

# The Impact of Therapeutic Group Therapy on Parents' Capacity to Implement Fine Motor Stimulation in Children of Preschool Age

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## ABSTRACT

The ability of parents to provide fine motor stimulation is comparatively poor, as they rarely give their kids educational toys and even less frequently just use the TV remote or a smartphone to distract them from crying. This study looked at how therapeutic group treatment affected parents' capacity to provide fine motor stimulation for preschoolers. This study uses a quantitative pre-experimental design with a single group pre-post test layout to examine the impact of therapeutic group therapy on parents' capacity to provide fine motor stimulation for preschoolers.

**Keywords:** ability, preschool age, therapy, therapeutic group

## BACKGROUND

The quality of children as toddlers, which can be seen through the process of growing and developing, will decide the human quality of a nation. If growth and development are hampered, it will hinder efforts to produce high-quality offspring (Chairuddin, 2013). As a result, childhood growth and development must be at their best. The interaction between kids and their parents or caregivers promotes optimal child development when it is supported by social interaction (Soetjiningsih & Ranuh, IGNG, 2013).

The quality of children's growth and development in Indonesia needs serious attention. This includes ensuring that they receive good nutrition and appropriate stimulation in accordance with their growth and development. This is because there are a lot of children in Indonesia, especially those who are preschool age, accounting for about 10% of the country's total population. Health Ministry of Indonesia, 2018).

According to Suwarba, Widodo, and Handryastuti (2018), approximately 10% of children globally experience developmental delays. According to data on child development disorders, such as motor delays, language impairments, behavioral issues, autism, and hyperactivity, rates in the United States ranged from 12–16%, those in Thailand and Argentina from 24%, and those in Indonesia ranged from 13–18% (Dhamayanti, M., 2016). According to information from the Indonesian Pediatrician Association (IDAI), 5–10% of children are thought to have developmental delays, while only about 1-3% of toddlers are thought to have global developmental delays (IDAI, IDAI, 2018). A good developmental screening can identify 70–80% of children with developmental delays, but delays are not discovered in up to 70% of children without screening (Ariani & Yosoprawoto, M., 2021).

Based on the results of a preliminary study conducted by researchers on June 6, 2022, it was found that there were several incidents of children experiencing delays in fine motor development at preschool age where children tend to be less able to follow instructions from parents or teachers to draw an object such as a circle or a square. In addition, out of 10

respondents, 7 parents who have preschool-aged children (70%) have relatively less ability in fine motor stimulation, where parents rarely provide an educational toy to their children and even more often only provide a TV remote or smartphone as an alternative help the child not to cry. Even parents rarely invite children to play guessing games or simple questions.

During the preschool stage, which is at the age of 3-6 years, the relationship with parents is the basis for a child's development. Experiences during the preschool years form the basis for a child's further development. Children who most of the time they are not stimulated will miss many opportunities to get new experiences (Atkinson, 2014).

Several therapies have been carried out to increase the knowledge and ability of families in the community to stimulate children's development, including health education, individual, family and group therapy. One of the efforts to improve the family's ability to meet the developmental health needs of family members is to conduct Therapeutic Group Therapy. According to Townsend (2014), Therapeutic Group Therapy is a type of group therapy that provides opportunities for members to share experiences, help each other, to find ways to solve problems and anticipate problems that will be faced by teaching effective ways to control them stress.

Therapeutic group therapy helps its members prevent health problems, educate and develop the potential of group members and improve the quality among group members to overcome problems in life (Keliat & Akemat, 2014). This means that therapeutic group therapy is an approach to meeting family needs and an important resource for families with members of the same family. Therapeutic group therapy in families with pre-school age children (3-6 years) is carried out to help families overcome problems experienced related to growth and development, share experiences in stimulating child development and learn how to provide stimulation according to child development to help children develop initiatives.

The results of research conducted by Trihadi (2014) entitled *The Effect of Therapeutic Group Therapy on Families' Ability to Provide Early Childhood Development Stimulation in Bubulak Village, Bogor City*, showed a significant increase in family cognitive abilities before and after Therapeutic Group Therapy ( $p$ -value  $<0.05$ ), the difference in the average cognitive value between before and after TKT was 8.64 points, with a standard deviation before and after the intervention on cognitive 2.55 and 3.48. Likewise with psychomotor abilities, the results of Trihadi's research showed a significant increase in family psychomotor abilities before and after therapy was carried out by 3.76 points, with standard deviations of 2.296 and 1.57. Therapeutic Group Therapy has the opportunity to increase cognitive and psychomotor abilities by 45, 5% and 38.5% after controlling for other factors. However, this study only measured the family's cognitive and psychomotor abilities, not yet measuring children's cognitive and psychomotor abilities after therapy.

