

STIMULATION AND MOBILE ACTIVITY IN EARLY CHILDHOOD MOTOR PHYSICAL DEVELOPMENT

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Abstract

This article discusses the importance of physical stimulation and physical activity in the development of early childhood motor skills. This period is a critical stage in motor development, which impacts various aspects of future life. Various forms of stimulation and physical activities, such as playing in the park, cycling, and engaging in group games, have a positive impact on both gross and fine motor development in children. It is important for parents and educators to understand their role in providing an environment conducive to the physical motor development of children. Factors such as physical and social environment, parental role, availability of time and resources, and school policies influence children's participation in physical activities. By considering these factors and creating a supportive environment, we can increase children's opportunities to engage in varied physical activities that are beneficial for their overall physical and well-being development

Keywords: Physical Stimulation, Physical Activity, Motor Development, Early Childhood, Educational Environment.

Abstrak

Artikel ini membahas pentingnya stimulasi fisik dan aktivitas bergerak dalam pengembangan motorik anak usia dini. Periode ini merupakan tahap kritis dalam perkembangan motorik, yang memengaruhi berbagai aspek kehidupan di masa depan. Berbagai bentuk stimulasi dan aktivitas bergerak, seperti bermain di taman, bersepeda, dan bermain permainan kelompok, memiliki dampak positif pada perkembangan motorik kasar dan halus anak. Penting bagi orang tua dan pendidik untuk memahami peran mereka dalam menyediakan lingkungan yang kondusif bagi perkembangan fisik motorik anak. Faktor-faktor seperti lingkungan fisik dan sosial, peran orang tua, ketersediaan waktu dan sumber daya, serta kebijakan sekolah, memengaruhi tingkat partisipasi anak dalam aktivitas fisik. Dengan memperhatikan faktor-faktor ini dan menciptakan lingkungan yang mendukung, kita dapat meningkatkan kesempatan anak-anak untuk terlibat dalam aktivitas fisik yang bervariasi dan bermanfaat bagi perkembangan fisik dan kesejahteraan mereka secara keseluruhan.

Keywords: Stimulasi Fisik, Aktivitas Bergerak, Perkembangan Motorik, Anak Usia Dini, Lingkungan Pendidikan.

INTRODUCTION

Childhood, especially early childhood, is a critical period in an individual's physical and motor development (Gustina et al., 2022). At this stage, children experience rapid development in motor skills, which include gross and fine motor skills. Gross motor skills involve large body movements such as running, jumping, and climbing, while fine motor skills include more subtle and detailed movements such as grasping, writing, and stringing (Suryana, 2014).

Optimal motor development in early childhood has a significant impact on various aspects of their future lives, including academic ability, physical health, and social and emotional skills (Baan et al., 2020). Therefore, it is important for parents, educators, and the community to understand and encourage the physical motor development of children through a variety of stimulation and appropriate movement activities.

Stimulation and movement activities play a key role in this process. Proper stimulation can help optimize a child's neural and motor development, allowing them to reach developmental milestones more effectively (Farida, 2016). Diverse and fun physical activity can also increase a child's motivation to move, which in turn strengthens their muscles, improves coordination, and builds a foundation for a healthy lifestyle in the future.

Research shows that lack of stimulation and physical activity can hinder children's motor development (Fatmawati, 2020). Conversely, an environment rich in motor stimuli can speed up this process (Early, 2022). Simple activities such as playing in the park, biking, or participating in sports activities can provide the stimulation necessary for healthy motor development.

On the other hand, the role of parents and educators is very important in providing a conducive environment for children to be actively moving. They must be sensitive to the child's developmental needs and provide a variety of opportunities for children to explore their motor abilities (Sutini, 2018). This support can be in the form of providing toys that stimulate motor skills, inviting children to play outside the home, or enrolling children in age-appropriate exercise classes.

By understanding the importance of stimulation and mobile activity in early childhood motor physical development, we can take proactive steps to ensure that every child has the best chance of optimal growth and development. This article will aim to review more about the strategies that can be applied to encourage children's physical motor development, as well as the long-term benefits that can be obtained from these interventions.

