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Design and Guidelines for Early Stimulation to Optimize Toddler Development in Maritime Communities in Kelurahan Lapulu Abeli Puskesmas Working Area in Kendari City

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Abstract

The first three years of a toddler is a golden period for optimal brain growth and development. Growth and development of infants will be in line with the optimal age increase, if appropriate stimulation is carried out routinely, this study aims to analyze the effectiveness of early stimulation guidelines to optimize the development of infants in maritime communities. This research method is a quasi experiment with pre and post test design with control group. The population in the study were all toddlers with a sample of 30 people (case group of 15 people and control of 15 people). Sampling is done by simple random sampling. Data were analyzed using paired T-Test to analyze differences in development before and after the administration of early stimulation, and pooled T-Test to analyze the effect of early accumulation on toddler development by comparing the development between case groups and control groups. The results of the study found that the provision of early stimulation was effective in optimizing the development of children under five in the maritime community in Posyandu, Lapulu Village, the working area of Abeli Puskesmas, Kendari City in 2018.

Keywords: Early Stimulation, Toddler Development, Maritime Society.

Introduction

To achieve good human qualities, it is necessary to foster children as early as possible from the womb, the age of the child, until the child becomes an adult.¹ Toddlerhood is a period that really determines the quality of human resources, because the growth and development of children is determined by the condition at the time of infancy. Toddlerhood is often stated as a critical period in order to get quality human resources, especially in the first 3 years period is a golden period for optimal brain growth and development.² The development of the ability to speak in toddlers with the language of creativity, social awareness, emotional and intelligence goes very fast. Growth and development will be in line with the normal increase in age if routinely given the appropriate stimulus, so that toddlers will grow and develop normally as well, so that it will increase human resources in the future.³

Comprehensive and quality child development is carried out through stimulation activities, and early interventions for toddler growth and development.

Toddler development is greatly influenced by guidance from parents by providing stimulation in the form of guiding the toddler, so that development can be in accordance with the age of the toddler.⁴ Early Childhood Growth and Development (SDDTK) stimulation and detection is carried out to get quality children. A simple means of monitoring growth and development is the Pre Development Screening Questionnaire (KPSP).² Monitoring efforts are made to stimulate development by following up the complaints of parents related to the growth and development problems of infants and toddlers.⁵

Method and Method

This research is a quasi-experimental research with a pre-post test with control group design. This design aims to determine the effectiveness of early stimulation guidelines after being given an intervention or treatment on a variable, then the results of the treatment are compared with the control group, ie the group that is not subject to treatment.⁶

This study compared the intervention group for early stimulation in infants as a treatment group with the group that did not intervene as a control group. This study uses two measurements, namely before and after the intervention. Measurements made before the intervention (O1) are called pretest, and measurements made after the intervention (O2) are called posttest.⁷

The population in this study were healthy toddlers who did not experience health problems during the last 3 months as many as 118 people in the PudaiKelurahan and LapuluKelurahan, the Abeli Health Center in Kendari City. Sampling of toddlers as many as 15 intervention groups and 15 control groups with regard to matching age groups, and gender. Retrieval of initial observation data

(pre-test) by measuring the development of infants using the KPSP Ministry of Health 2014 measurement tools before giving early stimulation. Provision of intervention by training toddler mothers to do early stimulation of development accompanied by the provision of a media booklet that contains technical instructions on how to do stimulation to mothers of toddlers^{8,9}.

Results

The results showed that maternal education with the highest frequency of secondary education was 16 people (53.3%) and low frequency was S1 as much as 1 person (3.4%) (Table 1).

Table 1 Distribution of Characteristics of Respondents in Posyandu Lapulu Kelurahan in the Abeli Pusklesmas Area, Kendari City

Characteristics	Groups				Total	
	Intervention		Control			
	n	%	n	%	n	%
Mother's education						
Elementary	7	46,7	6	40,0	13	43,3
Intermediate	7	46,7	9	60,0	16	53,3
High	1	6,7	0	0	1	3,4

The distribution of toddlers' development in the intervention group before the early stimulation intervention of toddler development all doubted

15 people (100%), and after the early stimulation intervention, the development was appropriate for 15 people (100%). Table 2.

