

ENHANCING MOTHERS' COMPETENCE IN STIMULATING CHILDREN'S MOTOR DEVELOPMENT THROUGH THE GREAT PARENTS SCHOOL PROGRAM

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ABSTRACT

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Background: The development of Indonesian Human Resources (HR) needs to be carried out in a planned and sustainable manner. The period of five years and under is the golden age for children's intelligence. At the age of 4 years, a child's intelligence capacity has reached 50%, this shows the importance of providing stimulation to early childhood. One important aspect of the process of child development at preschool age is motor development, because motor development is the child's intelligence and social emotions. The purpose of this community service is to improve the knowledge and skills of parents in training gross and fine motor skills to children. Mothers of toddlers are able to stimulate the development of gross and fine motor skills. **The method** in this community service is to use counseling with active lectures, practice of detecting children's motor development and evaluation using questionnaires. The number of participants was 20 mothers of toddlers. Participants are the total who participated in the great school class program. The inclusion criteria were mothers of toddlers whose children were in the stunting and wasting categories. The questionnaire has gone through reliability and validity checks. The media used were power point, child development cards (KKA). **Results** of community service There is an increase in the knowledge of mothers of toddlers, namely from 15% to 55% in the good knowledge category. and the mother's skills can be seen from the mother being able to train gross and fine movements to children by filling in the child's development card.

1. INTRODUCTION

The development of Indonesian Human Resources (HR) needs to be carried out in a planned and sustainable manner. The period of five years and under is the golden age for children's intelligence. At the age of 4 years, children's intelligence capacity has reached 50%, this shows that importance of providing stimulation to early childhood, because it is a foundation that greatly determines the child's further development.¹

Every child has a different level of motor development. Children's motor development has an important role in their lives.² One important aspect of the child's development process at preschool age is motor development, because motor development is the child's intelligence and social emotions.³

Gross motor skills are a child's ability to move and posture by involving large muscles such as the arms, legs and neck.⁴ Fine motor skills are movements that involve finer movements carried out by small muscles. The development of fine motor skills aims to improve children's fine motor skills that involve the movement of both hands. Physical motor skills are one of the important aspects in early childhood development, and are even said to be the first benchmark for seeing good growth and development at an early age.⁵

Early childhood developmental delays are known to be high in all countries, this condition occurs more often than other chronic conditions that cause major morbidity throughout life. Motoric delays can cause children to feel inferior, jealous of other children, disappointment with

parental attitudes, social rejection, dependence and shame.⁶ In Rukhaniyah's research on the description of mothers' knowledge about development, the results showed that mothers' knowledge was good in terms of language and social aspects, while knowledge was lacking in terms of gross and fine motor aspects.⁷ The results of other studies also show that The level of knowledge of mothers about stimulation stimulation with gross motor development of children aged 3-5 years is mostly in the poor category. Motor development in children aged 3-5 years is mostly not according to the stage of development.⁸

As parents, it is necessary to pay attention to stimuli for child development as early as possible, because it can help maximize children's growth and development according to their age.² Bina Keluarga Balita (BKB) is a counseling service for parents and other family members in caring for and fostering the growth and development of toddlers through stimulation/stimulation both physically, mentally, socially, emotionally and intellectually, emotionally, spiritually, socially and morally to create quality human resources.¹ The great parents school event is an implementation of BKB. Jabon Village has been implementing this great parent school for the past year very well. The results of the Jabon Village Survey through interviews with village cadre mothers found that there were stunting and wasting toddlers in their village, so far the great parent school activities have been carried out to provide knowledge to toddler mothers but it is still only theoretical, practice is needed. There are toddler mothers who say they are bored if the method is only theoretical and one-way, that is why our community service team wants to increase knowledge by using other methods.

The purpose of this community service is to improve the knowledge and skills of parents in training gross and fine motor skills to children so that in the future children can be more skilled and precise in using their fingers when doing practical things in everyday life, school such as writing, painting and others.

2. METODE

The implementation of community service goes through several stages, these stages include the following:

1. The preparation stage, in which this stage is to conduct a needs survey and identify the target group, namely mothers of 20 toddlers, preparation of counseling materials, lecture methods, practices and the media used are power points and development detection books and knowledge questionnaires.
2. Implementation stage. Held on Wednesday, August 7, 2024 at 08.00 until finished in Jabon Village, Banyakan District, Kediri Regency. Lecture, quiz and practice methods.
3. Evaluation stage. Evaluation of the implementation process, as well as evaluation of knowledge by administering pre-test and post-test questionnaires. Practice of filling out the KKA, Child Development Card.

