

Conference Paper

Parents' Efforts to Assist Delayed Walking in Children

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Abstract.

Indicators of child development include the ability to walk at the age of approximately 18 months. If at this stage the child is not able to walk without being held, it can be said that the child has delayed walking. There are several factors involved in delayed walking, including motor, genetic and temperament. Giving stimulation is an effort made by adults in providing the optimal facilities and opportunities to achieve optimal development. The purpose of this study was to determine the efforts of parents in accompanying delayed walking in children. This was qualitative research with a case study approach. The data were collected through semi-structured interviews. Participants were selected using purposive sampling. Data were analyzed using domain analysis and triangulation was carried out. The results were consolidated into 4 themes, namely: 1) non-medical therapy, with 2 sub-themes: a) bringing children to traditional therapy, and b) doing light massage on children's feet; 2) providing stimulation of walking exercises, with 3 sub-themes: a) stimulation of walking with toys, b) stimulation of walking with exercise, and c) environmental modification; 3) fulfillment of nutrition in supporting motor skills, with 2 sub-themes: a) providing vitamins, and b) providing food with adequate nutrition; and 4) providing rewards.

Keywords: parents' efforts, stimulation, delayed walking

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1. BACKGROUND

Impaired growth and development is a problem that is often found in society. The main complaint of parents is that they are worried about their child's growth and development, which can lead to suspicion of a developmental disorder, such as the head looks large, the child is shorter than his peers, at 6 months of age he cannot lie on his stomach, 8 months of age cannot sit, 15 months of age has not stood up, 2 years have not spoken and others. Disturbances in growth and development hinder the creation of quality human resources as part of the determinants of the future development of the nation and state [1].

Gross motor movement is an ability that requires coordination of most parts of the body. Gross motor development disorders are abnormalities that occur in parts of the body and inhibit the development of the nerve center and muscle coordination such

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as the inability to regulate balance, poor coordination can lead to delays in children's emotions and intelligence [2].

Delay in walking is a delay in walking in children aged 9-18 months. Some indicators that cause delays in walking in children include motor, temperament and genetics. This factor is rarely known by parents and sometimes delay is allowed and it causes its own failure. Lack of time to consult a pediatrician makes such cases seem to be left unattended [3].

In one study, 11 children (9.2%) had a history of delayed walking. Pes planus and a history of walking late had a significant relationship. A study in Taiwan found that the prevalence of flat foot in children with delayed motor development was 1.5 times that of children with normal development. The relationship between flat feet and delayed walking includes delayed motor development [4].

Currently, developmental delays are a serious problem in both developed and developing countries. Indonesia's health profile in 2016 stated that Currently, developmental delays are a serious problem in both developed and developing countries. Indonesia's health profile in 2016 stated that 56.4% of children aged five years and under in Indonesia experienced growth and development disorders. If the detection of growth and development is delayed, it can result in deviations in children that are difficult to repair [5].

The World Health Organization (WHO) 2018 reports that the prevalence data for children under five with growth and development disorders is 28.7% and Indonesia is included in the third country with the highest prevalence in the Southeast Asia region (WHO 2018). In America, 20-30% of children detected developmental disorders before school age, and 45.12% in Indonesia. In a study in Indonesia showed that 20-30% of children under five had developmental disorders and most experienced delays in gross motor and language aspects caused by lack of stimulation [6].

Gross motor development requires directed stimulation, either by playing, exercising, or dancing. Based on the results of research through dance movements can affect the improvement of gross motor skills. The results of the study (Saputri, Rustam and Sari 2020) showed that parents who gave good stimulation most of the results of the developmental assessment were in the category according to the stages of development, namely 91.3% and the remaining 8.7% of children who received good stimulation were in the category inappropriate development.

The impact of gross motor delay causes disturbances in movement, social-emotional language and cognitive. To prevent delays in gross motor development can be done with some stimulation such as baby massage [7]. Motor delays can hinder the development

of toddlers according to age. Toddlers who are late to walk may also be late in sitting and difficulty crawling will be carried on by children until they go to school and cause other problems, such as reading and writing and the biggest impact is that children will experience mental retardation and slowed neurodevelopmental disorders [8].

Stimulation is important in the growth and development of babies. Babies who get directed and regular stimulation can develop faster than babies who don't or get less stimulation. The environment is one of the factors driving the development of the baby. Early detection of growth needs to be done with the aim of knowing the normality of growth and detecting growth irregularities early. The brain tissue of children who are stimulated develops up to 80% by the age of 3 years [9].

The inhibition of the development of self-potential in children can lead to problems, children's self-confidence becomes low, has a negative concept of fear of not being accepted in an environment that makes children unable to complete their developmental tasks and will have an impact on the child's future. Preschool age children still need physical closeness with parents [10].

