



Description Of Mothers' Motivation In Developmental Stimulation Of Children Aged 1 - 3 Years Old In Sambungrejo Village, Sidoarjo

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ARTICLE INFORMATION

Received: April, 19, 2020
Revised: September, 30, 2020
Available online: February, 2021

KEYWORDS

simulation, development, child, mothers' motivation

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A B S T R A C T

Children will grow faster when their mother stimulate their development. But in fact, parents' awareness is still low due to parents' reluctance. They believe that stimulation is for children with developmental delay. This research aims to describe the mothers' motivation in the developmental stimulation of children aged 1-3 years old in Sambungrejo Village District Sidoarjo. This study used a descriptive design. The population was mothers with children age 1–3 years in Sambungrejo Village Sukodono Sidoarjo. There were 50 respondents with simple random sampling. The research variable was mothers' motivation in the developmental stimulation of children aged 1-3 years. The instrument utilized a questionnaire. The data analysis was frequency distribution. The results showed that 62,5% of respondents had low motivation, while 37,5% of respondents had a high motive to perform stimulation in developing children aged 1–3. The study concludes that most mothers have low motivation in developmental stimulation. Health workers should give health education about the developmental stimulation of children to mothers.

INTRODUCTION

Growth and development is a continuous process that occurs conceptionally and continues into adulthood. The development period of children aged 1-3 years is a golden age because children experience speedy development, including gross motor development, fine motor skills, speech, language, cognitive, and social. Therefore, the process of child development must receive maximum attention from parents. Parents should provide stimulation to their children so that children's development can run optimally. There are many things parents can do, one of which is to invite children to play in an atmosphere full of joy and love (Hidayat, Alimul, 2011). Playing activities and an atmosphere of love are essential to stimulate the entire sensory system, train fine and gross motor skills, communication skills, and feelings and thoughts about children.

Children who get a lot of stimulation will develop faster than children who don't get stimulated. The earlier and the longer the stimulus giving, the greater the benefits for infants and toddlers (Maryunani, 2010). But in fact, parents' awareness of stimulation is still low. This problem includes parents' reluctance to give their children a stimulus because they believe it is for children with delayed development. Even though children have normal development, children still need stimulation (Maryunani, 2010).

Statistics Indonesia (BPS) reported that in 2018 one in three (30.1%) Indonesians were children – 79.55 million Indonesians were children aged 0-17. Fast development occurred in the First 1,000 Day of Life (HPK), or the so-called golden period and critical period. This initial phase will determine the next development phase (Kementerian Pemberdayaan Lingkungan dan Perlindungan Anak dengan Badan Pusat Statistik, 2018).

According to WHO, in 2013, 8.1% of children under five had developmental disorders, and 1.92% of school-aged children had mental retardation. The Statistics Indonesia (BPS) projects that 32.24 percent or 83.4 million of Indonesia's population in 2016 were children aged 0-17. The children in Indonesia will not change significantly in the next few periods. According to the Ministry of Health of the Republic of Indonesia, 2014, 16% of Indonesian toddlers experienced developmental problems, fine and gross motor development, hearing loss, lack of intelligence, and speech delays. The coverage of under-five children services in East Java Province in 2016 reached 82.60%. Sixteen districts/cities did not get the specified target (83%). According to the East Java Provincial Minimum Service Standards, the coverage rate for early detection of children's growth and development under five in East Java in 2011 was 53.44%. This coverage figure was lower than the target for early detection of growth and development of children under five in East Java Province in 2010, namely 65% (Depkes, 2009).

A preliminary study was carried out in an integrated service post (Posyandu) Kontakrejo Village, Subdistrict Sidoarjo, in September 2019. From the results of interviews with cadres, there was counseling about stimulating child' development. However, providing stimulation to children was still very low, even though there was counseling. The authors did interviews with ten mothers – seven of ten mothers did not stimulate their children. Of seven children who get stimulation, three of them had gross motor delays. Mothers reported that their children could not walk at aged more than 18 months. Two of three mothers did not perform stimulation because they were working mothers – grandmothers were caregivers – and gadgets' influence at home. One mother believed that her child would develop independently, so there was no need for stimulation.

Meanwhile, four of seven unstimulated children experienced speech delays. Mothers stated that their children could not say "mama" and "papa" at 18 months. Of four children who experienced speech delays, the mother did not stimulate her child because she felt that her child would develop independently, so there was no need for stimulation.

All mothers should stimulate their children with or without developmental delays. The mothers – especially mothers who are working moms and entrust their children to grandmothers – feel that their children will develop independently. There is a low motivation for stimulating children.

