



Qualitative Study: Mother's Knowledge about Baby Gym at PMB Andina Palembang

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Abstract. Around 5 to 25% of children under the age of five experience motor development disorders and as many as 30% of babies show signs of motor delays. Stimulation can be given as a form of exercise therapy, which aims to improve and optimize body condition through continuous stimulation. One of the stimulations that can be done is baby gym. This study aims to analyze mothers' knowledge about baby gym in depth. This study uses a qualitative approach with an *in-depth interview method*. The subjects of the study or informants were mothers who had babies aged 0-12 months. The results of the study obtained Mother about baby gym part big nature general and not detailed. Only part small mothers who implement baby gym active For stimulate development motor baby. More education structured and access more information wide required For push mother to be able practicing baby gym with Correct.

Keywords: Baby Gym, Knowledge, Mother.

1. BACKGROUND

Based on WHO data, around 5 to 25% of children under the age of five experience developmental disorders, especially in gross and fine motor skills. As many as 30% of babies show signs of moderate motor delays, such as difficulty moving the body forward and backward, which ideally should be mastered at the age of 3-4 months or at the latest 5 months. UNICEF also reports that the rate of growth and development disorders is still quite high, reaching 27.5% or around 3 million children in terms of motor development (WHO, 2016 and Febrianty, 2020). It is estimated that 5-10% of children experience developmental delays, although the cause is often unknown. In addition, around 1-3% of children under the age of five face more specific developmental disorders (Maulidha and Larasati, 2017).

Development is an ongoing process in a way sustainable and continuous, where growth be one of part from the process (Nia, 2016). Growth own characteristic quantitative, covering change in height, weight, growth teeth, structure bones, and characteristics sexual. On the other hand, the development of nature qualitative, which involves aspect motor, sensory, cognitive, and psychosocial (Utomo & Ismail, 2021).

Stimulation can be given as a form of exercise therapy, which aims to improve and optimize body conditions through continuous stimulation (Dewi, 2014). Infant developmental stimulation is designed to help infants achieve better and optimal levels of development (Sari et al., 2023).

One form of stimulation is baby gym, which focuses on optimizing children's motor development. Baby gymnastics is a physical exercise with special characteristics and principles, where each movement is designed to achieve a specific goal and is carried out in a structured and systematic manner (Yulia et al., 2023).

Experimental research by Na'amah and Kusumastuti (2019) showed a difference in effectiveness between baby massage and baby gym on the growth and development of babies aged 3-6 months. The results showed a p-value of 0.049. This finding is in line with Mildiana's research (2019), which concluded that providing baby gym has a significant effect on improving baby development, including increasing the ability to lift the chest by 10 times and the ability to grip by 11 times.

Baby gym is a series of motor, sensory, and cognitive stimulation activities designed for babies with the aim of supporting optimal development. Although its benefits have been widely recognized, mothers' understanding of baby gym often varies. Mothers' knowledge plays an important role in the successful implementation of this activity. Therefore, this study aims to explore more deeply about mothers' knowledge of baby gym and the factors that influence this understanding.

2. THEORETICAL STUDY

Baby gym is activity designed physical for baby with objective give supportive stimulation development physical, mental, and emotional . According to Purnamasari (2020), baby gym helps stimulate system nerve center baby For increase function coordination muscles and movement body. In addition, baby gym also strengthens connection emotional between parents and babies through interaction direct during exercise ongoing.

Activity This involving movement simple to do in a way gradually in accordance with age and ability baby. For example, the movement overthrow body or to achieve toy can help baby practice core muscles and motor skills its smooth. With Thus, baby gym does not only focus on development physique but also on stimulation cognitive and emotional (Wijaya, 2022).

Infant motor development includes gross motor skills, such as the ability to sit, crawl, or walk, and fine motor skills, such as grasping or moving objects. Factors that influence infant motor development include genetics, environment, nutrition, and the stimulation provided. Research shows that proper stimulation, such as baby gym, can significantly improve infant motor skills. This is due to repetitive exercises that stimulate the muscles and nervous system to adapt and develop optimally (Yulia et al., 2023).

