Jurnal Maternitas Kebidanan, Vol 8, No. 1, April 2025
ISSN 2599-1841

Effectiveness Of Baby Gym In Stimulating Motor Skills Rough Infants Aged 6–9 Months In Siak Hulu District In 2025

Siti Qomariah[1], Sara Herlina [2], Wiwi Sartika [3]
[1]Program Studi Profesi Bidan, Fakultas Farmasi dan Ilmu Kesehatan, Universitas Abdurrab
[2]Program Studi Profesi Bidan, Fakultas Farmasi dan Ilmu Kesehatan, Universitas Abdurrab
[3]Program Studi Profesi Bidan, Fakultas Farmasi dan Ilmu Kesehatan, Universitas Abdurrab
Penulis korespondensi: siti.qomariah@univrab.ac.id

ABSTRACT

Infancy is a golden age and development period for babies. At the age of 6-9 months, the baby's gross motor skills begin by sitting without support then standing with support. Baby gym is a technique that stimulates growth, development, especially in gross motor skills for babies optimally. In Indonesia itself, 7.5% of babies experience developmental delays. Purpose This study aims to determine the effectiveness of baby gym in stimulating gross motor skills in babies aged 6-9 months. This research method uses a quasi experiment with a pre-test post-test one group research design. The sample in this study were 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 gym in stimulating gross motor skills in babies aged 6-9 months was obtained with 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, Gym, Gross Motor Skills

INTRODUCTION

Infancy is a golden age and a period of development. because there are several very important stages in the process of infant growth and development, where physical development grows rapidly (Tarigan et al., 2021).

In the development of babies aged 6-9 months, stimulation is a basic need. Stimulation plays an important role in increasing growth and development in babies to the maximum. Easy and easy-to-understand stimulation that parents can actively provide to babies such as through stimulation with Baby Gym. Stimulation is an important period in growth and

development. The mother's touch that the baby responds to as a form of comfort and expression of affection (Zahra et al., 2022).

Baby gym is one form stimulation that aims to optimize growth and motor development in infants. Bay Gym is a physical exercise that has special characteristics and rules, namely that movements are always made to achieve certain goals, the movements are always structured and systematic (Yulia et al., 2023)

By providing a baby gym, we can detect early signs of delays in the baby's development, especially gross motor development. According to World Health Organization data (2016) there are as many as 30% of babies who appear to have delayed motor development. According to UNICEF, growth and development problems remain high at 27.5% in motor development.

In Indonesia, growth and development services show that 66% of children's growth and development are monitored, 42% of children receive early detection and intervention stimulation services for growth and development (SDIDTK) and 7.5% experience growth and development delays (Diah, 2022).

Babies who do not get good and sufficient stimulation due to mothers who do not get enough information about Baby Gym and the influence of the environment can be traced back to problems in their early development. If this continues, there could be a risk of decreasing the quality of life of the child himself and if there is slow development, it will have an impact on the future, both in terms of health or others (Ningrum et al., 2022).

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

Category	Development of Ssesuai		Doubtful Developments		*p value*
	N	%	N	%	
Before Intervention	7	23.03%	23	76.07%	0,000

after intervention	27	90.00%	3	10.00%

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

RESULTS AND DISCUSSION

Table 4.1 Frequency distribution of the impact of Baby Gym before intervention at the age of 6-9 months

Category	n	%
Development According to	7	23.3%
Doubtful Developments	23	76.7%
Total	**30**	**100.00**

Based on Table 4.1, it was found that before Baby Gym was given to babies aged 6-9 months, there were 7 babies (23.3%) with appropriate development.

Table 4.3 Effectiveness of Baby Gym on Gross Motor Skills in Babies Aged 6-9 Months.

Category	n	%
Development According to	27	90.00%
Doubtful Developments	3	10.00%
Total	**30**	**100.00**

Based on table 4.3, it was found that the provision of Baby Gym in stimulating gross motor skills (development) in babies aged 6-9 months, namely an increase before the intervention was given 7 (23.03%) and after the intervention was given to 27 (90.00%).

