

Studi Kasus: Implementasi Pemberian Terapi Bermain Balok pada Anak Stunting di Desa Kemutug Kidul

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ABSTRACT

Background. Stunting is a growth disorder due to chronic malnutrition and/or chronic or recurrent infectious diseases as indicated by the z-score of height for age (TB/U). According to WHO, children with stunting can cause developmental disorders such as gross motor, fine motor, language and social disorders. Fine motor development is related to the development ability to use the fingers to carry out various activities. For example, the ability to move objects from hand, scribble, arrange block, cut, write and etc.

Methods. Case study by implementation based on evidence based practice in nursing care

Results. Motor development in children can be increased by using block play therapy. Playing with block trains children to be able to move the small muscles in their hand and trans coordination between eye and hand movement

Conclusion. The application of block play therapy in writing this final scientific work can improve fine motor aspect in preschool aged children

KEYWORDS

Stunted children; preschool age; fine motor skill; playing with block

INTRODUCTION

Stunting is a growth disorder due to chronic malnutrition and/or chronic or recurrent infectious diseases as indicated by Z-Score of height for age (TB/U) (Wulansari et.al 2021). In addition stunting is a disorder that can interfere with the development of the brain. Toddler who are stunted are usually susceptible to disease and have below normal levels of intelligence. The incidence of stunting in children has 2 impacts, namely the short impact and the long impact. The short impact is the disruption of the brain, intelligence, physical growth and metabolic disorders in the body. While the long-term effects are decreased cognitive ability and learning achievement, easy to get sick cause by lowering the body's metabolism, and diabetes (Calista & Sayekti, 2017)

According to WHO in 2018, children with stunting can cause development disorders such as gross motor, fine motor, language and social disorders. Fine motor development is an aspect of development that includes body movements are carried out by small muscles (Wulansari et.al, 2021). Fine motor development is related to the development of the ability to use the fingers to perform various activities. For example, the ability to move object from hand, scribble, arrange block, cut, write and etc. Fine motor development is seen as important to learn, because both directly affect children's behavior every day. One way of learning that can develop children's fine motor skill is by playing unit blocks. The use playing unit blocks in learning for children is intended to develop various aspects of development. One of the abilities

developed is the child's fine motor skill (Fauziddin, 2017).

Block game is one of educational games that uses pieces of wood in the form of geometry which can make children express their abstract imagination into something concrete and develop cognitive abilities and gain and understanding of important concepts in problem solving, mathematical and geometry concepts. Cognitive development is a development of children basic abilities, which aims to enable children to increase their abilities and creativity according to the stage development. Playing activities that contain education, children thinking power, can stimulate emotional development, social development, and physical development (Aisyah, 2020).

METHOD

This research is a case study research on one sample namely An. Z. This research was conducted for five days. The intervention was in the form of playing block therapy. At the time of intervention, the child arranges several blocks to form a building.

RESULT AND DISCUSSION

Result

On Saturday, May 13, 2023, an assessment was carried out on client An. Z who is a 4 year old boy, An. Z is the 2nd child of Mr. H and Mrs. A. The body weight at birth was 3190 grams with a body length of 43 cm and the current weight is 12.5 kg and the height is 93 cm. The results of interviews with midwives found that An. Z is one of the stunted children in Kemutug Kidul Village. At this time An. Z is experiencing decreased appetite, usually An. Z buys ice drink

snacks at the stalls around the house. An. Z is a very active child and often plays outside the house with his friends.

After carrying out a developmental test using the DDST form, it was found that An. Z has not been able to do a number of things in the fine motor aspects contained in DDST. The result of fine motor development that An cannot yet do. Z include drawing straight lines, drawing people, making towers from cubes, and imitating vertical lines. According to the Denver sheet, children aged 4 years should be able to do several activities in fine motor aspects, including drawing 6 parts of people, drawing 3 parts of people, drawing straight lines, drawing vertical lines and arranging blocks.