The results of research conducted by Damayanti (2015), the mother's psychomotor ability before giving therapy on average is 70% of the total psychomotor ability that must be mastered by the mother. The results of statistical tests showed that the average psychomotor ability of mothers who received Therapeutic Group Therapy increased significantly with an average increase of 12.2 points (from 67.5% to 77%).

Based on the above conditions, the authors are interested in researching the effectiveness of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City.

## **METHODS**

In this study, the researcher used quantitative analytical design with a cross sectional approach, which is a study to study the dynamics of the correlation between risk factors and effects, by approaching, observing or collecting data all at once (point time approach), that is, each subject The study was observed only once and measurements were made on the status of the character or variable of the subject at the time of examination. This does not mean that all research

subjects are observed at the same time (Soekidjo, 2017). This research will analyze the effectiveness of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool age children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City with a population of 65 respondents and a sample of 58 respondents who were taken using the Simple Random Sampling technique.

## RESULTS

### Stress Level

Table 1. Frequency distribution of respondents based on the ability of the respondent's parents in TK Dharma Wanita Tosaren 2 Kediri City which was held on September 24 - 30 2022 with a total of 58 respondents before being given treatment

Criteria	Frequency	Percent (%)
Capable	16	26.7%
Less fortunate	42	73.3%
Total	58	100%

Based on table 1 above, it is known that most of the respondents are less able to perform fine motor stimulation in preschool age children as many as 42 respondents (73.3%).

### Performance

Table 2. Frequency distribution of respondents based on the ability of the respondent's parents in TK Dharma Wanita Tosaren 2 Kediri City which was held on September 24 - 30 2022 with a total of 58 respondents after being given treatment

Criteria	Frequency	Percent (%)
Capable	37	63.8%
Less fortunate	21	36.2%
Total	58	100%

Based on table 2 above, it is known that most of the respondents were able to perform fine motor stimulation in preschool age children as many as 37 respondents (63.8%).

### Statistical Test Results

Table 3. Results of the Wilcoxon analysis of the effectiveness of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool age children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City, which was held on September 24 - 30, 2022 with a total of 58 respondents before and after being given treatment.

Category	mean	Sample	Sig
Prior ability	4.38	58	0.000
Ability After	7.84	58	

Based on the results of the Wilcoxon analysis, it shows that the p-value is  $0.000 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted, so it can be concluded that there is an effect of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool-aged children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City.

## DISCUSSION

### The Ability of Parents to Perform Fine Motor Stimulation in Preschool Age Children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City Before Intervention is Given

The results showed that most of the respondents were less able to perform fine motor stimulation in preschool age children as many as 42 respondents (73.3%). Meanwhile, 16 respondents (26.7%) were able to perform fine motor stimulation in preschoolers.

The human quality of a nation will be determined by the quality of children as toddlers which can be seen from the process of growing and developing. If development and growth is disturbed, it will result in disruption of preparation for the formation of quality children

(Chairuddin, 2013). Therefore, growth and development in childhood must be optimal. Optimal child development if supported by social interaction in this case is the interaction of children and parents/caregivers (Soetjiningsih & Ranuh, IGNG, 2013).

Considering that the number of children, especially preschool age in Indonesia is very large, which is around 10 percent of the entire population, as a candidate for the nation's next generation, the quality of growth and development of children in Indonesia needs serious attention, namely getting good nutrition, adequate stimulation according to their growth and development. Indonesian Ministry of Health, 2018).

According to Soetjiningsih, child development is a change that occurs in children, this is known through various aspects, including emotional, motor, cognitive, and psychosocial aspects (how children can interact with the surrounding environment). One of the developments of children is motor development, in general motor development is divided into two parts, namely gross motor and fine motor. Gross motor skills are part of a motor activity that involves large muscle skills. With examples such as sitting movements, crawling and also lifting the neck and stomach. This movement first occurs in the child's first year of age. Fine motor skills have a meaning, namely a skill activity that involves the movement of small muscles, for example, stringing beads, drawing, eating and writing. Fine motor skills usually develop after a child's gross motor skills develop (Sari et al., 2012).

According to Lindawati (2012), motor development is the control of body movements in toddlers (at preschool age, namely 3 years to 5 years) in a healthy and progressive manner. Taju et al. (2015) mentions several things that are factors that can affect a child's development he mentions including environmental factors and also genetic factors. The things that are included in the environmental factors are nutrition and also the stimulation given. Nutritional intake will greatly affect the nutritional status of children related to the child's growth and development (Soetjiningsih & Gde Ranuh, 2014).