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 Gym in providing gross motor stimulation to babies aged 6-9 months.

This study is supported by Zaidah's (2020) research on "The effect of baby gym on gross motor skills in children with delayed development aged 3-12 months at the Melati Posyandu Purbayan Kotagede Yogyakarta". The study had a population of 26 babies and after the researcher conducted an examination, there were 17 babies aged 3-12 months who experienced delayed gross motor development. Baby gym treatment was carried out for one month with a frequency of twice a week and a duration of 15 minutes. Showing an increase in gross motor skills in babies after being given baby gym treatment, a probability value (p value) of 0.000 was obtained, which means p <0.05.

This study is also in line with the results of a study conducted by Patimah et al. (2021) entitled "The Influence of Baby Gymnastics on Baby Development Ages 6-9 Months" which showed that before baby gymnastics there was a delay in gross motor development of 26.3% was doubtful. Each respondent was screened for development before and after being given using KPSP. Baby gymnastics care for one month every day in the morning or evening with a duration of 5-10 minutes. After doing stimulation with baby gymnastics, the results were 100% of babies got development according to their age, as evidenced by the p Value = 0.000. This study is in line with Febriyanti's research et al. (2020) who conducted research from the city of Semarang stated that there is an effect of baby gym on infant development using the Wilcoxon test with a p value = 0.000 which means <0.05.

Babies who receive regular and targeted stimulation such as with baby gym will develop faster than babies who do not receive enough stimulation. Similar to exercise in adults, baby gym can increase blood circulation so that oxygen supply throughout the body is sufficient and regular, in addition, exercise also increases stimulation of muscle development and body cell growth.

Baby gym is a type of stimulation that can help baby growth and basic reflexes at various stages of development. The development of baby movements will be more ideal if they have the opportunity to do movements and physical activities that use their whole body (Anggraini & Fatrin, 2022)

Gross motor development is a physical movement that requires balance and coordination between the baby's body parts. In babies aged 6-9 months and above, the skeletal muscles

of the body are strong enough so that the baby is ready to perform gross motor movements. At the age of 6-9 months, babies experience faster development, especially in their motor development (Febriyanti, et al. 2020)

According to Piaget's development theory, the early development period for babies that develops for cognitive is initially sensory motor development. Therefore, it is very important to stimulate motor development by doing baby gym to stimulate the baby's development more optimally (Novitasari et al., 2023).

CONCLUSION AND SUGGESTIONS

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

BIBLIOGRAPHY

Anggraini, R., & Fatrin, T. 2022. Application of Baby Gymnastics to Improve Motor Development of 3-12 Month Old Babies. Cendekia Medika Journal of Al-Ma`arif Health Sciences Institute Baturaja, 7(1), 65–76.

Diah. (2022). Implementation of Stimulation, Detection, and Early Intervention of Growth and Development, Jakarta.

Febriyanti, SNU, Nurlintan, D., & Hudhariani, RN (2020). The Benefits of Baby Gym on Development of Baby Age 6 Months. Journal of Midwifery 10 (2), 98-102

Ningrum, NM, Purwanti, Tri., Mildiana, Y. (2022). Optimizing Infant Motor Development with Baby Gym. Abdi Medika Journal, 1–9

Novita Sari, et al. 2023. The Effect of Baby Gym on Gross Motor Development of 3-4 Month Old Babies at Guntur 1 Demak Health Center. Journal ISSN:2720-8842 Vol 4.

Tarigan, EF, Dewi, ER, Sinaga, SN, Silvia, C., & Sitepu, B. (2021). Home Care Baby Spa and Baby Gym to Optimize Baby Growth and Development. PKMCSR, 4, 456–460

Stimulation is an important period in growth and development. The mother's touch is responded to by the baby as a form of comfort and expression of affection (Zahra et al., 2022).

Yulia, D., Ariyanti, L., & Awanis, A. (2023). The Influence of Baby Gym Classes on