In addition to using the DDST, body length measurements were also carried out using the Z-Score value to obtain:

$$PB/U = \frac{PB \text{ anak} - PB \text{ median}}{PB \text{ median} - (\text{tabel} - 1 \text{ sd})}$$

$$PB/U = \frac{93 \text{ cm} - 103,3}{103,3 - 99,1}$$

$$PB/U = \frac{-10,3}{3,6}$$

$$PB/U = -3 \text{ SD}$$

From these results it is stated that the child's body length with a z-score is -3 SD and belongs to the short category. In addition to measuring body length, weight measurements are also carried out in children, as follows:

$$BB/U = \frac{BB \text{ anak} - BB \text{ median}}{BB \text{ median} - (\text{tabel} - 1 \text{ sd})}$$

$$BB/U = \frac{12,5 \text{ kg} - 16,3}{16,3 - 14,4}$$

$$BB/U = \frac{-3,8}{1,9}$$

$$BB/U = -2 \text{ SD}$$

Based on the results of the calculation of the Z score, we get BB/U, namely -2 SD which is categorized as normal weight for children aged 4 years.

Based on the results of interviews with the parents of An. Z, said that so far children have only played soccer and played with their friends outside the house. At this time, children still cannot draw, write and play using toys that are able to develop children's fine motor skills. An family. Z said that An. Z can already hold a pencil or pen properly. An. Z is an active child and always sings. The family said An. Z can't wear his own clothes yet. The family said An. Z can't wear his own clothes yet. Based on Denver II, children aged 4 years must be able to do several things in fine motor aspects such as drawing 6 parts of people, drawing 3 parts of people, making towers of 8 cubes, and imitating making vertical lines.

Problems that occur in stunted children include increasing the risk of disease, death and obstacles to motor and mental growth in children (Rahmadhita, 2020). Based on the results of the DDST it was found that the child could not arrange the blocks at the time of the intervention, so the authors took the block game given to An. Z to develop fine motor skills. Block games can also train coordination between the eyes and hands of children so that children can focus on playing and training in improving fine motor skills.

The results obtained after conducting assessments and measurements using the DDST sheet, it was found that children were still lacking in fine motor aspects. At the age of 4 years, children should be able to do a number of things related to fine motor skills, such as drawing and arranging blocks. When the assessment was first carried out, the child could not

draw, write, play with blocks and imitate pictures. Children are not stimulated in their fine motor development, this is because children get bored easily in doing activities and children prefer to play outside with their friends. Parents of children only provide ball games and toy cars.

Discussion

Stunting is a growth disorder due to chronic malnutrition and/or chronic or recurrent infectious diseases as indicated by the z-score of height for age (TB/U) (Wulansari et.al, 2021). Toddlers who are stunted are usually susceptible to disease and have below normal levels of intelligence. The incidence of stunting in children has 2 impacts, namely the short impact and the long impact. The short impact is the disruption of the brain, intelligence, physical growth and metabolic disorders in the body. While the long-term effects are decreased cognitive ability and learning achievement, easy to get sick caused by lowering the body's metabolism, and developing diabetes (Calista & Sayekti, 2021). The condition of children in a period of growth and development that starts from infancy 0-1 years, toddlers 1-3 years, pre-school 3-6 years, school age 6-12 years, to adolescents 12-18 years (Nurjanah, 2017). Early childhood is a very important period for the development of physical, motor, cognitive, moral, social-emotional, language aspects (Sriwahyuni et.al, 2020).

Playing for a child is not just filling time, but a medium for children to learn. The best games are games that contribute to children learning real concepts and activities. A good game is one that can

teach children certain abilities, both individually and in groups. Playing for children is useful for exploring competence and developing creativity and sharpening their fine motor development (Fauziddin, 2017). Fine motor skills are part of the development of the ability to make movements of the fingers in carrying out various activities. Delay in fine motor development will have an impact on subsequent developments. One way to avoid delays in child development is by providing targeted stimulation through educational game tools, for example the ability to move objects from one's hands, scribble, arrange blocks, cut, write and so on (Sriwahyuni et.al, 2020).

Preschool-aged children are expected to be able to master a number of skills that require fine motor skills, such as using scissors well even though they are not straight in cutting, tying shoelaces, coloring neatly, etc. in accordance with the fine motor development they must achieve, then the activities carried out on children must be directed to improve their skills in these matters (Maghfuroh, 2018). The impact that occurs when there is a lack of prevention of fine motor development disorders in children will cause their development not to be age-appropriate, for example preschool children should be capable of fine motor skills but if there are deviations the child is only able to carry out the stages of fine motor development below the age of his development (Yunianti, 2018)

LIMITATION

The limitation in completing this case study was adjusting the time to intervene with An. Z, this is because both parents of An. Z work.

CONCLUSION

The intervention was carried out for children aged 4 years by providing a stimulus to improve their fine motor skills by providing block play therapy which was carried out for five meetings. The results obtained by the child are able to move both hands, train concentration and the child can form a building from blocks according to his imagination.

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