The number of participants in the implementation of this Community Service is 20 mothers of toddlers. This healthy school program is intended for toddlers with stunting or wasting so that all the total in this village are taken to be participants. The inclusion criteria in this Community Service are mothers of toddlers whose children are categorized as stunting or wasting. The exclusion criteria are mothers of toddlers who are unwilling and not present during the implementation. The knowledge questionnaire has been checked for validity and reliability. While the evaluation tool for skills uses an observation sheet.

3. RESULTS AND DISCUSSION

RESULTS

Community Service has been carried out in Jabon Village, Banyakan District, Kediri Regency on Wednesday, August 7, 2024 smoothly. The results of the Community Service are as follows: the target according to the plan is 20 mothers of toddlers and all of

them are present to take part in this activity. The implementation of this service was followed by mothers until it was finished and the mothers

were very active as evidenced by the many questions and sharing with other mothers.

The following are the Results of the Questionnaire given to mothers of toddlers before the counseling was carried out

Table 1 Knowledge of mothers of toddlers about gross motor skills and fine motor skills before being given counseling

No .	Knowledg e Category	Frequenc y (n)	Percentag e (%)
1.	Good	3	15
2.	Enough	7	35
3.	Not Enough	10	50
Total		20	100

Source: primary data

Most of the knowledge of mothers of toddlers about gross motor skills and fine motor skills is in the poor category, namely 10 mothers (50%)

Table 2 Knowledge of mothers of toddlers about gross motor skills and fine motor skills after being given counseling

No .	Knowledg e Category	Frequenc y (n)	Percentag e (%)
1.	Good	11	55
2.	Enough	8	40
3.	Not Enough	1	5
Total		20	100

Source: primary data

Most of the knowledge of mothers of toddlers about gross and fine motor skills is in the good category, namely 11 mothers (55%).



Figure 1. Fine Motor and Gross Motor Education at the Great Parents School Event



Figure 2. Fine and Gross Motor Detection Practices according to the age of the mother's child.

The implementation to determine the skills of mothers of toddlers is through direct practice by filling in the KKA (Child Development Card) detection. Mothers of toddlers are able to fill in the child development card according to their child's age.

According to the Community Service implementation team, there has been an increase in knowledge. Before this counseling was carried out, the knowledge category was good at 15%, but now it has increased to good knowledge at 55%.

Mother's knowledge greatly influences the development of children's motor skills, this is in accordance with the results of the study (Diana Wulan. 2019).⁹ Motor development is greatly influenced by the role of parents in educating and caring for their children. Democratic parenting can provide stimuli that can be well received by children. Mothers who have sufficient knowledge and skills in providing

stimulation to their children, so that the development of children's motor skills will be more optimal.

DISCUSSION

The mothers of toddlers who attended were 20 mothers of toddlers, where these mothers of toddlers are members of the great parent school class in Jabon Village, Banyakan District, Kediri Regency. The great parent school is an implementation of the BKB for toddler family development, the current material provided is about the development of fine and gross motor skills of toddlers. Which aims to improve the knowledge and skills of mothers of toddlers and can prevent delays in motor development in children, from the results of the counseling, an increase in the knowledge of mothers was obtained, which was initially 50% in the sufficient category to 55% in the good knowledge category.

The knowledge and skills of parents and families will have a positive impact on children's growth and development. From the results of community service carried out by Manggul et al. (2023)¹⁰ entitled parental assistance in psychosocial stimulation of gross motor and fine motor development in stunted toddlers in Lentang Village, Lelak District, Manggarai Regency, it was found that there was an increase in the knowledge and skills of parents and families in providing psychosocial stimulation as an effort to reduce the risk of stunting, as evidenced by the results of the post-test which were dominated by good knowledge.¹¹ there was a change in the level of community knowledge regarding gross motor stimulation in children aged 12-24 months after gross motor stimulation education was carried out on mothers. There was an increase in maternal knowledge of 35.85% after being given socialization of maternal knowledge about sensory and motor development in early childhood.¹² This is in accordance with Afwani research that there is a significant influence between maternal knowledge and motor development in children.¹³

There was an increase in knowledge after being given counseling, namely 76.7% had good knowledge. Mothers' knowledge is not absolutely obtained from formal education alone, but can be obtained through non-formal education.¹⁴ The author can argue that education has an effect on changing knowledge and is expected to change individual behavior.