The low motivation of mothers to stimulate child development is one of the causes of the high rate of developmental disorders and children being easily stressed and depressed. Children cannot expand

socialization, understand their abilities and weaknesses. Stimulation is a behavior in health. Factors that influence health behavior include internal factors – motivation, positive reinforcement, the strength of action, race, gender, physical characteristics, personality, intelligence, talents – and external factors. External factors consist of predisposing factors (knowledge), enabling factors (facilities and infrastructure), reinforcing factors (attitudes and behavior of health workers and community leaders) (Notoatmodjo, 2010).

The efforts of cadres and health workers in toddlers' development, especially midwives, play an essential role in increasing public awareness in stimulating child development. There was a problem in motivational factors, especially in mothers with children aged 1 - 3 years in Kontakrejo, Sub-district Sukodono District Sidoarjo.

METHOD

The study was a descriptive observational with 50 respondents by simple random sampling. Respondents were mothers who had children aged 1-3 years old with inclusion criteria in the village of Kontakrejo, Sub-district Sukodono District Sidoarjo. The variable was mothers' motivation in developmental stimulating. Data collection utilized a questionnaire.

RESULTS

Table 1 Percent distribution of respondents by maternal age, Sidoarjo 2019

Maternal Age (Years)	Freq	Percentage (%)
21-25	8	33.3
26-35	11	45.9
36-45	3	12.5
46-55	2	8.3
Total	24	100

Table 1 shows that almost half (45.9%) of respondents are aged 26-35 years or early adulthood, and a half (50%) of the respondents have a basic education level (SD-SMP).

Table 2 Percent distribution of respondents by the employment, Sidoarjo 2019

Employment	Frequency	Percentage (%)
Not working	18	75
Working	6	25
total	24	100

Table 2 explains that most of the respondents (75 %) do not work

Table 3 Percent distribution of respondents by parity, Sidoarjo 2019

Parity	Frequency	Percentage (%)
Primipara	12	50
Multipara	7	29
Grande multiparous	5	21
total	24	100

Table 3 narrates that half (50%) of the respondents are primiparous.

Table 4 Description of mothers' motivation in developmental stimulating, Sidoarjo 2019

Motivation	Frequency	Percentage (%)
Low	15	62.5
High	9	37.5
total	24	100

Most of the respondents (62.5%) had a low motivation in developmental stimulating among children aged 1 - 3 years (table 4).

DISCUSSION

Most of the respondents (62.5%) had a low motivation in developmental stimulating among children aged 1 - 3 years. Respondents said that focus on stimulation is for children with developmental delay. According to Maslow's theory cited by (Saam, Z. Wahyuni, 2012) motivation is a change in energy in a person marked by the emergence of feelings and a positive response to a goal. In the present era, many mothers do not pay much attention to the development of their children. Most of the mothers are career women, so there is a reduction in monitoring children.

Based on the results of the study, half of the respondents (50%) were primigravidas. A mother's previous experiences influence her knowledge. A mother who does not have a child has less experience than a mother who has children. They do not have expertise in stimulating child development. With this inexperience, it can be the reason for less motivation in seeking information. (Notoatmodjo, 2010) states that experience is a source of knowledge to obtain knowledge's truth based on personal experience.

Based on the research results, 75% of respondents were housewives (IRT). A mother who works in a domestic area has more time to socialize with neighbors than a working mother. Individuals will adopt innovations from their surroundings rather than their perceptions and opinions.

Most mothers in this study only had a basic level of education. Half of them (50%) had Primary School and Junior High School educational level. The lower a person's education, the more difficult it is to understand health workers' information, affecting the mother's awareness to stimulate child development. Education can influence a person in motivation, attitudes, and attention to participate in health development. The lower one's education, the less information they have (Nursalam, 2012).

Most mothers had lacked the awareness to stimulate children's development. Based on the research results, 45.9% of respondents were 26-35 years old on average or in the early adulthood stage. They believed that their children would develop on their own, so that stimulation was not necessary. An individual has more mature thinking in the early adulthood stage, faster capturing the information, memory, and concentration – especially in health information. There is an opinion by Fekhlman (2011) that is different from this study's result. He believes that personality is relatively stable in the early adult

stage, but life stages and events can influence personality changes. In the early adult stage, cognitive development is better at decision making and adjusting to new experiences.

CONCLUSIONS

Most mothers do not stimulate the development of children aged 1-3 years. They have low motivation in developmental stimulation in Kontakrejo, District Sidoarjo in 2019. The authors suggest that health workers should give health education about the developmental stimulation of children to mothers.

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