Table 2 Distribution of Toddler Development Interventions Groups Before and After Early Stimulation Interventions in the Posyandu in the Lapulu Village, the working area of the Abeli Community Health Center in Kendari

Development	Interventions		Control	
	Before	After	Before	After
Corresponds	0	15	0	5
Doubt	15	0	15	10

Analysis of differences in infant development showed that the average under five development in the intervention group before the early stimulation intervention was 7.87 ± 0.352 . After the intervention, it becomes $10.0 \pm 0,000$. Paired t test showed that

there were differences in the development of children under five before and after the intervention for early stimulation, namely the average development of children under five after an early stimulation intervention was higher than before the intervention ($p = 0,000$; $\alpha = 0.05$).

The average development of children under five in the control group before the early stimulation intervention was 7.73 ± 0.458 . After the intervention, it became 8.47 ± 0.743 . Paired t test showed there were differences in the development of children under five before and after

the stimulation intervention, the average development of children under five after an early stimulation intervention was higher than before the intervention ($p = 0.001$; $\alpha = 0.05$). (Table 3).

Table 3. Analysis of Differences in Development of Toddlers Before and After Providing Early Stimulation in Posyandu, Lapulu Village, the working area of the Abeli Health Center in Kendari City in 2018

Groups	Development	n	Mean±SD	Mean Different	p
Interventions	Before Interventions	15	7,87±0,33	2,13	0,000
	After Interventions	15	10,0±0,00		
Control	Before Interventions	15	7,73±0,74	0,45	0,000
	After Interventions	15	8,47±0,74		

The results showed there were differences in development between the intervention group and the control group after the intervention was given early stimulation ($p = 0,000$; $\alpha = 0.05$). This shows that there

is an influence of early stimulation on the development of children under five in the maritime community in LapuluKelurahan, the area of the Abeli Health Center in Kendari City in 2018.

Table 4. Analysis of Differences in Toddler Development between the interventions group and the control group after the provision of early stimulation in the Posyandu in the Lapulu sub-district, the working area of the North Sumatra Community Health Center in 2018

Groups	Development	n	Mean±SD	Mean Different	p
	Interventions	15	10,0±0,0	1,53	0,000
	Control	15	8,47±0,74		

Discussion

Good education and supported by a good nurturing environment, good mother-child interaction through nurturing greatly affect the development of good children. Development requires stimulation/stimulation, especially in the family, for example the provision of toys, child socialization, involvement of mothers and other family members in children's activities.¹⁰

The link between education and the mother's knowledge in providing early stimulation to her child is also supported by the results of research that found that there is a relationship between maternal knowledge about infant growth and development stimulation with the development of toddlers aged 12-36 months in Posyandu KasihIbu Banyu UripKlego Boyolali.¹¹

Children who are entrusted in TPA have better development than those raised by parents because TPA has good parenting standards, has professional caregivers, a comfortable and attractive place, and there is a complete play area to stimulate toddler development. Basically, all activities in TPA are intended to stimulate children to meet the optimal development needs.¹²

This is in line with the opinion which says that in parents with a high and good education, parents can receive well all information from outside, especially how to care for children properly and healthier. This is in line with the results of research on the relationship between the level of parental knowledge about stimulation and gross motor development of children aged 0-5 years in BumiAji Village, Anak Tuha Subdistrict, Central

Lampung Regency. As a result, there is a relationship between parents' knowledge about stimulation and gross motor development in children aged 0-5 years.¹³

The level of education of respondents with high frequencies in high school education was 16 people (53.3%) and the presence of higher education (S1) of 1 person (3.4%) contradicts the opinion that the characteristics of coastal communities that lack education, slums, tend to let children develop with less than maximum stimulus and greatly affect the cognitive, personality, physical, emotional, social development of coastal children.

