

## **NILAI ANAK, STIMULASI PSIKOSOSIAL, DAN PERKEMBANGAN KOGNITIF ANAK USIA 2-5 TAHUN PADA KELUARGA RAWAN PANGAN DI KABUPATEN BANJARNEGARA, JAWA TENGAH**

*Value of Child, Psychosocial Stimulation, and Cognitive Development of 2-5 Years Old Children in Food Insecurity Areas at Banjarnegara District, Central Java Province*

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**ABSTRACT.** *Optimal growth and development during early childhood will be able to describe a better future, especially for children between 2-5 years old. The aim of the study was to analyze value of child, psychosocial stimulation, and cognitive development of 2-5 years old children in food insecurity areas at district of Banjarnegara, Jawa Tengah Province. Two subdistrict which were Pejawaran and Punggelan were selected purposively. From each subdistrict, 3 villages were chosen for a total of 6 villages served as site of the study. From each villages, 50 families with its children aged 2-5 years were randomly selected, for a total of 300 families as respondents of this study. Result showed that average score of value of children was 81,2%. It means that parents had high of perception and expectation to their children. Meanwhile, average score of psychosocial stimulation for 2-3 years old children was 49,8% and for 3-5 years old children was 57,4%. The average score of cognitive development for 2-5 years old children was 50,6%, which indicated that children still had low cognitive development. There was significant and possitive correlation between value of children and psychosocial stimulation. In line with this, increasing of psychosocial stimulation score was followed by increasing of child cognitive development score. Result showed that cognitive development was significantly and positively influenced by length of maternal education, length of child's participation on preschool education, family economic status, and psychosocial stimulation. On the other hand, increasing of age of children will be followed by decreasing score of cognitive development.*

**Key words:** *2-5 years old children, cognitive development, psychosocial stimulation, value of children*

### **PENDAHULUAN**

Masa-masa yang rentan dari kehidupan seseorang berada pada lima tahun pertama dalam kehidupannya yang merupakan pondasi bagi perkembangan selanjutnya. Menurut Anwar (2002), apabila pada masa tersebut pertumbuhan dan perkembangan seorang anak berjalan secara optimal diharapkan pada masa dewasa akan tumbuh menjadi manusia yang berkualitas. Manusia yang berkualitas harus didukung oleh perkembangan kognitif yang baik. Menurut Webster (1993) dalam Hastuti (2006),

kemampuan kognitif berhubungan dengan aktivitas intelektual seperti berpikir, menjelaskan, membayangkan, mempelajari kata, dan menggunakan bahasa. Optimalisasi perkembangan kognitif dipengaruhi oleh kematangan fisiologis, terutama pada masa balita (Dariyo 2007). Seorang anak akan dapat melakukan koordinasi gerakan tangan, kaki maupun kepala secara sadar setelah saraf-saraf maupun otot bagian organ telah berkembang secara memadai. Artinya bahwa perkembangan kognitif harus diiringi dengan kematangan fisiologis.