

ABSTRAK

Nabilah Khairunnisa (2025). Penerapan terapi bermain mewarnai untuk meningkatkan motorik halus pada anak usia prasekolah di Panti Asuhan Bayi dan Balita Pekanbaru. Karya Tulis Ilmiah Studi Kasus, Program Studi DIII Keperawatan, Jurusan Keperawatan, Poltekkes Kemenkes Riau. Pembimbing (I) Ns. Sari Anggela, M.Kep., Sp.Kep.A (II) Ns. Erni Forwaty, S.Kep., M.Kep.

Peningkatan motorik halus merupakan salah satu aspek penting dalam pertumbuhan anak usia prasekolah. Namun, anak-anak yang tinggal di panti asuhan seringkali mengalami keterlambatan perkembangan akibat kurangnya stimulasi yang optimal. Penelitian ini bertujuan untuk mendeskripsikan penerapan terapi bermain mewarnai dalam meningkatkan motorik halus pada anak usia prasekolah di Panti Asuhan Bayi dan Balita Fajar Harapan. Metode yang digunakan adalah studi kasus deskriptif dengan subjek dua anak prasekolah yang dipilih berdasarkan kriteria inklusi. Penelitian ini dilakukan pada tanggal 17–20 Maret 2025, dilaksanakan sebanyak 4 kali pertemuan dengan durasi 30 menit per sesi. Pengukuran perkembangan motorik halus dilakukan sebelum dan sesudah terapi menggunakan lembar observasi DDST dan checklist indikator mewarnai. Hasil penelitian menunjukkan adanya peningkatan kemampuan motorik halus kedua subjek setelah intervensi. Indikator seperti kemampuan memegang crayon, menggerakkan pergelangan tangan, dan kerapian dalam mewarnai mengalami peningkatan dari kategori belum berkembang menjadi berkembang sesuai harapan bahkan sangat baik. Selain itu, terapi mewarnai juga penting untuk melatih indera penglihatan, keterampilan motorik, imajinasi, dan kreativitas anak, serta kemampuan mereka dalam memilih dan mengatur warna sesuai pengamatan dan keinginan.

Kata kunci: Anak Prasekolah, Mewarnai, Motorik Halus, Panti Asuhan, Terapi Bermain,

ABSTRACT

Nabilah Khairunnisa (2025). The application of coloring play therapy to improve fine motor skills in preschool-age children at the Pekanbaru Infant and Toddler Orphanage. Scientific Paper Case Study, DIII Nursing Study Program, Department of Nursing, Polytechnic of the Ministry of Health, Riau. Supervisor (I) Ns. Sari Anggela, M.Kep., Sp.Kep.A (II) Ns. Erni Forwaty, S.Kep., M.Kep.

Improvement of fine motor skills is one of the important aspects of the growth of preschool-age children. However, children living in orphanages often experience developmental delays due to a lack of optimal stimulation. This study aims to describe the application of coloring play therapy in improving fine motor skills in preschool-age children at the Fajar Harapan Infant and Toddler Orphanage. The method used was a descriptive case study with the subjects of two preschoolers selected based on inclusion criteria. This research was conducted on March 17-20, 2025, held as many as 4 meetings with a duration of 30 minutes per session. Measurements of fine motor development were performed before and after therapy using DDST observation sheets and coloring indicator checklists. The results showed an improvement in fine motor skills of both subjects after the intervention. Indicators such as the ability to hold crayons, move the wrist, and neatness in coloring have increased from the category of not yet developed to developing as expected and even very good. In addition, coloring therapy is also important to train children's sense of sight, motor skills, imagination, and creativity, as well as their ability to choose and adjust colors according to observations and desires.

Keywords: Coloring, Fine Motors, Orphanage, Play Therapy, Preschoolers