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## **Relationship between Parental Stimulation and Development of Toddler Aged 1-3 Years**

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### **Abstract**

The role of parents is one of the essential factors in child development. The stimulation that parents provide to children will create children who are smart, independent, have normal emotions and grow and develop optimally. The purpose of this study is to determine the relationship of stimulation to the development of toddlers aged 1-3 years in the Working Area of the Lubuk Begalung Health Center, Padang City. For this type of research, quantitative research with a cross-sectional study design and a retrospective approach was carried out in the Working Area of the Lubuk Begalung Health Center, Padang City. Data collection was carried out in November 2023. The sample from the study was 75 mothers who had toddlers aged 1-3 years. The techniques used are Consecutive Sampling, data collection using KPSP questionnaires, and stimulation. Univariate and bivariate data analysis using the Chi-Square test with a confidence degree of 95% ( $\alpha = 0.05$ ).

**Keywords:** Toddlers, Stimulation, Development

### **Introduction**

Childhood is a golden age of children's growth, which develops brain abilities in intellectual, emotional, and social aspects. High-quality childhood development is a major investment in Indonesian human development (Central Statistics Bureau, 2020). The golden age is also a very fundamental stage for individual development because it is during this stage that human personality is formed and developed (Susanto, 2017).

Child development includes cognitive, motor, language, and social development. One important aspect of toddler development is motor development because motor development is the beginning of a child's intelligence and social emotions. Motor development includes gross motor development and fine motor development (Laksmi, 2023). Gross motor skills are the

ability to use large muscles to perform everyday functions that require whole-body movement, such as standing, walking, running, jumping, sitting upright at a desk, etc. Fine motor skills are the ability to use small muscles and the brain to perform movements that require careful coordination and don't require a lot of energy (Wati et al., 2023). Still, the learning and practice of a healthy lifestyle can be influenced by opportunities to play sports. A strong and healthy person can maintain physical growth (Komaini, 2019).

The development of children under the age of three (toddlers) is a very important issue (Ministry of Health Indonesia, 2018). During this period, children also experience a critical period. Various forms of disease, malnutrition, and lack of attachment or stimulation at this age will have a negative impact, which remains until adulthood and is associated with adults and even old age (the Ministry of Health of Indonesia, 2018). Children's development cannot be separated from the role of caregivers and people who care for infants. The caregiver is mainly played by the closest to parents or children. They need to understand and understand the needs of their children, communicate with their children, and interact (WHO, 2019)

The development of children (infants) under the age of three is a very important part of the Indonesian Ministry of Health 2018). During this period, children also experience a critical period. Various forms of illness, malnutrition, lack of affection or stimulation at this age will have negative consequences that will last until adulthood and even old age (Indonesian Ministry of Health, 2018). Child development is also inseparable from the role of caregivers or people who care for toddlers. Caregivers are mostly played by parents or people closest to the child; they should recognize and understand the child's needs and communicate and interact with the child (WHO, 2019). Developmental disorders are impairments in motor skills that occur due to delays in the development of movement and coordination in children. As a result, children have difficulty or are unable to perform everyday tasks. Early childhood developmental disorders are characterized by delayed motor movements, slow maturation of nerve cells, lack of intelligence, and slow social reactions (Rahmidini, 2020).

Delays in one aspect of a child's development also affect other aspects. Delays in motor development cause disorders in movement, speech and language, and social, emotional and cognitive development of children (Mudlikah et al., 2020). Toddlers who are late walkers are generally also late in sitting and have difficulty crawling, and continue until school age, which results in other problems, namely children having difficulty reading and writing. The biggest impact of developmental delays is that children experience mental retardation and impaired cognitive development (Yunita et al., 2020).

Stimulation is important for children's growth and development, and children who receive a lot of targeted stimulation develop faster than those who receive little or no stimulation at all (Armini et al., 2020). The stimulus also plays a role in strengthening the child's development. Caution and affection are the types of stimuli that can optimize the development of children and are important stimuli in the early development of children, for example, kisses and play with children. And so on. (Setyaningsh and Wahyuni, 2021).

## **Literature Review**

Early childhood is the golden period of a child's development when a child's intellectual, emotional and social brain potential is optimally developed. Quality early childhood development is a key investment in Indonesia's human development (Central Statistics Agency, 2020). In the Golden Age, it is a very basic stage for individual development because it is at this stage that the personality of a person is formed and developed (Susanto, 2017).

Children's development includes cognitive, engine, language, and social development. One of the important aspects of a baby's development is the development of motor skills, as this is the beginning of a child's intelligence and social-emotional development (Pulungan et al., 2024). Motor development includes gross motor development and fine motor development. Gross motor skills are skills that require movement of the whole body and involve large muscles to perform daily functions, such as standing, walking, running, jumping, and sitting upright at a table. Fine motor skills are skills that use fine muscles and the brain to carry out activities that require careful coordination and do not require a lot of energy, but learning and allowing them to implement a healthy lifestyle are influenced by the opportunity to exercise. A strong and healthy person can maintain physical growth (Komaini, 2019). The development of children under the age of three (toddlers) is a very important part (Ministry of Health Indonesia, 2018). During this period, children will also experience important times. Diseases, malnutrition, lack of attachment, or attachment stimuli at this age are related to adults and even old age (Ministry of Indonesia, 2018). Child development is inseparable from the role of educators and those who care for children. Caregivers are primarily parents or people closest to the child, and they must recognize and understand the child's needs, as well as communicate with and interact with the child (WHO, 2019).

