sample as much 103 toddler which there is in integrated at Gamping 1<sup>st</sup> Public Health Center Working Area.

**Table 1. Distribution of characteristics mother**

Characteristics	Frequency	Percentage (%)
Mother's age		
23 – 26 year	12	11.70%
27 – 30 year	47	45.60%
31 – 35 year	44	42.70%
Education level		
Elementary school	1	1.00%
Junior High School	7	6.80%
Senior High School	69	67.00%
Colleg	26	25.20%
Work		
Self-empolyed	15	14.60%
Employee	22	21.40%
Housewives	56	54.40%
Other	10	9.70%
Income		
Under regional minimum wage	76	73.80%
Above regional minimum wage	27	26.20%
Parity		
Primipara	48	46.60%
Multiparous	55	53.40%
Total	103	100%

Source: Primary Data 2023

**Table 2. Distribution toddler characteristics**

Characteristics	Frequency	Percentage (%)
Age Toddler		
36 – 48 Month	72	69.90%
49 – 60 Month	31	30.10%
Parenting		
Mother	89	86.40%
Grandma	8	7.80%
Caregiver	6	5.80%
Father	0	0%
Amount Child		
The first child	64	62.10%
Number of siblings ≥2	39	37.90%



**Table 3. Distribution frequency stimulation psychosocial mother**

Variable	Category	Frequency	Percentage (%)
Independent :	Good	25	24.30%
Stimulation	Enough	78	75.70%
Psychosocial Mother	Not enough	0	0%
	Total	103	100%

Source: Primary Data 2023

**Table 4. Distribution frequency development toddler**

Variable	Categorical	Frequency	Presentage (%)
Dependent :	Normal	69	62,1%
Development Toddler	Suspect	34	37,9%
	Deviation	0	0%
	Total	103	100%

Source: Primary Data 2023

**Table 5. analysis of the relationship between maternal psychosocial stimulation and development toddler age 3 – 5 year in Community Health Center Work Area Lime I**

Stimulation Psychosocial mother	Development toddler				Total		P Value
	Normal		Suspect		N	%	
	N	%	N	%			
Good	9	8.70%	16	15.50%	25	24.30%	<b>0.002</b>
Enough	55	53.40%	23	22.30%	78	75.70%	

Source: Primary Data 2023

## DISCUSSION

Based on **Table 1**, it can be explained that the majority of mothers in this study were 27-30 years old(45.6%). Maternal age is a measure of maturity in all decisions pertaining to experience, expertise, and capacity (14). Greater education for mothers The total number of graduates from high school and technical schools was 69, or 67.0%. For a child's growth and development, the mother's level of education is crucial. A good education gives parents access to all the information they need to maintain their child's health and promote their child's growth and development (15). The bulk of the 53 moms in this research (51.5%) are housewives. In this study, the mother's income is the highest at less than Rp 1,981,000 for up to 76 individuals (73.8%).

Work refers to the regular tasks that one must complete in order to sustain their own and their family's lives (15). Housewives and mothers without jobs have plenty of time to devote to their kids, ensuring proper nutrition, hygiene, and parenting. This helps to improve the nutritional status of children under five (16).

Parent's involvement is essential in providing education for their children. Children's education is influenced by parental education, specifically the degree of parental educational knowledge in this instance. Given that children go through a golden age of healthy development at this age that shouldn't be wasted, if parental education is high, then knowledge of the value of early childhood education is also high (17). Since parents can meet every child's basic needs, a

family with an adequate income can promote growth and development (15). Mothers who earn less than the minimum wage for their family find it difficult to meet their basic needs, both materially and financially. The satisfaction of everyday needs will likewise be minimal when there are few kids (18). Given that children go through a golden age of healthy development at this age that shouldn't be wasted, if parental education is high, then knowledge of the value of early childhood education is also high (17). Since parents can meet every child's basic needs, a family with an adequate income can promote growth and development (15). Mothers who earn less than the minimum wage for their family find it difficult to meet their basic needs, both materially and financially. The satisfaction of everyday needs will likewise be minimal when there are few kids (18).

**Table 2** shows that the majority of respondents are between the ages of 36 and 48 months, with 72 toddlers (69.9%), The majority of children in this study were first-born children (62.1%), explaining that the more children in the family, especially the distance between children that is too close, can cause children to receive less attention and affection that they need to grow and develop (15), and the most common parenting model is by the mother herself (86.4%). The parenting model relies heavily on family values. In Eastern cultures, such as Indonesia, the role as parent or caregiver rests more with the wife or mother, even though raising children is a shared responsibility (15).

The findings of this study are consistent with those of Temmy's (2018) research. that mothers aged 35 and older made up the

majority of respondents (19). The majority of mothers who work as housewives and up According to Wahyuni's (2021) research, the majority of mothers are housewives (57.1%). Mothers who work from home or have no formal employment devote a significant amount of their time to caring for their children, ensuring that hygiene, nutrition, and patterns are upheld. This, in turn, improves the nutritional status of children under five years old (16).

The mother's educational background is consistent with Anafrin Yugistiyowati's research findings from 2022, which indicate that most moms in Argodadi village, Sedayu, Bantul who had stunted toddlers between the ages of 3 and 60 months have completed senior high school (58.4%) (20). When it comes to teaching children, parents play a crucial role in addition to older paraplegics. Education individual aged in This indicates that a child's education is influenced by the educational understanding of their parents. If an educated individual has a great deal of understanding regarding the significance of early childhood education, they should realise that Children go through a golden age of healthy development at this age, which should not be wasted (17).

