

# THE EFFECT OF HEALTH COUNSELING ON MOTHER'S KNOWLEDGE ABOUT STIMULATION OF DEVELOPMENT OF TODDLERS AGED 3-5 YEARS IN JATI MULYA PERBAUNGAN VILLAGE IN 2021

**Purnama Handayani, Rizki Noviyanti Harahap**

Universitas Haji Sumatera Utara, Jl. Samanhudi No. 292, Binjai Estate, Kecamatan Binjai Selatan, Kota Binjai, Provinsi Sumatera Utara, 20727

---

## ARTICLE INFO

### Keywords:

Health Counseling, Knowledge of Developmental Stimulation

---

## ABSTRACT

Developmental stimulation is needed by children. The delay in child development can also be caused by the lack of stimulation received by the child, both by caregivers and parents, the purpose of this study was to determine whether to determine the Effect of Health Counseling on Mother's Knowledge About Stimulation of Development of Toddlers Aged 3-5 Years in the Village Jati Mulya Perbaungan in 2021. This study uses this type of research. The population in this study are all mothers who have toddlers aged 3 to 5 years in Jati Mulyo Village, Dusun 3, Pegajahan District, Serdang Bedagai Regency. Data analysis used Wilcoxon test 95%. The results of this study showed that there was an effect of health counseling on mother's knowledge about stimulation of the development of toddlers aged 3-5 years in Jati Mulya Perbaungan Village in 2021, with a p value  $(0.000) < (0.05)$ . The conclusion is that it can be concluded that these results prove that health counseling can have a positive influence on increasing mother's knowledge about stimulating the development of toddlers aged 3-5 years in Jati Mulya Perbaungan Village in 2021. It is recommended that health workers can increase public knowledge by holding counseling once a month about stimulating the development of children aged 3-5 years using the lecture, discussion and demonstration method with leaflets and stimulation tools or children's toys.

---

### E-mail:

*purnamaandayani@gmail.com,*  
*kikiharahap91@gmail.com)*

Copyright © 2022 Science Midwifery.

---

## 1. Introduction

An important period in growth and development is at the age of under five years (toddlers). According to the Ministry of Health in 2017, the toddler period is a critical period of growth and development, because it is a fundamental thing that will influence and determine further growth and development. Therefore, growth and development in toddlerhood must be optimal. Growth and development actually includes 2 events that are different in nature, but interrelated and difficult to separate from one another (Saleh, 2018).

The number of children under five in Indonesia is about 10% of the total population. So as a candidate for the next generation of the nation, the quality of growth and development of toddlers in Indonesia needs serious attention. Comprehensive and quality guidance on child growth and development which is carried out through stimulation activities, early detection and intervention of deviations in growth and development of toddlers is carried out at critical times (Ministry of Health, 2016)

The quality of today's children is a determinant of the quality of human resources (HR) in the future, therefore human development in the future must begin with the development of children in the present. This is a very important step to prepare quality human resources in the future, in other words, children need to be prepared so that children can grow and develop optimally according to their abilities (Narendra, 2016).

Growth and development is said to be delayed if a child does not reach the expected growth and development stage at the appropriate age, with lagging behind in the normal population. The prevalence of delay in a population varies greatly, a study conducted by Dudley noted that 3.3%-17% of children experienced delays (Kusuma, 2016)

There are four risk factors that affect the development of children in developing countries, namely severe chronic malnutrition, inadequate early stimulation, iodine deficiency and iron deficiency anemia. One of the most important risk factors associated with mother-child interaction is early stimulation. Early stimulation is a series of activities that aim to provide early experience to children through various activities that stimulate the formation of basic developmental abilities so that children's growth and development becomes optimal (Christi, 2016).

Stimulus factors become very important to optimize child development. Parents can provide stimulation since the baby is still in the womb, at birth until he grows up. Of course with different intensity and form of stimulation at each stage of development. However, this is still little understood by the community, both parents, cadres and child observers (Kurniasih, 2018). The positive attitude of parents in stimulating children's development plays a big role. Several factors that can influence parents' attitudes include knowledge, personal experience, culture, other people, mass media, religious institutions or institutions and the emotions that exist in the individual himself (Sunaryo, 2017).