In the results of Baradja's research (in Ervika, 2005) says that the response of parents in guiding children is also important, when parents show an attitude of concern, and often parents meet with children, if children are satisfied with the positive response shown by parents, for example parents give a positive appreciation to all their children's activities, parents support everything their children do, parents facilitate all their children's activities so children feel satisfied because they are given full trust and support for everything they do.

According to researchers, fine motor development in preschool-aged children can experience delays if parents cannot provide guidance or do not do stimulation exercises for preschool-aged children. Where preschool-aged children are still very close to their parents where children do not know many friends in the wider area of the school environment and only know a few friends in their neighborhood, so the role of parents in providing stimulation to children will be very important. Based on the results of the study, it was found that most of the respondents before being given therapeutic group therapy were less able to carry out fine motor stimulation in preschool age children where this was due to a lack of understanding of parents on how to help children's growth and development appropriately.

#### **The Ability of Parents to Perform Fine Motor Stimulation in Preschool Age Children in Kindergarten Dharma Wanita Tosaren 2 Kediri City After Intervention is Given**

The results showed that most of the respondents were able to perform fine motor stimulation in preschool age children as many as 37 respondents (63.8%). While a number of 21 respondents (36.2%) were less able to perform fine motor stimulation in preschool age children. Therapeutic group therapy is individuals who have a relationship with one another, are interdependent and have the same norms (Stuart & Laraia, 2005). Therapeutic group therapy is a type of group therapy that provides opportunities for members to share experiences, help each other, find ways to solve problems and anticipate problems that will be faced by teaching

effective ways to control stress. Therapeutic groups focus more on relationships within the group, interactions between group members and consider selective issues (Townsend, 2009). Stimulation has the meaning of a stimulus that is carried out since the child is born (even preferably done since the child is still in the mother's womb) which is carried out every day to stimulate all sensory systems, be it the senses of hearing, sight, touch, smell, and smell). In addition, it must also stimulate pleasant feelings for babies and children. Stimulation is a very important thing that must be done in order to support the growth and development of children. Stimulation that has been given to children in the first 3 years of age will have such a big influence on their brain development and also become the basis for children's lives in the future. The earlier the stimulation is given, the more optimal the child's development will be. Stimulation activities themselves can include various types of activities to be able to stimulate children's development such as training children to speak, make a movement, think, be independent and get along with friends. This stimulation can be done by both parents or other families. (Rahmawati, 2016).

Sunarsih (2012) research conducted at Taman Toddler Muthia Sido Arum, Sleman Yogyakarta, regarding the relationship between early stimulation by mothers and toddler development, it was found that out of 25 children, there were 4 children experiencing developmental delays. This is due to the lack of understanding of parents or families in providing a stimulus for child development.

According to researchers, therapeutic group therapy is a form of group therapy that can be carried out in various situations and conditions, including in families who have family members with periods of growth and development, as well as in families with preschool-aged children. Therapeutic group therapy in the family helps its members, especially children, to prevent health problems, educate and develop children's potential and improve the quality among family members to overcome problems in life. Based on the results of the study, it was found that most of the respondents after being given therapeutic group therapy were able to carry out fine motor stimulation in preschool age children, where previously far more were less able to carry out such stimulation. So it can be concluded that given therapeutic group therapy can improve the ability of parents. Parents who previously never invited their children to play educational games for their children became more active in teaching children many things, such as playing puzzles and assembling pictures.

### **The Effect of Therapeutic Group Therapy on the Ability of Parents to Perform Fine Motor Stimulation in Preschool Age Children at Dharma Wanita Kindergarten Tosaren 2 Kediri City**

Based on the results of the Wilcoxon analysis, it shows that the p-value is  $0.000 < 0.05$ , then  $H_0$  is rejected and  $H_1$  is accepted, so it can be concluded that there is an effect of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool-aged children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City.

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According to researchers, therapeutic group therapy is an approach to meeting family needs and an important resource for families with members of the same family. Therapeutic group therapy for families with pre-school age children is carried out to help families overcome problems experienced related to growth and development, share experiences in stimulating children's development and learn how to provide stimulation according to child development to help children develop initiatives, especially to improve motor development. subtle in preschool age children where at that age really need the important role of family roles such as father, mother, brother and sister.

## CONCLUSION

Before being given treatment, most of the respondents were less able to do fine motor stimulation in preschool age children as many as 42 respondents (73.3%).

After being given treatment, most of the respondents were able to do fine motor stimulation in preschool age children as many as 37 respondents (63.8%).

There is an effect of therapeutic group therapy on the ability of parents to perform fine motor stimulation in preschool age children at Dharma Wanita Tosaren 2 Kindergarten, Kediri City.

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