Income in the research is explained as less than the Regional Minimum Wage (UMR) of Sleman Regency, these results are in line with Hasanah's (2019) research on Relationships between Mother's Parity with the Regularity of Toddler Visits at Posyandu, Dahan Rejo Village Subdistrict Kebomas - Gresik, obtained income family not enough from Minimum wage as much 57 respondents (70.4%). Mothers whose family income is below the minimum wage own affordability

Which is low for fulfilling financial And family needs. With a small number of children, meeting daily needs day Also will A little(18).

In this study, the majority of mothers were multiparous, according to the results of this study in line with research by Rizkia (2019) which shows that parity with multiparous 58.3%, and it was explained that mothers with less knowledge turned out to be the most Lots on mother who majority with parity multiparous(21).

Based on **Table 3**, it is known that of the 103 respondents, the majority were mothers in providing psychosocial stimulation in the sufficient category, namely 78 mothers (75.7%). Meanwhile, the mother provided psychosocial stimulation in the good category only 25 mothers (24.3%). Psychosocial stimulation is external or environmental stimulation that is important for child development. Children who receive targeted and regular stimulation will develop faster than children who receive less or no stimulation (7). Family psychosocial stimulation is based on several components, namely language stimulation components, physical environment, warmth/acceptance, academic stimulation, example, and punishment(13).

The results of this research are in line with Sri's research Mulyanti (2017) Which state that stimulation psychosocial in region Work Lubuk Community Health Center Begalung Padang most Lots in category enough (74.8%) (22). The results of Islamiyati's research (2018) showed that most (56%) were stimulation psychosocial activities carried out well by the mother (13). Differences in the results of this research possible Because exists difference place

study, that is study previously carried out in big cities while this research was carried out in ordinary cities. Child rearing patterns in big cities are different from those in ordinary cities because of influence environment, And person old Alone Possible more Busy Work And more Lots deliver parenting his son to the caregiver.

Based on **Table 4**, It is known that the majority of toddler's development is in a normal with developmental tasks in of age, namely 69 toddlers (62.1%), the development of toddlers is suspect as much 34 toddlers (37.9%). The results of this research are in line with research that has been conducted Nurhalida (2022), namely in the research that was carried out, it was found that there were toddlers with status development in normal and suspect (23). Based on the guidelines for implementing stimulation, detection and early intervention in child development (SDIDTK) for young children whose developmental status is doubtful, what needs to be done is to give instructions to mothers to stimulate children's growth and development more often and carry out health checks to determine the possibility of disease. which causes developmental disorders(24).

Based on **Table 5**, results of analysis of the relationship between maternal psychosocial stimulation and development toddlers were obtained from 25 respondents (24.3%) who had good stimulation, 9 respondents (8.7%) had progress in the normal category, and 16 in the suspect category respondents (15.5%). 78 respondents (75.7%) Which own stimulation Enough, 55 respondents (53.4%) had development in the normal category, and in



the category 23 respondents (22.3%) suspect it. *The chi-square* statistical test results mean there is The relationship between maternal psychosocial stimulation and toddler development *p-value* 0.002.

Results study this in accordance with results study Sri Anggraini (2022) Which states that there is an influence of maternal psychosocial stimulation on development toddler age 1-3 year ( $p=0.000$ ;  $p<0.05$ )(25). Study other has done Which done by Suyanti Suwardi (2021) say that There is connection between stimulation Mother with grow flower toddler with mark  $p < 0.000$ . Child Which the mother's stimulation is good or quite likely to experience good development, Likewise, children whose mothers have less stimulation will experience development Which not suitable with his age(26).

Research conducted by Mulyanti (2017) on the relationship between psychosocial stimulation and the development of children aged 3-72 months in the working area of the Lubuk Begalung Health Center, Padang. Psychosocial stimulation is the beginning of a child's learning process through education and training. The results of this study showed that most of the psychosocial stimulation was in the moderate category, 74.8%(22).

Providing psychosocial stimulation must be adapted to two basic concepts, that is age or stages development (*age appropriateness*) and suitability individually (*individually appropriateness*). In other words, as a unique individual (every child own pattern grow flower, personality, style Study And background different backgrounds), children have different needs from others and adjusted to the age of growth and

development. so that children always develop and comfortable is at in the environment. Explained also that reception to the existence of children is a form of bond of love that can grow *basic trust* (a strong sense of trust) in children. This is what self-confidence is then you can contribute to the child's motivation For always study, including the development of cognitive developmental skills. Cognitive development has a positive effect on psychosocial stimulation. This shows that increasingly Good process think child then stimulation child psychosocial will better(17).

The findings of this study are consistent with those of Urke's (2018) study, which discovered a robust and favourable correlation between kid's cognitive development and psychosocial stimulation. Additionally, it was discovered that improving child development requires moms to be involved in psychosocial stimulation (27). Furthermore, Helmizar's (2017) study, which discovered that children's growth, cognitive, and motor development were enhanced by a combination of topical nutritional supplement therapies and psychosocial stimulation, confirms these findings(28).

The research results show the suitability and interrelationship between providing maternal psychosocial stimulation on the development of children aged 3-5 years in the *posyandu* in the working area of the *Gamping I<sup>st</sup>* Public Health Center. The research's applicability, which shows that moms who stimulate their children positively will result in development that is appropriate for the child, as well as on the other hand, stimulus that doesn't advance a child's development is too advanced for their

developmental stage. When parents and the surroundings actively provide stimulation to their children, the growth of the child is more likely to be optimal.

### CONCLUSION AND RECOMMENDATION

Research shows that psychosocial stimulation has an relationship on children's development aged 3-5 years in the *Gamping* 1<sup>st</sup> Public Health Center Working Area ( $p=0.002$ ), this is also one of the nurturing patterns that mothers can do at home. The limitation of this research is that it has not controlled the amount or how much influence from outside regarding the information obtained by the mother which can influence the level or model of stimulation that the mother develops when providing stimulation.

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