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The Effectiveness of Baby Swimming in Supporting Motor Development of Babies Aged 6-9 Months in Siak Hulu District in 2025

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ABSTRACT

Introduction Motor development in children aged 6-9 months needs to be considered. If stimulation of child growth and development is not carried out, there will be deviations in growth and development that can be delayed in babies. Baby swim is a baby care by swimming in a warm pool with a temperature of 38 to 40 degrees using a float. The function of baby swimming itself is to train body functions, stimulate activity in the baby's muscles safely train the baby's motor system. The purpose of this study is the Effectiveness of Baby Swimming in Supporting Motor Development in Babies Aged 6-9 Months. This research method uses a quasi-experimental with a one group pre-test post-test research design. The sample in this study was babies aged 6-9 months, the sample size used in the study was 30 babies. Data collection was carried out by conducting observations and questionnaires that had been tested for validity and reliability. The results of the study stated that the effectiveness of baby swimming in stimulating gross motor skills in babies aged 6-9 months obtained ap value of 0.000. So it can be concluded that there is effectiveness of baby gym in stimulating gross motor skills in babies aged 6-9 months.

Keywords: baby, Swimming, gross motor skills.

INTRODUCTION

The future of a nation depends on the success of children in achieving maximum growth and development. In the first year of a baby's life, especially from the fetus in the womb until the child is 2 years old, it is a very important period in growth and development. This period is the golden stage in babies. Good and sufficient nutrition, good health status, proper care and proper stimulation so that they get optimal abilities for the growth and development of babies (Ministry of Health of the Republic of Indonesia, 2016)

Motor development in babies aged 6-9 months includes, children can sit without assistance, can lie on their stomachs and turn over on their own, can crawl to reach objects or approach someone, move objects from one hand to another, hold small objects with the thumb and index finger, have fun by throwing objects, utter meaningless words, recognize the faces of family members and are afraid of strangers/others, begin to participate in clapping and hide-and-seek games (Sukamti, 2018).

Data from WHO In 2019, child development disorders in Indonesia were 7,512.6 per 100,000 population (7.51%).

Motor development in infants is very important and must be known by parents to avoid developmental delays in infants. In Indonesia, the number of toddlers is 10% of the population, where the prevalence (average) of developmental disorders varies from 12.8%-16% (Ranuh Soetjiningsih, 2014)

Infant growth and development can be influenced by factors such as internal and external factors. Infants need stimulation so that their growth and development can develop properly. External factors such as birth history, nutrition, medication, socio-economic, and stimulation provided (Soetjiningsih, 2012).

Stimulation of child growth and development is an activity that can trigger basic skills to develop and grow optimally. All babies must receive stimulation such as baby swimming (Ina and Septiana, 2020)

Baby Swimming is one of the techniques given to babies with the aim of optimizing the growth process and motor development in babies. Stimulation such as gymnastics is one of the efforts to optimize the growth and motor development of babies. Giving stimulation to babies can be in the form of exercises to optimize better conditions and will provide stimulation to the baby's body.

Parents can also play a role and contribute to providing stimulation to babies, so that parents can try to understand the good stimulation given to their babies so that the babies do not experience delays in growth and development (Wijayanti, 2017)

METHOD

This research method uses a quasi experiment with a pre-test post-test one group research design. The sample in this study were infants aged 6-9 months, the sample

size used in the study was 30 infants. Data analysis used univariate and bivariate. Data collection

Data collection was carried out by conducting observations and questionnaires that had been tested for validity and reliability.

RESULTS AND DISCUSSION

RESULTS

Table 1 Frequency distribution of the impact of baby swimming before intervention at the age of 6-9 months

Category	n	%
Development According to	9	30.00%
Doubtful Developments	21	70.00%
Total	**30**	**100.00**

Based on Table 1, it was found that before Baby Swimming was given to babies aged 6-9 months, there were 9 babies (30.00%) with appropriate development.

Table 2. Effectiveness of Baby Swimming on Gross Motor Skills in Babies Aged 6-9 Months

Category	n	%
Development According to	28	93.03%
Doubtful Developments	2	67.00%
Total	**30**	**100.00**

Category	Development of Ssesuai		Doubtful Developments		*p value*
	N	%	N	%	

Before Intervention	9	30.00%	21	70.00%	0,000
after intervention	28	93.03%	2	6.7%	

Based on table 4.3, it was found that the provision of Baby Swimming in stimulating gross motor skills (development) in babies aged 6-9 months, namely an increase occurred before the intervention was given 9 (30.00%) and after the intervention was given to 28 (93.03%).

DISCUSSION

From the statistical test of bivariate analysis, a p-value of 0.000 was obtained, which means that there is an impact of Baby Swimming in providing gross motor stimulation to babies aged 6-9 months.

Infant growth and development can be influenced by factors such as genetic factors, hormonal factors or environmental factors. Infants need stimulation so that infant growth and development can develop optimally and can create a sense of comfort and self-confidence so that infants can respond to their environment well and develop more. Lack of stimulation affects the storage of social, emotional and motor behavior in infants (Soetjiningsih, 2012).

Motoric movements of babies can be obtained by doing massage and baby spa (swim).

Swimming is a safe sport to introduce to babies. Babies are used to swimming in amniotic fluid for nine months in the womb. (Riksani, 2012).

If the baby plays in the water and is massaged, the baby's muscles will develop very well, joints grow optimally, body growth increases and the body becomes flexible. The baby will have very good motor skills development when swimming because when swimming there is a low gravity effect compared to just inviting the baby to play on the floor (Kami & Ini, 2018). Babies who get regular and targeted stimulation such as with baby gym will develop faster than babies who get less stimulation. Similar to exercise in adults, baby gym can increase blood circulation

so that the oxygen supply throughout the body is sufficient and regular, in addition, exercise also increases stimulation of muscle development and body cell growth.

This study is in line with the study conducted by Dwi Ertiana (2021), regarding "The Effectiveness of Massage and Baby Spa (Swim) on the Suitability of Baby Development Aged 3-9 Months at BPM Zaenab in Sembung Hamlet, Tungklur Village, Badas District, Kediri Regency" with the results of the study showing that there is an effect of massage and Baby SPA (swim) treatment on baby development with a p value of 0.019 ≤ α 0.05.

CONCLUSION AND SUGGESTIONS

There is an impact of baby swimming in stimulating gross motor skills in babies aged 6-9 months in Siak Hulu District in 2025 with a p value of 0.000.

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