

ABSTRAK

Gangguan pertumbuhan merupakan masalah yang serius bagi setiap negara di dunia. Umumnya terjadi pada usia < 2 tahun. Berat badan bayi mulai mengalami gangguan pertumbuhan pada usia 3 bulan, dan terus menurun hingga usia 12 bulan. Pada 2020 anak yang masuk ke dalam kategori kurus di Puskesmas Wonokusumo sebesar 12,53%. Tujuan penelitian ini untuk mengetahui perbedaan kenaikan berat badan bayi yang diberikan stimulasi *oral motor* dan *tummy time*.

Penelitian ini menggunakan rancangan penelitian *pre-test post-test control group design*. Ini merupakan desain yang melakukan *pre-test* sebelum diberikan perlakuan, serta melakukan *post-test* setelah diberikannya perlakuan pada masing-masing kelompok dan akan menunjukkan adanya sebuah perlakuan yang menghasilkan efek satu arah.

Berdasarkan hasil uji beda dua rata-rata pada penelitian ini, didapatkan hasil bahwa rata-rata kenaikan berat badan bayi yang diberi stimulasi *oral motor* lebih tinggi dibandingkan dengan rata-rata kenaikan berat badan bayi yang diberi stimulasi *tummy time* dengan nilai- p 0,000. Artinya terdapat pengaruh stimulasi *oral motor* terhadap pertumbuhan bayi di Puskesmas Wonokusumo.

Seluruh responden berjumlah 70 bayi berusia 10-28 hari memiliki berat badan normal sesuai usia yaitu berat badan rata-rata sebelum diberi stimulasi *oral motor* sebesar 3.198,943 gram, rata-rata setelah diberi stimulasi *tummy time* sebesar 3.748,6 gram. Seluruh responden mengalami kenaikan berat badan rata-rata sebesar 549,66 gram. Pada stimulasi *oral motor*, dan 304,09 gram pada *tummy time*. Terdapat perbedaan yang signifikan antara kenaikan berat badan bayi yang diberikan stimulasi *oral motor* dan *tummy time*. Perlu dilakukannya stimulasi *oral motor* untuk meningkatkan berat badan pada bayi, dan tidak adanya gangguan pertumbuhan.

Kata kunci: Stimulasi Oral Motor, Tummy Time, Kenaikan Berat Badan.

ABSTRACT

Impaired growth is a serious problem for every country in the world. Usually occurs at the age of < 2 years. The baby's weight begins to experience growth disorders at the age of 3 months, and continues to decrease until the age of 12 months. In 2020, 12.53% of children will fall into the underweight category at the Wonokusumo Health Center. The purpose of this study was to determine the difference in weight gain of infants who were given oral motor stimulation and tummy time.

This study used a pre-test post-test control group design. This is a design that performs a pre-test before being given treatment, as well as conducting a post-test after each group is given treatment and will show that there is a treatment that produces a one-way effect.

Based on the results of the two different test averages in this study, it was found that the average weight gain of babies who were given oral motor stimulation was higher than the average weight gain of babies who were given tummy time stimulation with a p -value of 0.000. This means that there is an influence of oral motor stimulation on infant growth at the Wonokusumo Health Center.

All respondents totaling 70 babies aged 10-28 days had normal weight according to age, namely the average weight before being given oral motor stimulation was 3,198.943 grams, the average after being given tummy time stimulation was 3,748.6 grams. All respondents experienced an average weight gain of 549.66 grams. On oral motor stimulation, and 304.09 grams on tummy time. There was a significant difference between the baby's weight gain given oral motor stimulation and tummy time. It is necessary to do oral motor stimulation to increase body weight in infants, and there is no growth disturbance.

Keywords: Oral Motor Stimulation, Tummy Time, Weight Gain.