



The Effect Of Growth And Development Stimulation Videos On The Development Of Toddlers Aged 6-24 Months

Hanifa Andisetyana Putri¹, Dewi Andang Prastika², Elisa Ulfiana³
email: hanifaputri@poltekkes-smg.ac.id

ABSTRACT

Background: The toddler's growth and development is influenced by genetic factors and environmental factors. Every baby needs maximum stimulation to take advantage of this phase to optimize the child's growth and development. The current phenomenon is that parents do not understand how to carry out appropriate stimulation and have limited knowledge about the development of toddlers. So there's a need for a media that can help parents learn how to do the right stimulation so that the toddler can go through the developmental stages of his or her age. The aim of this study is to find out the impact of video stimulation of growing and development toddler.

Methods: This research method used Quasi Experimental Design. The subjects of this study were parents of children aged 6-24 months. The total number of respondents for both groups was 54, with the number of respondents for each group being 27. The inclusion criteria in this study were parents of children aged 6-24 months who at the time of the study were not suffering from illness. Respondents will be assessed for their child's development with KPSP and then receive health education related to stimulating the child's development with leaflets (control), and with video media (experiments), after 2 weeks the child's development will be reassessed using KPSP. Data was analysed using the Mann-Whitney test.

Results: The analysis obtained $p=0.219$ ($p>0.05$) showed no effect of video stimulation on the growth of toddler aged 6-24 months. Video media did not give a more significant influence when compared to leaflet media on the control group.

Conclusion: Videos and leaflets for stimulating growth and development are both effective as tools for stimulating the development of toddlers aged 6-24 months. The results of stimulation using videos and leaflets both work well in the development of toddlers, so there is no significant difference from the use of these two tools.

Keyword : video stimulation; growth and development toddler; toddler; development toddler;

^{1,2,3}Department of Midwifery, Health Polytechnic of Semarang, Indonesia
 Jl. Tirta Agung Pedalangan Banyumanik, Semarang, Jawa Tengah, Indonesia

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Background. The toddler's growth and development is the result of an interaction between genetic factors and environmental factors, both the environment before the child is born and the environment after the child is born. The quality of children's growth and development can be improved with various efforts, both carried out by parents, the community and the government. Various factors, both genetic and environmental, have so compounded that they influence children's development since prenatal, perinatal and postnatal (Soetjningsih 2019).

Growing and developing is a characteristic of a toddler. Toddler show growth

and development characteristics appropriate to their age. Growth occurs at the same time as the size of the body and the physical structure, so that the increase can be measured in units of weight and length. Development is the result of the interaction of the affected organs with the maturity of the central nervous system, such as the development of speech, neuromuscular system, socialization and emotion (Safitri et al. 2021).

Preschool is part of the golden period and an important stage in the process of human growth. Each individual is different from the other individual in terms of the growth rate of the development, depending on the developing

process that takes place and the factors that influence it (Imron 2017).

Regular early stimulation at every opportunity needs to be given to toddlers, because deviations in toddler's growth and development can occur due to lack of stimulation. Please note, a toddler's age of 0 to 3 years is a golden age for a toddler's growth and development. At that age, toddler who are like white paper will absorb all the information and whatever they see or hear so that they will fill the clean white paper like pen scratches. This period is a golden period as well as a critical phase for a child's brain because children can quickly receive input and influence from the surrounding environment. Every baby needs maximum stimulation to take advantage of this phase to optimize the child's growth and development. Toddler need proper stimulation or stimulation to maximize their potential according to their age. The main factors that influence the growth of the baby are genetic and environmental. Stimulation is part of a post-natal environmental factor that is associated with psychosocial factors. From 32 weeks of pregnancy to 2 years of age is the most important stage in the motor development of the toddler where there is the fastest myelination process in the toddler's development. At that stage, parents should be able to maximize attention and stimulation for the toddler's future development (Jeti and Herliyani 2018). Toddler who are systematically stimulated will develop faster than those who are not stimulated. Parents have an important role to play in giving stimulation to toddler from an early age (Zhang et al. 2021). The phenomenon that is happening today is that parents are less able to understand how to do the right stimulation, even often because of their busy handing over toddlercare to their babysitters or grandmothers who also have limited knowledge about toddler development (Soetjijingsih 2019).

Parents need health education related to stimulating toddler development by using the right media to be able to apply it directly to the

toddler (Iskandar and Syaodih 2022). The increase in knowledge will affect a person's skills and the toddler can develop according to his or her age. Video media is one of the visual audio media that can display moving images, has an interesting story concept in learning, so it can be easily understood in the delivery of material (Abidah and Novianti 2020).

