

## Korelasi stimulasi dengan fungsi kognitif anak prasekolah perawakan pendek dan normal di Jakarta = Correlation of stimulation with cognitive function of preschool children with normal and short stature in Jakarta

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### Abstrak

Latar belakang: Banyak faktor yang memengaruhi stimulasi dan salah satunya adalah stimulasi. Fungsi kognitif berhubungan dengan stimulasi yang diberikan oleh orangtua atau pengasuh.

Tujuan: Menilai hubungan stimulasi dengan fungsi kognitif anak perawakan pendek dan normal usia prasekolah

Metode: Studi cross sectional yang dilakukan di empat kelurahan di Jakarta dengan metode pengambilan sampel secara consecutive sampling. Kriteria inklusi adalah anak usia prasekolah dari penelitian pada perawakan pendek sebelumnya dengan orangtua atau pengasuh. Penilaian stimulasi menggunakan kuesioner versi Bahasa Indonesia dan fungsi kognitif dengan the Wechsler Preschool and Primary Scale of Intelligence (WPPSI) versi Bahasa Indonesia yang dinilai oleh Psikolog. Analisis data dengan uji korelasi Pearson dan Kai kuadrat, hasil signifikan bila nilai  $p < 0,05$

Hasil: Subjek 62 anak yang terdiri dari 22 (35,5%) perawakan pendek dan 40 (64,5%) perawakan normal. Pada perawakan pendek didapatkan yang terbanyak stimulasi perkembangan kategori sedang (54,5%), proporsi IQ verbal dan total rata-rata (59,1% dan 50,0%), proporsi IQ performa di bawah rata-rata (45,5%). Hubungan stimulasi dengan fungsi kognitif IQ total pada anak perawakan normal ( $r=0,316$ ;  $p=0,047$ ). Perbedaan proporsi IQ verbal, IQ performa dan IQ total pada perawakan pendek dan normal ( $p=0,409$ ;  $p=0,119$ ;  $p=0,877$ ).

Simpulan: Terdapat hubungan bermakna antara stimulasi dengan fungsi kognitif. Tidak terdapat perbedaan proporsi penilaian kognitif dari rata-rata ke atas pada IQ verbal, IQ performa dan IQ total pada perawakan pendek dan normal. Hasil ini harus diinformasikan kepada orangtua atau pengasuh bahwa stimulasi memengaruhi fungsi kognitif dan harus dilakukan rutin setiap hari.

.....Background: Several factors influence cognitive function and stimulation is one of them. Cognitive function is related to stimulation given by parents or caregivers.

Aim: To assess correlation between stimulation with cognitive function of preschool children with normal and short stature.

Methods: A cross-sectional study with a consecutive sampling was done in four sub-districts in Jakarta. Inclusion criteria were preschool-age children from the previous research on short stature and their parents or caregivers. Stimulation assessment using an Indonesian questionnaire version. Verbal IQ (VIQ), performance IQ (PIQ), and full-scale IQ (FSIQ) were assessed with the Wechsler Preschool and Primary Scale of Intelligence (WPPSI) Indonesian version by Psychologist. Data were analyzed using Pearson correlation and Chi-square test with a statistically significant if p-value  $< 0.05$ .

Results: Subject of 62 children consist of 64.5% normal and 35.5% short stature. Most of short stature children obtained medium category stimulation (54.5%), an average VIQ and FSIQ proportion (59.1% and

50.0%, respectively), below the average PIQ proportion (45.5%). Correlation between stimulation with FSIQ ( $r= 0.316$ ;  $p\text{-value}= 0.047$ ) in normal stature. Verbal IQ, PIQ and FSIQ proportion difference from an average and above between normal and short stature children were  $p\text{-value}= 0.409$ ;  $p\text{-value}= 0.119$ ;  $p\text{-value}= 0.877$ , respectively.

Conclusion: There was a significant correlation between stimulation and cognitive function. Cognitive function from an average and above between normal and short stature is no proportion difference. This finding must be informed to the parents or caregivers that stimulation affects the cognitive function, and it must be done every day regularly.