

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN RIAU
PROGRAM STUDI SARJANA TERAPAN KEBIDANAN**

**SKRIPSI, JULI 2026
EPO RASWA NIKITA SINAGA**

**HUBUNGAN *TUMMY TIME EXERCISE* SEBAGAI STIMULASI DINI
TERHADAP PERKEMBANGAN BAYI 3-6 BULAN DI PUSKESMAS
PAYUNG SEKAKI KOTA PEKANBARU**

xiii+ 39 halaman, 7 tabel, 2 bagan, 4 gambar, 12 lampiran

ABSTRAK

Kehamilan, persalinan, dan masa bayi merupakan periode yang sangat menentukan kualitas tumbuh kembang anak, khususnya pada aspek yang dipengaruhi oleh stimulasi dini, salah satunya melalui *tummy time exercise*, penelitian ini bertujuan untuk mengetahui hubungan *tummy time exercise* sebagai stimulasi dini terhadap perkembangan bayi usia 3–6 bulan. Penelitian kuantitatif dengan desain *cross sectional* ini dilaksanakan pada Februari-April 2026 di 10 Posyandu wilayah kerja Puskesmas Payung Sekaki, Kelurahan Labuh Baru Timur, melibatkan 67 ibu dengan bayi usia 3-6 bulan yang dipilih menggunakan teknik *total sampling*. Data dikumpulkan menggunakan lembar observasi, dengan perkembangan bayi dinilai melalui instrumen kuesioner pra skrining perkembangan (KPSP) kemudian dianalisis menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan sebanyak 37 bayi (55,2%) melakukan *tummy time exercise* dan 30 bayi (44,8%) tidak melakukannya. Berdasarkan penilaian KPSP, sebagian besar bayi (50,7%) memiliki perkembangan sesuai usia, sedangkan 29,9% berada pada kategori meragukan dan 19,4% pada kategori menyimpang. Hasil uji *Chi-Square* menunjukkan nilai *p-value* sebesar 0,002 ($p < 0,05$), yang menyebutkan adanya hubungan signifikan antara *tummy time exercise* dengan perkembangan bayi. Disarankan agar tenaga kesehatan Puskesmas Payung Sekaki terus mengoptimalkan edukasi mengenai *tummy time exercise* sebagai stimulasi dini, serta menindaklanjuti bayi dengan perkembangan menyimpang melalui skrining ulang, rujukan, dan pendampingan orang tua.

Kata Kunci : *Tummy time exercise*, stimulasi dini, perkembangan, bayi 3-6 bulan

Referensi : ± 29 referensi (2015–2025)

**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
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**THESIS, JULY 2026
EPO RASWA NIKITA SINAGA**

**THE RELATIONSHIP BETWEEN TUMMY TIME EXERCISE AS
EARLY STIMULATION AND THE DEVELOPMENT OF INFANTS
AGED 3–6 MONTHS AT PAYUNG SEKAKI COMMUNITY HEALTH
CENTER, PEKANBARU CITY**

xiii + 39 pages, 7 tables, 2 charts, 4 figures, 12 appendices

ABSTRACT

Pregnancy, childbirth, and infancy are critical periods that determine the quality of a child's growth and development, particularly in aspects influenced by early stimulation, one of which is tummy time exercise. This study aimed to determine the relationship between tummy time exercise as early stimulation and the development of infants aged 3–6 months. This quantitative study with a cross-sectional design was conducted from February to April 2026 at 10 Posyandu (integrated health posts) in the working area of Payung Sekaki Community Health Center, Labuh Baru Timur Sub-district, involving 67 mothers with infants aged 3–6 months selected using a total sampling technique. Data were collected using observation sheets, with infant development assessed using the Developmental Pre-Screening Questionnaire (KPSP), and then analyzed using the Chi-Square test. The results showed that 37 infants (55.2%) performed tummy time exercise and 30 infants (44.8%) did not. Based on the KPSP assessment, most infants (50.7%) had age-appropriate development, while 29.9% were in the doubtful category and 19.4% in the deviant category. The Chi-Square test yielded a p-value of 0.002 ($p < 0.05$), indicating a significant relationship between tummy time exercise and infant development. It is recommended that health workers at Payung Sekaki Community Health Center continue to optimize education on tummy time exercise as early stimulation, and follow up on infants with deviant development through re-screening, referral, and parental guidance.

Keywords: Tummy time exercise, early stimulation, development, infants aged 3–6 months

References: ± 29 references (2015–2025)