METHODS

The writing in this article uses a literature study by examining various literature sources relevant to the role of stimulation and mobile activity in early childhood motor physical development. The steps through identifying topics include gathering library sources, reading and analyzing literature, compiling a synthesis, and citing and compiling a bibliography. Data was collected from various written and digital sources relevant to the topic in the form of scientific textbooks and national scientific journals. The data analysis is through content analysis through data categorization, interpretation, information synthesis and conclusion drawn.

RESULT AND DISCUSSION

Physical and motor stimulation in early childhood is an integral part of their development. Various forms of stimulation can be given to support the child's gross and fine motor development (Ramadhani et al., 2022). Here are some commonly applied forms of stimulation:

1. Gross Motor Stimulation

- a. Encourage children to walk and run on a variety of surfaces, such as grass, dirt, and paved roads, to improve balance and coordination.
- b. Games such as jumping rope, jumping on a small trampoline, or jumping from one place to another help strengthen the leg muscles and improve balance.
- c. Use a tricycle or two-wheeler to practice hand-to-foot coordination and body balance.
- d. Climbing on playground equipment or children's climbing walls helps strengthen upper body muscles and improve coordination skills.

2. Fine Motor Stimulation

- a. Using crayons, colored pencils, or watercolors to draw and colorize helps children develop fine motor skills and hand-eye coordination.
- b. The activity of stringing beads of various sizes improves the child's precision and fine motor skills.
- c. Forming various shapes with wax or plasticine trains the strength of the child's fingers and creativity.
- d. Using toys such as shape boxes to insert and remove objects helps to train fine motor skills and shape recognition.

3. Sensory-Motor Stimulation

- a. Using materials such as sand, water, rice, or nuts for sensory play that involves touch, texture, and different sensations.
- b. Invite children to dance to the rhythm of music or play simple musical instruments such as drums or marakas to develop motor skills and rhythm.

4. Stimulation through Social Play

- a. Invite children to play group games such as hide and seek, ball, or traditional games that involve a lot of movement and social interaction.
- b. Use simple costumes and props to role-play, such as doctors or shops, that help children develop motor and social skills at the same time.

5. Stimulation through Daily Activities

- a. Engaging children in simple household tasks such as sweeping, watering plants, or tidying up toys can be an effective form of motor stimulation.
- b. Inviting children to eat on their own using spoons, forks, or chopsticks trains fine motor skills and hand-eye coordination.

These forms of stimulation are designed to cover different aspects of a child's motor development, both gross and subtle, as well as to ensure that the child gets a rich and diverse experience in their physical activity. The combination of these different forms of stimulation can help children achieve their motor development milestones optimally.

Movement activities play an important role in early childhood motor physical development, which includes gross and fine motor skills. Structured physical activities such as organized sports and dance classes provide many benefits for children (Candra et al., 2023). Through soccer, gymnastics, or swimming, children can develop their muscle strength, coordination, and flexibility. In addition, organized sports also teach children about teamwork and discipline. Dance classes, on the other hand, not only improve balance and rhythm but also help children better control their body movements through regular and complex movements.

Non-structured physical activities such as playing in the park and using mobile toys such as tricycles or scooters also provide many opportunities for children to strengthen their muscles and develop their coordination. Playing in the park by jumping, climbing, and running not only helps in strengthening muscles but also improves balance and hand-eye coordination (Masruroh & Khulusinniyah, 2019). Activities like these allow children to explore their environment and develop gross motor skills in a fun and natural context.

Traditional games such as hide and seek and jump rope are also very beneficial in children's motor development. Hide and seek games improve children's running, hiding, and reflex skills. They also learn to strategize and improve their social skills. Jumping rope, on the other hand, involves coordination of the feet and hands and improves physical endurance and rhythm. Indoor physical activity, such as creative play at home and yoga, helps develop fine motor skills and balance (Wahyuni & Azizah, 2020). For example, drawing, stringing blocks, or playing with dolls stimulates children's fine motor skills, imagination, and creativity.

Water activities such as playing in the pool provide an opportunity to develop coordination and muscle strength, as well as increase children's courage and confidence in the water. In addition, simple daily activities such as walking to school or the park and helping with household chores also have a positive impact. Walking helps improve leg muscle strength and stamina, while helping with household chores develops fine motor skills and coordination (Saripudin, 2019).