The development of children under 3 years of age (toddlers) is a very important part (Ministry of Health Indonesia, 2018). During this period, children also go through a critical period: various illnesses, malnutrition, lack of affection and stimulation at this age can have negative effects that last into adulthood and even old age (Ministry of Health Indonesia, 2018). Child development is inseparable from the role of educators and those who care for children. Caregivers are primarily parents or those closest to the child, and they must recognize and understand the child's needs, communicate with the child, and interact with the child (WHO, 2019).

Developmental disorders are motor skill disorders resulting from delayed development of motor and coordination skills in children (Pulungan et al., 2024)v. As a result, children have difficulty or are unable to complete everyday tasks. Early childhood developmental disorders are characterized by delayed motor skills, slow neuronal maturation, low intelligence, and slow social responsiveness (Rahmidini, 2020). Delays in one aspect of a child's development can affect others. Delays in motor development can lead to impairments in a child's motor, speech, language, social, emotional, and cognitive development (Mudlikah et al., 2020). Babies who walk late also tend to sit late and have difficulty crawling, and this continues into school age, leading to other problems, including difficulty reading and writing. The most significant impact of developmental delays is that children will have intellectual disability and impaired cognitive development (Yunita et al., 2020). Stimulation is important for a child's growth and

development, and children who receive lots of targeted stimulation develop faster than those who receive little or no stimulation (Armini et al., 2020). Stimulation also plays a role in enhancing a child's development. Attention and affection are the types of stimulation that can optimize children's development and are important stimulations in early child development, for example, by inviting children to talk, kiss, play, and so on (Setyaningsih & Wahyuni, 2021).

## Research Method

This study was conducted from October 2023 to February 2024 in the Working Area of the Lubuk Begalung Health Center, Padang City. The population in this study were all mothers who brought toddlers 1-3 to the Lubuk Begalung Health Center, Padang. The resulting sample consisted of 75 people, and the sampling method used was consecutive sampling. This type of study uses a quantitative study with a cross-sectional research design and a retrospective approach, and data is collected using KPSP and a stimulus questionnaire. A chi-square test with a confidence level of 95% ( $\alpha = 0.05$ ) was used for univariate and bivariate data analysis, and data processing was performed using SPSS.

## Result

### The Relationship between Parental Stimulation and the Development of Toddlers Aged 1-3

**Table 1.** The Relationship between Parental Stimulation and the Development of Toddlers Aged 1-3 Years in the Working Area of the Lubuk Begalung Padang Health Center

Stimulation			Developmental						
									<i>P-Value</i>
	Obstructed		Doubtful		Normal		Amount		
	f	%	f	%	f	%	f	%	
Not good	6	66,7	5	20	1	2,4	12	16	0,000
Good	3	33,3	20	80	40	97,5	63	84	
Total	9	100	25	100	41	100	75	100	

Based on Table 1, you can see that six respondents (66.7 %) survived the delay out of the 12 respondents with insufficient stimulation. Five respondents (20 %) received suspicious development. In this study, the result of the Hi-Quadrate test is P 0,000 (P value).

## Discussion

The survey results showed that most of the respondents who received good stimulation showed normal development, 41 (54.7%), whereas most of the respondents who received poor stimulation showed growth retardation, 9 (12.0%). Statistical tests showed a p-value of 0.000 (P value).

## ***Relationship between Parental Stimulation and Development of Toddler Aged 1-3 Years***

The results of this study are in accordance with the theory that to develop children's abilities; parents must provide stimulation or stimulation that is appropriate to their developmental stages. Developmental stimulation is an activity that stimulates the basic abilities of children aged 0-6 years so that children can grow and develop properly. Children who receive targeted stimulation will develop faster than children who lack or even do not receive stimulation (Sumiyati et al., 2019). Stimulation in children can be done by parents, caregivers, family or people closest to them.

According to researchers, there are still children who suffer from developmental delay even if they have received good stimulation. This happens because children tend to be lazy when performing stimulation and prefer to use their mobile phones rather than follow their parents' instructions. Then, according to parents, this is not a problem, so parents allow their children not to do the stimulation that has been given on the grounds that their children do not cry or do not want to force them and leave their children with their shows and gadgets.

### **Conclusion**

Based on the results of the study, there is a significant relationship between parental stimulation and the development of toddlers aged 1-3 years in the Lubuk Begalung Padang Health Center Work Area in 2022, which is indicated by a p-value = 0.001 <0.05. It is hoped that the Health Office and Lubuk Begalung Health Center can improve and provide counselling for parents regarding the importance of knowledge about parental stimulation for children.

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