

Pengaruh video stimulasi perkembangan untuk ibu terhadap tingkat perkembangan bayi usia 6-12 bulan yang dinilai dengan griffith-III = Effect of developmental stimulation videos for mothers on the level of development of infants aged 6-12 months as assessed by Griffith-III

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Abstrak

Stimulasi perkembangan yang dilakukan secara terarah pada usia dini meningkatkan kemampuan anak di semua ranah perkembangannya. Kualitas pengasuhan yang dilakukan oleh ibu dan lingkungan keluarga lain berperan dalam menentukan keberhasilan stimulasi. Metode edukasi yang lebih efektif dan informatif dibutuhkan untuk meningkatkan kualitas pengasuhan ibu. Video panduan stimulasi diperkirakan bisa menjadi sarana belajar yang baik.

Tujuan. Menilai kenaikan tingkat perkembangan (Developmental Quotient/DQ) bayi usia 6-12 bulan sesudah diberikan stimulasi oleh ibu dengan video panduan stimulasi dibandingkan dengan bayi yang dilakukan stimulasi mandiri oleh ibu berdasarkan buku KIA.

Metode. Penelitian uji acak terkendali terbuka (open randomized controlled trial) yang membandingkan kualitas pengasuhan dan tingkat perkembangan bayi usia 6-12 bulan sebelum dan sesudah pemberian video stimulasi perkembangan kepada ibu dibandingkan dengan stimulasi berdasarkan buku KIA. Penilaian kualitas pengasuhan menggunakan instrumen HOME Inventory dan tingkat perkembangan (DQ) menggunakan Griffith-III. Dinilai kualitas pengasuhan anak, DQ anak secara keseluruhan, perbandingan DQ sebelum dan sesudah perlakuan pada kedua kelompok, hubungan kualitas pengasuhan dan DQ, serta kenaikan DQ pada kedua kelompok.

Hasil. Skor HOME Inventory kategori baik (skor 27) pada kelompok perlakuan sebesar 84,09% dan 15,91% kurang baik (skor <27), sedangkan pada kelompok kontrol 53,45% kategori baik dan 46,55% kurang baik. Tingkat perkembangan anak dalam DQ mendapatkan 16,16% di bawah rerata (<90), 58,82% rata-rata (DQ 90-109), dan 23,23% di atas rerata (>110). Kenaikan DQ dari pretest ke post-test pada kelompok perlakuan sebesar 14,27+12,12 dibandingkan dengan 1,37+18,55 pada kelompok kontrol.

Simpulan. Stimulasi dengan panduan video meningkatkan DQ bayi usia 6-12 bulan lebih tinggi daripada stimulasi berdasarkan buku KIA.

.....Developmental stimulation at an early age improves children's abilities in all areas of development. The quality of care performed by the mother and other family plays a role in determining the success of stimulation. More effective and informative educational methods are needed to improve the quality of maternal care. Stimulation guide videos are expected to be a good learning tool for mothers and caregivers of the child.

Objective.

Assessing the increase in the level of development (Developmental Quotient/DQ) infants aged 6-12 months after being given stimulation by mothers who received stimulation guidance videos compared to babies who were self-stimulated by mothers based on the MCH Handbook.

Methods.

An open randomized controlled trial that compared the quality of care and development levels of infants

aged 6-12 months before and after treatment in the form of providing developmental stimulation videos to mothers compared to a control group that performed stimulation based on the MCH book. Assessment of the quality of care using the HOME Inventory instrument, and the level of development (DQ) using Griffith-III. Assessed the quality of childcare, DQ of children as a whole, comparison of DQ before and after treatment in the two groups, the relationship between the quality of care, and DQ and the increase in DQ in both groups.

Results.

HOME Inventory scores in the good category (score 27 and above) in the treatment group were 84.09% and 15.91% were not good (below 27), while in the control group 53.45% were in good categories and 46.55% were not good. The level of child development in the DQ was 16.16% below the average (<90), 58.82% on average (DQ 90-109) and 23.23% above the average (> 110). The increase in DQ from pretest to posttest in the treatment group was 14.27 + 12.12 compared to 5.02 + 18.55 in the control group.

Conclusions.

Video stimulation can increase the DQ value of infants aged 6-12 months more than self-stimulated method based on the MCH handbook.