

ABSTRAK

HUBUNGAN RESPON *BABY SWIMMING* DENGAN PERKEMBANGAN MOTORIK KASAR BAYI DI FAFA BABY SPA PANDAAN

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Baby swimming merupakan salah satu bentuk stimulasi dini yang membantu perkembangan motorik kasar bayi, terutama meningkatkan kekuatan otot, keseimbangan, dan koordinasi tubuh. *Baby swimming* memberikan stimulasi multisensorik yang mampu meningkatkan perkembangan sistem saraf bayi serta meningkatkan kemampuan gerak tubuh secara keseluruhan. Desain penelitian adalah cross-sectional. Populasi adalah seluruh bayi yang berusia 3-12 bulan yang melakukan terapi berenang di Fafa Baby Spa Pandaan. Sampel adalah seluruh bayi yang memenuhi kriteria inklusi dan eksklusi yang diambil menggunakan teknik *consecutive sampling* sebanyak 46 responden. Prosedur penelitian dilakukan dengan cara editing, coding, skoring, dan analisa data menggunakan uji Spearman's Rho. Instrumen penelitian menggunakan lembar observasi respon baby swimming dan Kuesioner Pra Skrining Perkembangan. Hasil penelitian menunjukkan sebagian besar respon baby swimming berada pada kategori baik (73,9%). Perkembangan motorik kasar bayi sebagian besar normal sebanyak 35 responden (76,1%). Uji Spearman's Rho menunjukkan $r = 0,918$ dengan $p = 0,000$ ($p < 0,05$). Artinya terdapat hubungan sangat kuat dan signifikan antara respon baby swimming dengan perkembangan motorik kasar bayi. Semakin baik pelaksanaan baby swimming, semakin optimal perkembangan motorik kasar yang dicapai. Karena aktivitas di dalam air memberikan stimulasi yang meningkatkan kekuatan otot, koordinasi, keseimbangan, dan kontrol tubuh bayi. Baby swimming direkomendasikan sebagai intervensi stimulasi dini yang efektif mendukung perkembangan motorik kasar bayi secara optimal.

Kata Kunci: Baby Swimming, Motorik Kasar, Bayi

ABSTRACT

CORRELATION BETWEEN *BABY SWIMMING* RESPONSE AND GROSS MOTOR DEVELOPMENT IN INFANTS AT FAFA BABY SPA PANDAAN

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Baby swimming is one form of early stimulation that supports gross motor development in infants, particularly in improving muscle strength, balance, and body coordination. *Baby swimming* provides multisensory stimulation capable of enhancing the development of the infant's nervous system and improving overall body movement. The research design was cross-sectional. The population consisted of all infants aged 3–12 months undergoing swimming therapy at Fafa Baby Spa Pandaan. The sample comprised all infants meeting the inclusion and exclusion criteria, selected using a *consecutive sampling* technique totaling 46 respondents. The research procedure was carried out through editing, coding, scoring, and data analysis using the Spearman's Rho test. Research instruments included a baby swimming response observation sheet and the Pre-Screening Developmental Questionnaire. The results showed that the majority of baby swimming responses were in the good category (73.9%). Gross motor development was normal in most infants, with 35 respondents (76.1%). The Spearman's Rho test showed $r = 0.918$ with $p = 0.000$ ($p < 0.05$), indicating a very strong and significant relationship between baby swimming response and infant gross motor development. The better the implementation of baby swimming, the more optimal the gross motor development achieved, as aquatic activities provide stimulation that enhances muscle strength, coordination, balance, and body control in infants. Baby swimming is recommended as an effective early stimulation intervention to optimally support infant gross motor development.

Keywords: Baby Swimming, Gross Motor, Infant