Motor baby, good rough and also smooth, developing in a way gradually along increase age. Motor rough involving movement big, like crawling, sitting, and standing, whereas motor fine covers more detailed skills, such as hold object small. According to Handayani (2019), development motor babies are greatly influenced by factors genetics, environment, and patterns foster care. Stimulation active like baby gym helps accelerate the development process this with optimize connection between brain and muscle baby.

More Furthermore, research by Setyawan et al. (2021) shows that baby who gets stimulation structured, like a baby gym, has ability more motor Good compared to with baby who is not get stimulation additional. This is caused by the role stimulation in stimulate brain for produce response more motor efficient.

Baby gym provides the main benefits of strengthening baby's muscles, improving balance, and training motor coordination. This activity also helps babies achieve developmental milestones faster, such as the ability to lift their heads, sit, and reach for objects. With structured stimulation, baby gym plays an important role in supporting the holistic development of gross and fine motor skills (Rahayu, 2021).

3. RESEARCH METHODS

This study uses a qualitative approach with an *in-depth interview method*. The research subjects or informants are mothers who have babies aged 0-12 months and have known the concept of baby gym, either through the media, parenting classes, or other sources. Data were analyzed using thematic analysis techniques. The informants in this study numbered 10 people.

4. RESULTS AND DISCUSSION

Study This done with involving 10 selected informants in a way purposive, namely mothers who have baby aged 0-12 months. Data obtained through interview deep For dig knowledge they about baby gym and how they apply it in stimulate development motor baby.

Research result show that part big informant own knowledge base about baby gym. They understand baby gym as useful activities for development babies, especially motor rough and smooth. However, knowledge they tend nature general and not deep. The majority Mother only know forms base stimulation, such as move baby hands and feet in a way slowly. This is can seen from results interview on several informant that is as following.

Informant to One: "*baby gym is exercise movement hands and feet, yes*"

Informant to two: "*movement baby, activity baby for move*"

Informant to three: *“baby gym is practice baby for move, for example move hands, feet for crawling”*

From the results interviews were also obtained only part small from informants who are active applying baby gym inside life everyday. Results interview about baby gym app in life daily that is as following.

Informant to four *“ seldom yeah ma'am , because I work”*

Informant the fifth *“ if for put into practice daily yeah not routine huh ma'am, rarely rather”*

Informant to six *“seldom ma'am, no diligent yeah”*

Informant to seven *“once in a while yeah Yes ma'am if Again diligent”*

Factors that influence lack of baby gym implementation includes limitations information, lack of time, and the lack of facility supporters in the environment place stay. Most of mothers who implement baby gym get information from social media or parenting classes, while others claim need guide more carry on for do it with Correct.

Research result this in line with research by Na'amah and Kusumastuti (2019), which shows that understanding Mother about stimulation motor babies, including baby gym, still vary widely. They find that mother who gets formal education about baby gym tends to be more capable apply it compared to mother who only know from informal sources.

Mildiana (2019) also reported that baby gym has influence significant to development motor baby, with improvement ability like lifting the chest and holding it. However, awareness and knowledge Mother for apply activity this still limited. Research this strengthen findings mentioned, where only part small mothers who practice baby gym even though understand its benefits.

Factors like education, access information, and motivation mother play role important in baby gym implementation. Research Setyawan et al. (2021) stated that that giving education structured through parenting class capable increase knowledge and skills mother in give stimulation early, including baby gym. Therefore that, a more comprehensive education program is needed massive and easy accessed for increase knowledge and implementation of baby gym among moms.

5. CONCLUSION AND SUGGESTIONS

Study this find that knowledge mother about baby gym part big nature general and not detailed. Only part small mothers who implement baby gym active for stimulate development motor baby. More education structured and access more information wide required for push mother to be able practicing baby gym with correct.

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