Mother's skills in stimulating gross and fine motor skills in children are carried out through direct practice by filling in the KKA (Child Development Card) detection. Mothers of toddlers are able to fill in the child development card according to their child's age. Here, mothers are taught how to find out their child's gross and fine motor development through the Child Development Card.

The role of a mother is very important, because the mother is the main and first educator for children from birth to adulthood, the role of parents in improving the development of early childhood, in the growth of children, parents greatly influence the growth and development of children.¹⁵ An example of improving fine motor skills in early childhood can be done by making collage technique paintings. Fine motor skills increase as indicated by children's skills in drawing patterns, cutting leaves and paper, coloring sea sand, sticking various objects so that they become good and beautiful collage technique paintings. Fine motor skills must be developed by providing positive responses to early childhood children.¹⁶ Various play activities to improve the physical motor skills of early childhood are moving small balls.

Child development will be optimal if interactions are attempted according to the child's needs at various stages of development, even since the baby is still in the womb. So that parental knowledge about the stages of child development is needed to provide a response to every child's needs, make it easier to train children's independence, and be able to identify inconsistencies in the fall period. Parents have an important role in the stages of child growth and development, especially at

toddler age because it determines the next stage of basic abilities.¹⁷

This is also in line with research by Harahap, N. (2018)¹⁵ The conclusion in his research is that there is a significant relationship between the role of parents in stimulating fine motor development at the age of 4-5 years in Pante Raya Village, Wih Pesam District, Bener Meriah Regency.¹⁵ Parenting activities that have been carried out are useful for increasing parents' insight into activities that parents can do to stimulate children's motor skills. The importance of growing and creating children's creativity so that motor skills can develop, not to forget to also support it, stimulation is needed from the fulfillment of nutrition and providing activities that can trigger gross motor development nerves such as painting, coloring, scribbling on paper, stepping activities, walking, running and so on.²

There are other factors that can support the development of children's motor skills according to other researchers, namely From the Results of Astuti Eny's Research⁷, it was concluded that there was a significant relationship between nutritional factors, stimulation and environmental factors. This counseling aims to provide knowledge to mothers on how to stimulate child development so that with good knowledge, it can provide provisions for mothers to carry out or be skilled in monitoring their child's development, especially gross and fine motor skills in children.

The counseling activities carried out by other teams also concluded that counseling in the form of education related to gross and fine motor skills in stunting sufferers had a good impact on increasing mothers' knowledge of stunting and how to prevent it by providing exclusive breastfeeding to babies, providing complementary MP-ASI, providing gross and fine motor stimulation for signs and symptoms of stunting.¹⁸

There are other factors that can support children's motor development according to other researchers, namely from the results of. Economic level affects fine motor development in children, parents who

have a high economic level can provide a balanced nutritious food intake and are able to buy tools that can stimulate their child's development. It was also concluded that there is a relationship between parental education and children's fine motor development because education affects the knowledge and attitudes of parents, especially mothers, so that parents will improve their children's abilities in the development of fine motor skills that children will experience.

The results of other studies also show that there is a relationship between the mother's level of knowledge about stimulation and the development of children aged 3-5 years⁸

Children raised by low-educated parents are three times more at risk of experiencing delayed motor development. Parents have an important role to stimulate the potential of their children. Parenting tasks are generally assigned to mothers based on their knowledge. If the mother has high knowledge, she will be more active in seeking information to improve her childcare skills.⁷ The implementation of Community Service is an effort to increase mothers' knowledge outside of formal education. Other factors that may affect the implementation of this activity are the presence of toddlers who are fussy during the implementation so that the mother is less focused. Another possible factor is the duration of the question and answer session which is still lacking and the evaluation of the implementing team which is only 1 week after the counseling activity should be able to be evaluated again periodically.

The recommendation in this community service is to synergize with the posyandu schedule and continuous monitoring is needed by cadres by looking at the toddler growth and development cards. Motivating mothers to attend classes related to child health such as toddler classes or toddler family development diligently.

4. CONCLUSION

The conclusion of this community service is that the mother's knowledge

increased before good knowledge by 15% after the implementation of good category knowledge counseling by 55%. Skills increased as evidenced by the mother being seen in training gross and fine movements to children by filling in the child's development card where previously they had not been able to do it at all.

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