So, various types of moving activities have a significant influence on children's motor development. These activities not only improve muscle strength and

coordination but also contribute to heart and lung health, social and emotional skills, and cognitive stimulation. By encouraging children to engage in a variety of physical activities, we can support their overall physical, emotional, and cognitive growth, ensuring they grow into healthy, well-balanced individuals.

Educators have a very important role in supporting early childhood motor stimulation in the educational environment. They are responsible for designing and implementing learning programs that include a variety of physical activities that are appropriate to the child's motor development. Through a structured and research-based curriculum on child development, educators can ensure that children have adequate opportunities to participate in physical activities that stimulate their motor growth.

One of the primary roles of educators is to provide a safe and supportive environment for children to move around. This includes ensuring that classrooms and play areas are well-organized, minimizing the risk of injury, and providing appropriate equipment for different types of physical activity. In addition, educators can also take advantage of outdoor time to provide a different experience and stimulate children's gross motor skills (Rohmah, 2016).

Educators also play a role in providing individualized guidance and support to children in the development of their motor skills. This could involve providing clear instructions on the correct techniques for performing certain physical activities, as well as providing constructive feedback to help children improve their skills (Aghnaita, 2017). By paying attention to each child's progress and providing appropriate encouragement, educators can help build children's confidence in their ability to move and be active.

In addition, educators also have the opportunity to integrate physical activity into the academic curriculum. For example, they can use games that involve movement to teach math or language concepts. Thus, children not only develop their motor skills but also gain a better understanding of other subject matter.

By engaging children in a variety of physical activities and providing appropriate support, educators can play a key role in helping children develop their

motor skills optimally. With a targeted approach and careful attention to individual needs, educators can create a learning environment that promotes balanced physical, emotional, and cognitive growth for children.

Success in motor stimulation and participation in early childhood physical activity is influenced by a number of complex factors. These factors include environmental, social, personal, and policy aspects that affect children's participation and involvement in physical activities. Here are some factors to consider (Farida, 2016):

1. Physical and Social Environment

The physical environment, including accessibility to open spaces, sports facilities, and the safety of play areas, affects a child's chances of engaging in physical activity. In addition, peer support and an inclusive social environment also play a role in motivating children to participate in physical activity.

2. The Role of Parents and Family

Parental support and participation in a child's physical activity is very influential. Parents who promote an active lifestyle and give children the opportunity to move will increase the child's motivation to engage in physical activity. In addition, parental behavior models can also affect children's interests and physical activity habits.

3. Availability of Time and Resources:

The free time available for children to participate in physical activity, as well as the accessibility of resources such as moving toys, sports equipment, and fitness facilities, affects how often they engage in physical activity. Limited time and resources can be an obstacle to getting the benefits of adequate physical activity.

4. Technology and Media

The use of electronic devices such as smartphones, tablets, and video games can distract children from more active physical activities. Reliance on technology can also reduce children's interest in participating in outdoor physical activity.

5. School Policy and Environment

Curricula that support the integration of physical activity, school policies that promote the important role of physical activity, and the accessibility of sports facilities in schools can affect children's participation rates in physical activity. A school environment that supports and encourages physical activity can provide additional opportunities for children to move.

6. Personal Factors

A child's individual interests, preferences, skills, and abilities also affect their participation in physical activity. Children who have an interest and ability in a particular sport may be more likely to be actively involved in those activities. Therefore, it is important to pay attention to each child's individual needs and interests in designing a physical activity program.

By paying attention to these factors and creating a supportive environment, we can increase children's opportunities to engage in varied physical activities that are beneficial to their physical development and overall well-being.

CONCLUSION

Physical and motor stimulation in early childhood is an integral part of their development. Various forms of stimulation applied can provide important support for children's gross and fine motor development. This stimulation includes a variety of activities such as walking, running, playing jumping rope, stringing beads, and role-playing. Through structured and varied stimulation, children can develop their motor skills optimally.

Movement activities play an important role in early childhood motor physical development, including gross and fine motor skills. A variety of activities, both structured and unstructured, such as playing in the park, playing group games, and playing in the pool, provide opportunities for children to strengthen muscles, develop coordination, and improve balance. By paying attention to the individual needs of children and creating a supportive environment, we can help children reach their motor development milestones optimally.

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