Methods. The method used in this research is Quasi Experimental Design. The subjects of this study were parents who had toddler aged 6-24 months divided into two groups (control and experiment). Respondents receive health education related to stimulating toddler development through lecture methods (control), and through video media (experiment). We will then measure the development of the toddler using the KPSP to determine the extent to which the effectiveness of using the media. The development stimulation video created is for toddler aged 6-24 months. The total of respondents 54 parents who have a toddler aged 6- 24 months. Respondents were divided into 2 groups, namely 27 control group (education with media leaflet lectures) and 27 intervention group (education with media video). The research process passes through three stages of toddler development measurement using age-appropriate KPSP, health education with leaflet or video media, and 2 weeks later a re-measurement is carried out using the same KSPP.

The results of the normality test on the data that had been collected showed that not all data were normally distributed so tests were carried out using the Wilcoxon test in each intervention group and control group, then continued using the Mann Whitney test to test the difference between pretest and posttest values between the intervention group and control group. This research has been declared feasible by the Health Research Ethics Committee of the Poltekkes Kemenkes Semarang as proven by the ethical clearance certificate number No.0281/EA/KEPK/2023.

Result and Discussion. From the research results, data was obtained for the leaflet (control) group, 7.4% results were obtained

with doubtful results and 92.6% were appropriate, then after the intervention 100% results were obtained. For the video group, 3.7% deviations, 3.7% were doubtful, and 92.6% were appropriate, then after intervention 96.3% of the results were appropriate, but 3.7% of the deviations remained because the child had congenital developmental disorders and had received therapy from a growth and development specialist

The normality test results showed that not all data were distributed normally, so Wilcoxon's nonparametric analysis was performed on each group (Herwati et al. 2021). The results of Wilcoxon's tests on control groups (data pretest and posttest) resulted in a p value of 0,000 (<0,05) indicating a difference in the development of toddler aged 6-24 months before and after being given health education with the leaflet media. A leaflet is one of the printed media that contains information about something, packaged in a compact and concise way so that it is easy to understand by the reader (Widyaningrum et al. 2022). This media is accompanied by interesting texts and images that support the information to be delivered, can be reprinted, stored old, economical so that it can enhance the knowledge of the reader (Ramadhanti, Adespin, and Julianti 2019a). Analysis of video intervention groups also obtained a p value of 0,000 (<0,05) showing differences in the development of toddler aged 6-24 months before and after receiving health education with video media. Video is one of the visual audio media, the visual image, which makes the learning process more enjoyable and varied. Popular videos have a theoretical explanation, a combination of images or illustrations with supporting components such as title, music, and voice explanations to guide the audience to understand the information delivered (Hendraningrat and Fauziah 2021).

The discrepancy between the pretest and the posttest (control and intervention groups), which are non-pairing data, was analysed using the Mann-Whitney test. The results obtained $p=0.219$ ($p>0.05$) showed no effect of

video stimulation on the development of toddler aged 6-24 months. Video media did not give a more significant influence when compared to leaflet media on the control group.

Videos and leaflets have their respective advantages that can make it easier for parents to learn how to stimulate toddler's development (Erika et al. 2023). Video is a visual audio medium that gives its own appeal so that it facilitates the process of transferring information to the viewer and provides examples of real movements that can be easily mimicked (Hendraningrat and Fauziah 2021). While a leaflet is a simple visual medium, easy to carry anywhere, containing the important trees of the material to be delivered (Ramadhanti, Adespin, and Julianti 2019). Cadre posyandu can use both these media because it has an influence on the development stimulation of toddler aged 6-24 months (Sopiatun and Maryati 2020) Cadre has an important role in the development of toddler because it is the liaison of puskesmas in providing health information to the Society (Putri and Dwihestie 2020). Optimization of the role of cadre Posyandu in stimulating toddler development with the right media such as video and leaflet is one of the effective ways because cadre is someone who is closest to the public and can give a positive influence to the behavior of mothers in giving the right stimulation for the growth of their toddler (Rahayu, Andisetyana Putri, and Suparmi 2022).

This study had limitations, namely limited respondents and limited stimulation time, apart from that, in this study no other factors were seen that might have an influence on the growth and development of toddlers. Further research with larger, more diverse samples and longer follow-up periods are warranted to validate these results and explore additional factors influencing child development.

Conclusion and Suggestions. The conclusion of this study is that there is an effect of growth and development stimulation videos and leaflets on the development of toddlers aged 6-24 months.

But there is no significance of the difference between the two tools, namely growth and development stimulation videos and leaflets on the development of toddlers aged 6-24 months so growth and development stimulation videos and leaflets both have an influence on the development of toddlers aged 6-25 months.

From the results of this study, it can be suggested that growth and development stimulation videos and leaflets can be used and have the same effect on the growth and development of toddlers 6-24 months.

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