

# Stimulation of Growth and Development of Pandalungan Toddler in Indonesia

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## Abstract

**Background:** The delay in growth and development is still a serious problem for both developed and developing countries in the world. One of the factors that cause delays in growth and development in toddlers is the lack of early stimulation of toddler development. Solving the problem of child growth and development cannot be separated from the existence of cultural diversity.

**Method:** The qualitative research methods through a phenomenological approach was chosen as the approach because this study tried to explore parents' behavior in fulfilling the growth and development stimulation of the Pandalungan ethnic group. The sampling technique in this study used purposive sampling. Participants in this study were 15 participants with in-depth interviews used a semi-structured interview.

**Results:** The results of the research get three main themes, and each theme has a sub-theme. The theme of stimulation from the family (Interaction with family, Parent's Education, Parent's Economic and Technology). The theme stimulation from social (Interaction with neighbors and government regulation). The theme Stimulation from culture and value (Cultural factors and values in society and Religious factors).

**Conclusion:** The role of the family is needed in stimulating the growth and development of children because it will affect the growth and development of children. Social influences and government policies affect parents in stimulating growth and development. Culture and values will affect the growth and development of children because children are raised in that environment, so that they must follow the rules in the social environment.

**Keywords :** *Growth; Development; Toddler; Pandalungan*

## Introduction

The toddler period is important in the growth and development of children because, at this time, basic growth will influence and determine the next development of children. The realm of development

growth can be seen from the weight, height, and head circumference, while the visible development of motor skills, social and emotional, language, and cognitive skills. Every child will go through growth and development according to the stages of his age, but many factors influence it. In this case, if the process does not go well, it does not rule out the possibility of delays in growth and development in toddlers.<sup>1</sup>

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The delay in growth and development is still a serious problem for both developed and developing countries in the world. One of the factors that cause delays in growth and development in toddlers is the lack of early stimulation of toddler development. Indeed, every child has their speed of growth and development. This is what often makes parents neglect and don't realize when their child has developmental delays. Problems that often arise during a child's growth and development include impaired physical, motor, language, emotional, and behavioral growth. A child can experience developmental delays in one domain, or it can also be in more than one developmental domain, which is called global developmental delay.<sup>2</sup>

The problem of child growth and development in Indonesia is still not resolved and requires special attention. This is indicated by the prevalence of delayed growth and general development of children, which is still quite high, ranging from 5-10%. The Ministry of Health of the Republic of Indonesia stated that as many as 0.4 million (16%) toddlers in Indonesia experienced developmental disorders in gross and fine motor development, hearing, intelligence, and speech delays.<sup>3</sup> More than 14 million people in Indonesia are children with social and emotional development disorders.<sup>4</sup> This figure is comparable to 1.7 per 1000 population. Data on the incidence of child developmental delays, in general, are not known for certain. Still, it is estimated that 1-3% of children under 5 years experience general developmental delays. Indonesia's strategic development plan for 2015-2019, states that 11.5% of children under five in Indonesia have growth and development disorders.<sup>5</sup>

Problem-solving in health services cannot be separated from the existence of cultural diversity. Several social trends that can affect health, especially in child growth and development, are lifestyle changes, changes in family composition and lifestyle,

increases in household income, and improvements in the definition and quality of health care. Based on this, it is necessary to understand the culture adopted by the client so that the assessment of health problems can be carried out properly and completely. In addition, culture can also be a bridge to interact and communicate well with clients and their environment.<sup>6</sup>

Pandalungan is a term applied to the mixed Javanese and Madurese people who live in the Horseshoe area, East Java, which includes the Jember, Bondowoso, and Lumajang areas. The term mixed in this case is not only biological but also cultural. This suggests that the region is a multicultural area that has so far succeeded in applying the foundation of multiculturalism intensely in everyday life. The Pandalungan people in their daily life are very open and adaptable. In making decisions, they tend to follow figures who are used as role models in the region. The culture of Pandalungan local wisdom in family parenting patterns will underlie the structure and function of the family in providing fulfillment of children's growth and development.<sup>7</sup>

The role of nurses in transcultural nursing is to bridge between the care system carried out by the community and the professional care system through nursing care. In this case, nurses provide nursing care related to the fulfillment of the growth and development of children in the Pandalungan community while maintaining, negotiating, and reconstructing the Pandalungan culture.<sup>8</sup> The pattern of family parenting in its implementation is adjusted to the culture of the local community. The value of local wisdom in the Pandalungan family can be optimized in child care. Child parenting is based on local wisdom values, including stimulating children's growth and development.

## **Materials and Methodology**

### **Study Design and Participant**

The qualitative research method was chosen as the approach because this study tried to explore parents' behavior in fulfilling the growth and development stimulation of the Pandalungan ethnic group. Parents' behavior in fulfilling the stimulation of growth and development in the Pandalungan ethnic group is an experience that will be explored using qualitative research methods through a phenomenological approach. In-depth exploration will be used in nursing interventions for families with children under five. This research was conducted in Besuki residency which includes Jember, Bodowoso, and Banyuwangi. This research was conducted in January-April 2021. The sampling technique in this study used purposive sampling, namely the technique of determining the data sample by including special considerations determined by the researcher. In this study, the criteria for participants were parents who had children under five, parents who could speak Indonesian, and those who agreed to the Informed Consent. Participants in this study were 15 participants with in-depth interviews used a semi-structured interview.