Nutritional factors have a big influence on children's growth and development so they cannot be underestimated. Fulfillment of children's nutritional needs must also be supported by the active role of parents, an environment that stimulates all aspects of child development, and is also supported by the active role of children.¹⁴ Environmental factors include aspects of physical needs, aspects of compassion (compassion), and aspects of care (education and relationships). Secondary education with good relationships will support children's development as well.¹⁰

1. Toddler Development Before and After Early Stimulation Giving Interventions: The results of this study indicate that there are differences in the development of toddlers in the provision of early stimulation which is indicated by the increase in development that is in accordance with the age of all toddlers in the intervention group after giving early stimulation.

An increase in development is appropriate for all respondents in the case group after an early stimulation intervention for 15 days continuously every day, this indicates the importance of providing early stimulation, especially in infants to stimulate optimal development. The optimal development of infants will determine the optimal future of children and also better in the future.

Every child needs regular stimulation as early as possible and continuously at every opportunity. Stimulation of child development is carried out by parents, people closest to the child, surrogate mother or child caregiver, other family members and other adults. In this study, of the 15 respondents as controls also found that there were 10 respondents (66.7%) who did not experience growth despite the increase in age, and still remained in the category of dubious development.

Less optimal development that occurs in the control group is caused by suboptimal early stimulation done to the toddler. This finding is in line with the opinion that psycho-social development is greatly influenced by the environment and interactions between children and their parents. Child development will be optimal if social interaction is maximally pursued in accordance with the needs of children at various stages of development.¹⁵

Provision of stimulation is more effective when paying attention to children's needs in accordance with the stages of child development to the fullest. In the early stages of development the child is in the sensory motor stage. Giving visual stimulation to children will increase children's attention to their environment, children will be happy by laughing and moving their whole body so that it will stimulate all sensory body to develop optimally, both physically, psychologically and socially.^{16,17}

2. Provision of Effective Early Stimulation to Influence Toddler Development in Maritime Communities: The results showed that there were developmental differences between the intervention group and the control group after the intervention was given early stimulation ($p < 0.05$). This shows that the provision of early stimulation is effective to optimize the development of toddlers in the maritime community in Posyandu, Lapulu Village, the working area of Abeli Health Center, Kendari City in 2018.

This is confirmed by research on 30 mothers who have babies aged 0-1 years in the Kemayoran District of Surabaya. The act of maternal stimulation of infant gross motor development in the good category. The better the stimulation action given by the mother, the better will be the effect on the normal and appropriate gross motor development of the baby.¹⁸

In this study, it was found that all respondents (100%) experienced optimal development after routine early stimulation for 15 days with a continuous carried out by mothers of toddlers has a positive effect on improving the development of toddlers. This is evident from the results of the study found that in infants who get early stimulation on a regular basis every day every time the child needs to show optimal improvement in development.

Conclusion

Preparation of guidelines for early stimulation

to optimize the development of children under five in the maritime community in Posyandu, Lapulu Village, the working area of Abeli Puskesmas, Kendari City. The compiled guidelines refer to the guidelines for early stimulation in KPSP (Pre Development Skrening Questionnaire) Children at the Basic Service Level (Kemenkes RI, 2014) and adjust to the characteristics of the maritime community with their daily activities as fishermen. There is a difference in the development of toddlers in maritime communities in Lapulu Kelurahan in the area of Abeli Puskesmas in Kendari City in 2018. Provision of early stimulation is effective in optimizing development in toddlers in maritime communities in Posyandu in Lapulu Kelurahan in the Abeli Puskesmas working area in Kendari City in 2018. This is shown after early stimulation all in the intervention group were in the appropriate development, whereas in the control group there were still largely in the doubtful development.

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