2. METHODS

2.1. Study design and research area

This study uses a qualitative research design in the form of a case study. Qualitative research is a process of exploring and understanding the meaning of behavior carried out by individuals and groups, and describing how a problem occurs in the social and humanitarian fields [11]. Researchers studied one case by interviewing the main participant, a mother who had a child aged 3 years and experienced motor development delays. This research was conducted from October 2020 to February 2021.

2.2. Research settings

The location of the research was in the village of Gunung Kunci, Jabung District, Malang Regency. Interviews with participants will be held on 3-10 January 2021.

The first participant is Mrs. L with the age of 35 years is the mother of a late walking child, Mrs. L is a housewife and her last education is elementary school. The second participant is Mr. R, who is 40 years old, is the father of a late walking child and the husband of Mrs. L, his occupation is farmer and his last education is SMA. The third participant is Mrs. S who is 22 years old who is the aunt of a late walker and the younger

TABLE 1: Demographic of participants.

No.	Initial Name	Participants	Age	Education	Status
1.	Ny. L	1	35 year	SD	Mother
2.	Tn. R	2	40 year	SMA	Father
3.	Ny. S	3	22 year	SMP	Aunt

Sumber : Keluarga Partisipan

brother of Mr. R, her job is as a housewife and her last education is junior high school (SMP).

2.3. Data collection processes and instruments

Data collection techniques using semi-structured interviews. Semi-structured interviews are open questions, flexible, predictable interview speed, there are interview guidelines that are used as benchmarks [12]. Interviews in this study, namely by asking questions about the efforts of parents in accompanying walking delays in children to participants, in conducting interviews, researchers prepared a list of questions and a voice recorder using cellphones and books as field notes..

2.4. Data Validity Test Method

Test the validity of the data in the study is triangulation. The triangulation method is a methodological concept in qualitative research, the purpose of triangulation is to increase the theoretical, methodological, and interpretive strength of qualitative research. Triangulation is also used to check data through various sources, techniques and time [11].

In this study, researchers used the Source Triangulation Test, namely by comparing the data from observations and comparing the interviews of subjects and families, namely P1, P2, and P3. In this study involved 3 participants, namely Mrs. L as the mother of the client who is the main participant, Mr. R as data reinforcement is the client's father as the second participant and Mrs. S is the client's aunt as the third participant. The data needed as reinforcement is data on how parenting patterns are used so that it will refer to the initial title of this Scientific Paper research, namely Parental Efforts in Accompanying Walking Delay in Childrenn

2.5. Data analysis

This study uses the domain analysis method. Domain analysis is a process in obtaining a general and comprehensive picture of the object of research [13]. Researchers do transcription, read it over and over again and find keywords and categories. Next, give the general meaning of the keywords obtained so that the research theme is obtained.

3. RESULTS

Based on the results of interviews conducted by researchers from the three participants, P1 is the mother of a late walking child, P2 is the father of a late walking child and the husband of P1 and P3 is the aunt of a late walking child and P2 's younger brother. From the interviews that have been conducted, it can be concluded in the following sub-themes and themes:

TABLE 2: Distribusi Tema dan Sub Tema.

No	Sub Themes	Themes
1.	Bringing the child to traditional therapy.	Family Efforts with Non-Medical Therapy.
2.	Do a light massage on the child's feet.	
3.	Stimulation of walking with toys.	Family Efforts to Maintain the Spirit of Learning to Walk in Children.
4.	Stimulation of walking with exercise.	
5.	Environmental modification.	
6.	Providing tools to support children in learning to walk	Efforts of parents in stimulating.
7.	Provides vitamins.	Give vitamin
8.	Provide food with adequate nutrition.	Family Efforts by Giving Rewards to Children.

4. DISCUSSION

Based on the results of interviews that have been obtained, An's parents. F took his son to non-medical therapy and there was progress after bringing his son there. Parents also do self-massage to An. F when at home every bath with warm water. Stimulation by giving massage to the baby, namely stimulation can be in the form of caressing or light massage accompanied by affection. Baby massage is usually called stimulus touch. The benefits of baby massage are to encourage the growth of muscle structure and flexibility

TABLE 3: Data Analysis Domain.

