

POLITEKNIK KESEHATAN KEMENKES TANJUNGPINANG
JURUSAN KEBIDANAN
Skripsi, Mei 2025

Yulyana

Gambaran Pengetahuan Ibu tentang Stimulasi Tumbuh Kembang Anak Usia 3-4 Tahun di Wilayah Kerja Puskesmas Bengkunt Belimbing Pesisir Barat
xvi + 59 Halaman, 4 tabel, 2 gambar, dan 8 lampiran

ABSTRAK

Orang tua sangat berperan penting dalam proses pertumbuhan dan perkembangan anak, serta memberikan stimulus untuk membantu proses penyempurnaan jaringan saraf anak. Berdasarkan studi pendahuluan di Puskesmas Bengkunt Belimbing Pesisir Barat hasil wawancara informal pada 10 ibu balita didapatkan 6 diantaranya belum mengetahui cara memberikan stimulasi pada anak.

Penelitian ini bertujuan untuk mengetahui gambaran pengetahuan ibu tentang stimulasi tumbuh kembang anak usia 3-4 tahun di wilayah kerja Puskesmas Bengkunt Belimbing Pesisir Barat.

Metode penelitian ini merupakan penelitian deskripsi kuantitatif. Populasi penelitian ibu yang memiliki anak usia 36-48 bulan yang melakukan kunjungan ke Posyandu sebanyak 74 orang dengan teknik *total sampling*. Variabel yang diteliti pengetahuan ibu tentang stimulasi tumbuh kembang anak usia 3-4 tahun. Teknik pengambilan data menggunakan kuesioner. Analisis data yang digunakan analisis univariat.

Hasil penelitian menunjukkan hampir seluruh berumur 20-35 tahun (79,7%), hampir setengahnya dengan pendidikan SMA (45,9%), sebagian besar dengan usia anak ≥ 42 bulan (58,1%), dan sebagian besar dengan jenis kelamin anak perempuan (73,0%), dan sebagian besar responden 66,2% dengan pengetahuan baik tentang tumbuh kembang anak usia 3-4 tahun.

Kesimpulan sebagian besar ibu memiliki pengetahuan tentang stimulasi dalam kategori baik. Ibu disarankan untuk membaca buku, artikel, atau sumber terpercaya seputar perkembangan anak, mengikuti akun edukatif atau komunitas parenting di media sosial yang dikelola oleh ahli (psikolog, dokter anak, bidan, guru PAUD), menghadiri penyuluhan atau kelas ibu balita yang biasanya diselenggarakan di posyandu atau puskesmas dan konsultasi dengan petugas kesehatan mengenai perkembangan anak dan cara menstimulasi sesuai usia.

Kata Kunci : Pengetahuan, Stimulasi Tumbuh Kembang, Anak 3-4 Tahun.

Daftar bacaan : 50 (2019-2024)

**TANJUNGPURBA MINISTRY OF HEALTH POLYTECHNIC
MIDWIFERY DEPARTMENT**

Skripsi, May 2025

Yulyana

Overview of Mothers' Knowledge about Stimulation of Growth and Development of Children Aged 3-4 Years in the Work Area of Bengkunt Belimbing Health Center, West Coast

xvi + 59 pages, 4 tables, 2 figures, and 8 attachments

ABSTRACT

Parents play a very important role in the process of growth and development of children, as well as providing stimulus to help the process of refinement of children's neural networks. Based on preliminary studies at the Puskesmas Bengkunt Belimbing Pesisir Barat the results of informal interviews with 10 mothers of toddlers obtained 6 of them do not know how to provide stimulation to children.

This study aims to determine the description of maternal knowledge about stimulation of growth and development of children aged 3-4 years in the working area of the Puskesmas Bengkunt Belimbing Pesisir Barat.

This research method is a quantitative description research. The study population of mothers who have children aged 36-48 months who make visits to Posyandu as many as 74 people with total sampling technique. Variable studied knowledge of mothers about stimulation of growth and development of children aged 3-4 years. Data collection techniques using questionnaires. Data analysis was used univariate analysis.

The results showed that almost all were 20-35 years old (79.7%), almost half with high school education (45.9%), most with the age of children \geq 42 months (58.1%), and most with the sex of girls (73.0%), and most respondents 66.2% with good knowledge about the growth and development of children aged 3-4 years.

Conclusion Most mothers have knowledge about stimulation in the good category. Mothers are advised to read books, articles, or trusted sources about child development, follow educational accounts or parenting communities on social media managed by experts (psychologists, pediatricians, midwives, PAUD teachers), attend counseling or toddler mother classes which are usually held at posyandu or puskesmas and consult with health workers regarding child development and how to stimulate according to age.

Keywords: *Knowledge, Growth and Development Stimulation, Children 3-4 Years.*

Reading list: *50 (2019-2024)*