

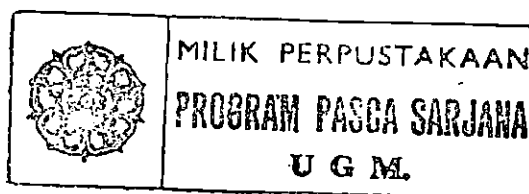
Latar belakang: Tumbuh kembang bayi dipengaruhi oleh faktor genetik dan stimulasi lingkungan. Salah satu upaya untuk meningkatkan pengaruh stimulasi lingkungan adalah dengan meningkatkan peran, serta ibu dalam memberikan stimulasi perkembangan motorik kasar bayinya. Peran serta ibu dapat ditingkatkan melalui pendidikan kesehatan agar pengetahuan, sikap dan keterampilannya dalam memberi stimulasi bertambah.

Metode dan tujuan: Penelitian ini menggunakan metode *true experiment* dengan rancangan *randomize two group pre-test post-test design* untuk mengetahui pengaruh pendidikan kesehatan metode belajar mandiri menggunakan buku petunjuk bergambar dan pendampingan terhadap pengetahuan, sikap dan keterampilan ibu. Populasinya adalah ibu-ibu yang memiliki bayi dan berdomisili di Kec. Colomadu Kab. Karanganyar. Besar sampel 84 orang (26 lulus SD, 19 lulus SLTP dan 39 lulus SLTA) yang dibagi menjadi 2 kelompok, yaitu: (1) kelompok I, diberi pendidikan kesehatan metode belajar mandiri menggunakan buku petunjuk bergambar dan pendampingan, (2) kelompok II, diberi pendidikan kesehatan metode ceramah dan demonstrasi.

Hasil dan pembahasan: Terdapat perbedaan pengetahuan, sikap dan keterampilan yang bermakna antara sebelum dan sesudah pendidikan kesehatan baik pada kelompok I maupun kelompok II (hasil *paired sample t test* nilai p masing-masing = 0,000). Pendidikan kesehatan melalui belajar mandiri menggunakan buku petunjuk bergambar dan pendampingan lebih efektif dibanding ceramah, tanya jawab dan demonstrasi (hasil *independent sample t test* nilai p pengetahuan, sikap dan keterampilan masing-masing = 0,000). Uji beda pengetahuan, sikap dan keterampilan hasil *post-test* antara masing-masing karakteristik subjek kelompok I menggunakan *ANOVA* didapat hasil: (1) pada berbagai kelompok umur terdapat perbedaan pengetahuan dan sikap karena p pengetahuan = 0,023 dan p sikap = 0,011, sedangkan keterampilan tidak berbeda karena $p = 0,175$, (2) pada berbagai tingkat pendidikan subjek terdapat perbedaan pengetahuan, karena $p = 0,048$, sedangkan sikap ($p=0,991$) dan keterampilan ($p=0,108$) tidak terdapat perbedaan, (3) pada berbagai status pekerjaan subjek tidak terdapat perbedaan, karena p pengetahuan = 0,376, p sikap = 0,050 dan p keterampilan = 0,199. Uji korelasi *Pearson's product moment* hasilnya adalah tidak ada korelasi antara tingkat penghasilan dengan peningkatan pengetahuan, sikap dan keterampilan, karena p pengetahuan = 0,540, p sikap = 0,290 dan p keterampilan = 0,699. Hasil uji regresi adalah: (1) ada hubungan antara peningkatan sikap dengan peningkatan pengetahuan, $p = 0,041$, (2) ada hubungan antara peningkatan sikap dengan keterampilan, $p = 0,009$ dan (3) ada hubungan antara peningkatan pengetahuan dengan peningkatan keterampilan, $p = 0,000$.

Kesimpulan: (1) pendidikan kesehatan menggunakan metode belajar mandiri melalui buku petunjuk bergambar dan pendampingan lebih efektif dibanding dengan ceramah dan demonstrasi, (2) umur berpengaruh terhadap peningkatan pengetahuan dan sikap sedangkan (3) tingkat pendidikan berpengaruh terhadap peningkatan pengetahuan dan (4) pengetahuan berpengaruh terhadap sikap dan keterampilan, sikap berpengaruh terhadap keterampilan.

Kata kunci: pendidikan kesehatan - stimulasi perkembangan - motorik kasar bayi



ABSTRACT

Background: The growth and development of infant are influenced by genetic factor and environmental stimulation. To strengthen the effect of environmental stimulation on infant, increasing mother participation in stimulating gross motor development of her infant is needed. Mothers participation can be improved by giving health education with aimed to raise mothers' knowledge, attitude and skills in giving the stimulation.

Aims and method: Design of this study is true experimental with a randomize two group pre-test post-test, aimed to investigate the effect of health education on increasing the knowledge, attitude and skills of mothers. Subjects of this study were mothers who have infants in Colomadu Karanganyar. The total number of subjects was 84 mothers (26 elementary school graduates, 19 junior high school graduates, and 39 senior high school graduates). They were divided into two groups. Group 1 was treated with health education through independent learning using manual pictures book and advocacy, group 2 was treated with health education through lecture and demonstration.

Results and discussion: There is significant difference of knowledge, attitude and skills of before and after treatment of health education in either group 1 or group 2 (see the result on paired sample t test; p value of each is 0.000). The health education through independent learning using manual pictures book and advocacy was more effective compared by lecture and demonstration (see Independent sample t test; showed p value of knowledge, attitude and skills of each is 0.000). From the test of knowledge, attitude and skills results on the post test between each characteristic of group 1 using ANOVA can be obtained calculation of result as follows: The first one is that in various age-range, there is a difference in knowledge and attitude namely for p knowledge is 0,023 and p attitude is 0,011, while there is no difference in skills because the p value is 0,175. The second is that at various school-graduate, there is difference in knowledge, because p value is 0,048, while there is no difference at attitude ($p = 0,991$) and skills ($p = 0,108$). The third at various job-status, there is no difference, because p knowledge is 0,376, p attitude is 0,050 and p skills is 0,199. Test result of correlation Pearson's product moment shows that there is no correlation between level of income and the increase of knowledge, attitude and skills, due to p knowledge is 0,540, p attitude is 0,290 and p skills is 0,699. Result of regression test, the first shows that there is correlation between the increase of attitude with the increase of knowledge ($p = 0,041$). The second shows that there is correlation between the increase of attitude and skills ($p = 0,009$). The third shows that there is correlation between the increase of knowledge and skills ($p = 0,000$).

Conclusions: (1) health education through independent learning using manual pictures book and advocacy is more effective than the health education through lecture and demonstration, (2) age range is influential toward the increase of knowledge and attitude, (3) educational level also influences the increase of knowledge and (4) knowledge influences attitude and skill, attitude influences skill.

Key words: health education, developmental stimulation, gross motor infant