

ABSTRAK

PENGARUH STIMULASI SENAM JARI (SEFJAR) TERHADAP KEMAMPUAN MOTORIK HALUS ANAK PRASEKOLAH PASKA KEJANG DI RUANG RAWAT INAP ANAK RSD GUNUNG JATI KOTA CIREBON

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Latar Belakang: Masa prasekolah penting untuk perkembangan motorik halus anak. Anak paska kejang berisiko gangguan motorik yang memengaruhi belajar dan aktivitas. Belum ada program stimulasi yang terstruktur di ruang rawat inap, sehingga video stimulasi Senam Jari (SEFJAR) menjadi intervensi *non-farmakologis* yang potensial dan menyenangkan untuk mendukung perkembangan motorik halus.

Metode: Penelitian ini menggunakan desain *Research and Development (R&D)* dengan dua tahap. Tahap pertama pengembangan video stimulasi SEFJAR dengan model ADDIE dengan melakukan uji CVI dan ICC. Tahap kedua desain *quasi-experimental pre-post control group design*. Sampel sebanyak 30 anak prasekolah dipilih menggunakan *consecutive sampling* dibagi 2 kelompok intervensi (n=15) dan kontrol (n=15). Penelitian dilakukan selama 4 minggu. Data dianalisis statistik *Wilcoxon test* dan *U Mann Whitney test* untuk mengetahui perbedaan sebelum dan sesudah intervensi serta perbedaan antar kelompok.

Hasil: Uji validitas Stimulasi SEFJAR dengan nilai S-CVI/UA=1 menunjukkan validitas sangat tinggi, dengan nilai kesepakatan antar *rater* sebesar 1,00 yang berarti baik, hasil kuesioner SUS sebesar 90,00 artinya layak digunakan. Terdapat peningkatan yang bermakna pada kemampuan motorik halus anak prasekolah paska kejang pada kelompok intervensi setelah diberikan stimulasi SEFJAR ($p < 0,05$). Hasil uji *Mann-Whitney U* menunjukkan perbedaan yang sangat signifikan ($p = 0,000$) dimana peningkatan kemampuan motorik halus lebih tinggi pada kelompok yang menerima video stimulasi SEFJAR dibandingkan dengan kelompok kontrol.

Kesimpulan: Ada perbedaan bermakna terhadap peningkatan perkembangan motorik halus antar kelompok intervensi dan kontrol.

Kata kunci: Motorik Halus, Kejang, Senam-Jari, Stimulasi

ABSTRACT

THE EFFECT OF FINGER EXERCISE (SEFJAR) STIMULATION ON FINE MOTOR SKILLS OF PRESCHOOL CHILDREN AFTER SEIZURES IN THE PEDIATRIC INPATIENT WARD OF RSD GUNUNG JATI CIREBON CITY

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Background: Preschool is important for a child's fine motor development. Post-seizure children are at risk of motor disorders that affect learning and activities. There is no structured stimulation program in the inpatient room, so the Finger Gymnastics stimulation video (SEFJAR) is a potential and fun *non-pharmacological* intervention to support fine motor development.

Methods: This study used a *Research and Development* (R&D) design with two stages. The first stage of SEFJAR stimulation video development with ADDIE model with CVI and ICC tests. The second stage is a *quasi-experimental pre-post control group design*. A sample of 30 preschool children was selected using *consecutive sampling* divided into 2 intervention groups (n=15) and control (n=15). The study was conducted for 4 weeks. The data were analyzed statistically *from the Wilcoxon test* and *the U Mann Whitney test* to determine the differences before and after the intervention as well as differences between groups.

Results: The validity test of SEFJAR Stimulation with a value of S-CVI/UA=1 showed very high validity, with an agreement value between raters of 1.00 which means good, the results of the SUS questionnaire of 90.00 mean that it is worth using. There was a significant improvement in the fine motor skills of preschoolers after seizures in the intervention group after being given SEFJAR stimulation ($p < 0.05$). The results of *the Mann-Whitney test* showed a very significant difference ($p = 0.000$) in which the improvement of fine motor ability was higher in the group that received the SEFJAR stimulation video compared to the control group.

Conclusions: There were significant differences in improved fine motor development between the intervention and control groups.

Keywords: Fine Motor, Convulsions, Finger-Gymnastics, Stimulation