Mother as the closest caregiver of a child must know more about the child's growth and development process and the factors that influence that process. Mother's understanding, awareness and ability in handling is a determining factor in the formation of the quality of the child. The role of the family, especially the mother in raising children, is very important in determining the growth and development of children. In order for parents to be able to carry out their functions properly, parents need to understand the level of child development, assess the growth or development of children and have a strong motivation to advance the growth and development of children (Sunaryo, 2016).

Efforts made by the government to increase mother's knowledge about stimulation are health counseling. Health education is oriented to the expected behavior change, namely healthy behavior. Notoatmodjo (2017) emphasized that the role of health education is to intervene in individual behavioral factors so that the behavior of individuals, groups or communities is up to health values.

In Gunung Mas Village, there are 4 Posyandu whose activities are carried out once a month. Namely posyandu Sakura, Flamboyan, Pancurmas and Sri Rezeki. Posyandu activities are only focused on weighing. So far, there has never been any outreach activity from the local health center about growth and development. The reason the researchers took the sakura posyandu was because the number of toddlers at the posyandu was the highest compared to other posyandu and the age of 3-5 years was taken because preschool-aged children are prone to suffer from minor brain functions, including disorders of fine motor development, experiencing disorders in the form of easy anxiety, emotional and behavioral disorders

## 2. Method

The type of research used in this research is a type of pre-experimental design research, which is a research that carries out activities because this is not yet a real experiment, because there are still external variables that also influence the formation of the dependent variable, not solely influenced by the independent variable. This can happen, because there is no control variable, and the sample is not chosen randomly (Sugiyono, 2018). This study used a One Group pre-test and post-test design without a control group, the subject group was observed before the intervention, then observed again after the intervention. One group before being given a certain treatment was given a pretest, then after being given treatment, another measurement was taken to determine the cause and effect of the treatment. Cause and effect testing is done by comparing the results of the pretest with the posttest

The population in this study were all mothers who had toddlers aged 3 to 5 years in the village of Jati Mulyo, Dusun 3, Pegajahan sub-district, Serdang Bedagai Regency in 2021, as many as 32 people. In accordance with the data obtained from the kelurahan that the number of toddlers aged 3 to 5 years in the village of Jati Mulyo, hamlet 3, Pegajahan sub-district, Serdang Bedagai district, the total sampling technique is that all toddlers are the sample in the study.

Univariate analysis was used to obtain a description of the identity of the respondents including: age, education, occupation, Bivariate analysis was used to determine the effect of each independent variable on the dependent variable. Wilcoxon test is used to see the effect between two variables with a 95% confidence degree.

### 3. Analysis And Results

TABEL 1  
UNIVARIATE ANALYSIS  
MOTHER'S KNOWLEDGE ABOUT STIMULATION OF DEVELOPMENT OF TODDLERS AGES 3-5 YEARS BEFORE HEALTH COUNSELING IN JATI MULYA PERBAUNGAN VILLAGE IN 2021

Mother's Knowledge About Stimulation of Toddler Development Age 3-5 Year (Pre)	Frekuensi	%
Well	3	9,4
Enough	13	40,6
Not enough	16	50,0
Total	32	100

Based on the results of the study, the mother's knowledge about the stimulation of the development of toddlers aged 3-5 years before health counseling the majority had less knowledge, namely as many as 16 respondents (50.0%)

According to extension researchers, it is known that the learning outcomes before being given health counseling on average have less knowledge about stimulating the development of toddlers aged 3 to 5 years. This result can be influenced by other factors that cause the mother's lack of knowledge about developmental stimulation in children such as low education and lack of information. In addition, the desire of mothers to seek information about the stimulation of the development of toddlers aged 3-5 years is still relatively low. This is due to the lack of awareness of mothers about the development of their toddlers and still considers that information or knowledge about stimulation of toddler development is not too important to know.

TABEL 2  
ANALISIS UNIVARIAT  
MOTHER'S KNOWLEDGE ABOUT STIMULATION OF DEVELOPMENT OF TODDLERS 3-5 YEARS OLD AFTER HEALTH COUNSELING IN JATI MULYA PERBAUNGAN VILLAGE IN 2021

Mother's Knowledge About Toddler Development Stimulation 3-5 Years Old (Post)	Frekuensi	%
Well	15	46,9
enough	12	37,5
Not enough	5	15,6
Total	32	100

Based on the results of the post-test research, it showed that the mother's knowledge about the stimulation of the development of toddlers aged 3-5 years after health counseling the majority had good knowledge as many as 15 respondents (46.9%).