Participants	Transcript	Keywords	Sub Theme	Theme
P1/3	".. then I took him to a therapist .. he could stand up.. then I did the therapy again..	Therapy	Bringing children to traditional therapy	Non-Medical Therapy Efforts
P2/3	"..Alhamdulillah, with 3 x therapy .. the child can immediately stand up..			
P3/2	"... also brought to the alternative ..."			
P2/3	"...then massaged with warm water every morning and evening..."	Self massage	Doing a light massage on the child's feet	
P3/7	"If the bath is in the massage with his mother... his feet."			
P1/6	"...usually I also put the toys a bit far away... so the child wants to walk and pick up the toys..."	Play independently	Stimulation of walking with toys	Doing walking exercise stimulation
P2/7	"... usually if he asks for a toy, I put it a bit far ... let the child walk to pick up the toys..."			
P2/2	"... it's okay to hold my hand (tatah), already."	Play with parents	Stimulation of walking with exercise	
P3/3	"...Farah's sister walks by hold my hand (tatah)..."			
P1/6	Yeah.. if I'm at home I say to push a chair ..	Push Chair	Providing tools to support children in learning to walk	
P2/7	"Then...sometimes you are given a chair , let the child push it,			
P3/6	"He was given a chair so that he would push the chair and walk.			
P1/2	"..., then we kept on taking treatment, getting vitamins and fish oil ..."	Vitamin	Give vitamins	Fulfillment of nutrition in supporting motor skills
P2/2	"...then I've tried to buy it... buy medicine and vitamins ..."			
P3/2	"...supported in terms of nutritious food ..."	Food	Provide food with adequate nutrition	
P1/9	"...by giving him the toys or food he wants ... so that he can keep his spirits up and practice walking..."	Giving encouragement		Giving rewards
P2/9	"If he wants to learn more... usually I give him the food he likes ."			

which helps in the growth of the baby's physical abilities, developing intelligence and

psychomotor skills, one of the other advantages of regular baby massage will show a rapid increase in motor activity in infants [14].

The efforts of An's parents. F in accompanying children who are late to walk, namely by providing stimulus to children in various ways such as placing the toys that the child likes at a distance with the aim of the child wanting to walk to pick up the toy, also training the child to walk by asking or guiding the child to walk holding both hands child and the position of the child facing forward. In addition, parents An. F also takes advantage of the environment by providing a light chair so that the child can be pushed, so that the child can practice walking and walking.

Giving stimulation in early childhood is very important for child development. Because at an early age is a sensitive period for children to receive stimuli or stimuli. Children's gross motor skills can be improved through an exercise process [15]. Stimulation through play also has a good effect on children's gross motor development. To support stimulation from parents, the provision of educational game tools helps develop children's abilities. Educational game tools can be provided in the form of play, exercises, and sports [16].

According to [17], building children's motor skills by perceiving something in their environment that can motivate children to do something and then using that perception to move. Motor skills represent the child's desires. Like when a child sees a variety of toys, the child perceives in his brain that he wants to play with it. This perception motivates children to do something, namely by moving and picking it up. As a result of this movement, the child managed to get what he wanted or what he wanted.

Another effort obtained statements from participants, namely supporting growth in children by providing nutritious food and supplements for children. Providing nutritious food to early childhood is very important to provide energy to children who are very active at an early age. Provision of adequate nutrition and nutrition can stimulate the growth and development of human organs [18]. Child development is supported by a balanced nutritional status, because unbalanced nutrition or poor nutrition and low health status greatly affect growth and development. Malnutrition at preschool age can affect growth and development [19].

From the results of this study, it was found that parents' efforts to improve gross motor development in children were by meeting the nutritional needs of children by providing vitamins, drugs and nutritious food.

From the results of this interview, it was obtained statements from participants who explained that by giving rewards in the form of toys or food that children liked, it made children more excited to learn to walk. Giving rewards is needed to provoke children's

enthusiasm in learning, because children feel appreciated for the actions they have done, because children need attention and affection from parents.

Reward is a form of strengthening the attitude and behavior of children. Reward is reinforcement in the form of a gift. Reward is a means that encourages a person to make changes in behavior in order to achieve the expected results [20].

5. CONCLUSION

Based on the results of the study, researchers can conclude that the efforts of parents in accompanying walking delays in children obtained 4 themes, namely, 1. Non-medical therapy, with sub themes (1) Bringing children to traditional therapy, (2) Doing light massage on the child's feet. 2. Provide walking exercise stimulation, with sub themes (1) Stimulation of walking with toys, (2) Stimulation of walking with exercise, (3) Modification of the environment. 3. Fulfillment of nutrition in supporting motor skills, with sub-themes (1) Providing vitamins, (2) Providing food with adequate nutrition. And 4. Giving rewards. From the four themes obtained in this study, it can be seen the importance of parents' efforts in accompanying walking delays in children so that children can follow age-appropriate developments. By providing a routine and appropriate stimulus can support the ability to walk in children.

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