PERAN STIMULASI ORANGTUA TERHADAP PERKEMBANGAN ANAK BALITA KELUARGA MISKIN

(The Role of Parent's Stimulation on Development of Under-Five Years Old Children in Poor Family)

Dodik Briawan[1] dan Tin Herawati[2]

***ABSTRACT**. Parents have an important role in childcare. Not all parents, especially fathers are able to practice child caring in proper and adequate way. The objective of this research was to analyze relationship of stimulation given by parents to the development of their children. The research was carried out in surrounding Bogor Agricultural University (IPB) Darmaga Campus. Samples consisted of two groups of children, 37 normal and 37 stunting were drawn randomly from the participants of World Food Program (WFP) feeding project in Bogor District. Data were collected from April to May 2005. The instruments used to measure stimulation and child development were referred to Ministry of Health recommendation used by Posyandu cadres. Spearman rank correlation and descriptive statistics were applied to analyze the data. Research results showed that family characteristics between the two groups are relatively the same. The age of stunting children was younger and period of sickness was shorter than that of normal children. It was also found that not all children get adequate stimulation. Stimulation was practiced by only 48-72% family. After 18 months old the children were intensively stimulated by the largest portion of mothers. The stunting children received stimulation intensively beginning at earlier age and the stimulation mostly practiced by mother. Only small part of stimulation was taken by father after the children reach one year. At the average, score stimulation was low in 21-22% normal and stunting children. The stimulation practiced by parents significantly related to child development.*

***Key Words**: Parent's Stimulation, Child Development, Under-Five Years Old Children, Children in Poor Family*

PENDAHULUAN

Pembangunan nasional bertujuan meningkatkan kualitas sumberdaya manusia secara berkesinambungan dan berkelanjutan. Kualitas sumberdaya manusia ditentukan oleh keberhasilan tumbuh kembang pada masa kanak-kanak (Depkes RI 2000). Investasi yang dimulai sejak dini (usia anak-anak) dianggap paling menguntungkan di dalam pembangunan SDM. Faktor utama yang mempengaruhi tumbuh kembang anak diantaranya adalah faktor gizi, kesehatan dan pengasuhan (*caring*) yang terkait satu sama lain. Hasil studi Zeitlin (2000) menunjukkan bahwa anak yang diasuh dengan baik akan memiliki tingkat perkembangan yang baik. Demikian juga anak yang memiliki status gizi baik akan memiliki tingkat perkembangan yang baik (Grantham Mc-Gregor 1995).

Dalam rangka mempersiapkan anak supaya tumbuh dan berkembang baik maka perlu pengasuhan dari orang-orang di sekitarnya terutama orang tuanya sendiri, yaitu ayah dan ibu. Namun kenyataannya dalam kehidupan keluarga umumnya di Indonesia yang paling utama berfungsi sebagai pengasuh adalah ibu (Gunarsa & Gunarsa 1995)

Hasil penelitian BKKBN di Jawa Timur dan Manado menunjukkan, 50% ibu menyatakan pengasuhan anak adalah tugas ibu, dan 40% menyatakan pengasuhan anak adalah tanggung jawab ayah dan ibu. Hal ini masih menunjukkan bahwa peran pengasuhan anak lebih condong dilakukan oleh ibu (Megawangi 1999). Padahal untuk mencapai perkembangan anak yang optimal perlu keterlibatan ayah dalam pengasuhan. Ayah mempunyai tanggung jawab yang