

## Pengaruh Olahraga Bayi untuk Perkembangan Motorik Kasar dan Motorik Halus di Kelurahan Mataram Timur Kecamatan Mataram Kota Mataram

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20406217&lokasi=lokal>

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### Abstrak

Research's aim is to know the influence of baby gym to the development of gross motorik and soft motorik in baby's age 4-12 months, in Kelurahan Mataram Timur, the reason is there is no research before. The research is by using quasi experimental approach with "Pretest-Post test with Control Group Design". Target population of health babies on 4-12 months that fill the criteria inclusion and record in 5 posyandu. The result of selection from 162 babies, 38 respondents which is divided into 19 babies group of treatment and 19 babies group control. Collecting independent data by plan observation with checklist, and dependent data observation by DDST. Analysis that used is t-test in sample and one sample test in free with level  $P < 0.05$ . The research are 19 babies intervention group and 19 babies control group, there is influence of baby gym and development of gross motorik baby who exercise and do not exercise with t-test. The result test  $P = 0.000$ . There is influence in development of soft motorik baby who exercise and do not exercise with t-test. The result test  $P = 0.001$ . There is difference between development of gross motorik and soft motorik in post intervention group and control group with the value of  $P = 0.000$  which is meaningful. From this research we hope for all of official medic can give socialization about healthy gym for all mothers who have many include nursing student