According to the researcher's opinion, it is known that mother's knowledge about stimulation of the development of toddlers aged 3-5 years has increased after being given health education. The role of a mother is very large in child care and in providing stimulation to children. Therefore, good knowledge about the provision of stimulation is needed so that children's development can develop optimally. Health education is one of the efforts that can increase mother's knowledge about developmental stimulation in children aged 3-5 years

TABEL 3  
ANALISIS BIVARIATE  
THE EFFECT OF HEALTH COUNSELING ON MOTHER'S KNOWLEDGE ABOUT STIMULATION OF DEVELOPMENT OF TODDLERS AGED 3-5 YEARS IN JATI MULYA PERBAUNGAN VILLAGE IN 2021

Mother's Knowledge	Health Counseling		Ranking Change	Value
	Pre	Post		
Well	F 3	F 11	Rangking Positif	F 0
Enough	13	17	Rangking Negatif	20 0,000*
Not enough	16	4	Ties	12

Based on the analysis of the research data, it shows the mother's knowledge about the stimulation of the development of toddlers aged 3-5 years before and after being given health education. Mother's knowledge about stimulation of the development of toddlers aged 3-5 years before being given health counseling as many as 16 respondents was in the less category and after being given health education it was reduced to 4 respondents.

According to researchers, health education is one of the efforts that can increase mother's knowledge about developmental stimulation in children. To find out changes in the mother's knowledge about the development of stimulation, a pretest and post-test were carried out. This is in accordance with Puspitasari's research (2017), that health education can change mother's knowledge. Mothers who were respondents in this study became aware of the stimulation of gross motor development of children aged 3-5 years and became willing and able to stimulate gross motor development in accordance with the recommendations given.

#### 4. Conclusion

Mother's knowledge about stimulation of the development of toddlers aged 3-5 years before health counseling had less knowledge, namely as many as 16 respondents, after counseling had sufficient knowledge as many as 17 respondents with a value of  $p(0.000) < (0.05)$

#### References

- A.I., Novaria. 2018. *Cara Pintar mendampingi Anak*. Jakarta: Tugu.
- Adriana, D. 2016. *Tumbuh Kembang dan Terapi Bermain Pada Anak*. Jakarta: Salemba Medika
- Alimul, Aziz. 2016. *Metode Penelitian kebidanan dan Teknik Analisis Data*. Jakarta: Salemba Medika.
- Arikunto, S. 2016. *Prosedur Penelitian Suatu Pendekatan Praktik*. Jakarta Buku Ajar Keperawatan Pediatrik. Jakarta: EGC
- Dep Kes Ri. 2018. *Pedoman Pelaksanaan Stimulasi, Deteksi dan intervensi Dini Tumbuh Kembang Anak ditingkat Pelayanan Kesehatan Dasar*. Jakarta: Depkes RI.
- Depkes RI. 2018. *Buku Kesehatan Ibu dan Anak*. Jakarta: Depkes RI
- Hurlock, E.B.2016. *Perkembangan Anak*. Jakarta: Erlangga
- Iqbal, Wahit. 2016. *Promosi Kesehatan Untuk Kebidanan*. Jakarta: Salemba Medika
- Maryunani, Anik. 2016. *Ilmu Kesehatan Anak dalam Kebidanan*. Jakarta: TIM. Maternity,
- Dianty. 2016. *Panduan Penulisan Tugas Akhir Kebidanan*. Universitas Malahayati
- Notoarmodjo, Soekidjo. 2016. *PendidikandanPerilaku Kesehatan*. Jakarta: Rineka Cipta.
- Notoatmodjo, S. 2016. *Metodologi Penelitian Kesehatan*. Jakarta: Rineka Cipta
- Notoatmodjo, Soekidjo. 2017. *Promosi kesehatan dan ilmu perilaku*. Jakarta: Rineka Cipta.
- Patmonodewo, S. 2016. *Pendidikan Anak Usia Prasekolah*. Jakarta: PT Rineka. Rini N. S. 2009. *Hubungan Perkembangan Motorik Kasar dan Motorik Halus Anak Usia 4 -5 Tahun di Tk Aisyiyah Bustanul Athfal 7 Semarang*.
- Rukiyah, Yeyeh (2016) *Asuhan Neonatus, Bayi dan Balita*. Jakarta: TIM
- Santrock, J. W. (2017). *Perkembangan Anak. Edisi 11*. Jakarta: Erlangga