### Data Collection

In-depth and semi-structured interviews were used for data collection. Participants were asked open-ended questions in the interviews. These were based on an interview guide, which was formulated based on a critical review of the literature. Each participant interview was recorded and transcribed verbatim. The researcher refrained from using judgmental, condoning and negatory statements and attitudes during the interviews. All of these interviews were carried in participant home.

### RESULT

The median age of 15 participants was found 26 years, 86,7 % of participants were female.

#### 1. Stimulation from family

The role of the family is needed in stimulating the growth and development of children because it will affect the growth and development of children. Most of the participants reported that the child's growth and development were influenced by several things. In this theme, it is known that there are several sub-themes found: Interaction with family, Parent education, Parents' economy And Technology.

##### a. Interaction with family

Children imitate parents in the family more so that parents become examples of behavior in everyday life.

“Children do not need to be ordered to play, often they play alone with their neighbors outside the house. if there are no friends outside the house he plays with his mother inside the house “

“ When I invite to play outside the house I often introduce my child to my child's peers “

“Parents must teach and set an example How to behave to people around because that is very important”

##### b. Parent education

Parents in educating their children usually learn from social media such as Facebook, YouTube, and Google.

“ about children's growth and development I usually often discuss with my friend related to how to educate children “

“I learn to educate my children often with friends in neighboring groups or I usually see how to educate through Google YouTube and Facebook”

##### c. Parents' economy

The family's economic situation does not affect the child's growth and development.

“our economic needs do not affect children's

growth and development all children's needs are met"

"we always meet children's needs when it can be used for personal development of children we will always try even though at that time we lack the economy"

#### d. Technology

Technology affects the growth and development of children besides parents learning from social media, which comes from technology children also learn from social media when given by parents.

*" at this time children learn more from YouTube so that it causes addiction when playing gadgets, children often get angry by hitting and crying When parents don't give gadgets to watch Youtube"*

*"technology now that there is good and bad children are more intelligent when watching and learning from the internet and being supervised by parents, the bad impact that often occurs is that children play excessively from morning to night and I am afraid that children will be exposed to radiation from their gadgets"*

*"Children often learn from gadgets and I think children can show something good. good with like learning to sing learning to play and I think it stimulates the child's brain"*

#### 2. Stimulation from social

Social influences and government policies significantly affect parents in stimulating growth and development. In this theme, it is known that there are several sub-themes found: Interaction with neighbors and government regulation.

##### a. Interaction with neighbors

Children often interact with the surrounding environment so that they grow and develop well.

"Children imitate parents when interacting with other people in my child, yes, he imitates my father and grandfather's behavior"

" obeying fathers because they are more afraid so that when daughters always obey the words of their fathers to respect others."

##### b. Government regulation

Government regulations will affect how health workers assist parents in stimulating children's growth and development.

"now it's a pandemic so we are limited to going to the Medical Center at the Medical Center we are told how to stimulate children's growth and development and besides that we are also given vitamins and immunizations"

"Now we follow the government's advice not to leave the house so that information about child development at the Medical Center not facilitation well but we got info still from the internet"

#### 3. Stimulation from culture and value

Culture and values will affect the growth and development of children because children are raised in that environment, so that they must follow the rules in the social environment. In this theme, it is known that there are several sub-themes found: Cultural factors and values in society and Religious factor.

##### a. Cultural factors and values in society

The myths that exist in society will affect parents in educating children so that these myths affect the growth and development of children.

"There are many myths that exist in society, these myths can affect children's growth and development, such as when children are fussy when the baby is less than six months old, children are given bananas so they are not hungry. If this is not in accordance with

what is said at the Medical Center”

“myths What is often felt is that the child’s legs should not be stretched out when carried, they must be straight and sideways because when they grow up the child cannot walk properly and straight”

“Another myth in society when a baby is a child there is a ceremony to eliminate the startled reflex in babies by being often surprised. I don’t think this is true because babies are shocked when they fit immediately reflex shock “

#### b. Religious factor

Children follow the worship done by parents so that children learn the religion from their parents

“children are always taught how to worship according to the religion believed by their parents.”

“Children always imitate what their parents do in worship according to religion.”

### Discussion

One of the successes in stimulating children’s growth and development is environmental factors, both from the family environment to the social environment. The family is the first known social environment and the most frequent contact with children.<sup>9</sup>The formation of character and the process of child growth and development first starts from the family. Parents who are the core part of the family have a role and involvement in supporting the development of children. The active role of parents is needed in stimulating the development of their children, especially when the child is in toddlerhood. This is so that toddlers can reach the optimal level of development as expected. This process can be obtained as early as possible, depending on the environment in which the child lives.<sup>10</sup>

Social and moral development in children cannot be separated. These two aspects are interrelated in

influencing early childhood development. Social and moral are closely related to building relationships in society and the environment around children. The social development of children in question is how early childhood interacts with peers, adults, and the wider community to adjust well according to what is expected by the nation and state.<sup>11</sup> There is a close relationship between social skills and happy childhood—the child’s ability to adapt to the environment. Acceptance of the environment and other positive experiences during social activities is a very important basic capital for a successful and enjoyable life in the future. The development of children’s social behavior is marked by an interest in friends’ activities, increases a strong desire to be accepted as a group member, and is not satisfied when not with friends.<sup>12</sup>

The role of the social environment in the formation of early childhood character states that the social environment, be it the family environment, school, peers, social community, and the physical environment has a very important role in the development of children. Children, especially in the formation of character. All aspects of the environment must support each other in fostering character development in children. From this description, the researcher concludes that the environment can affect the growth and development of children while still paying attention to environmental aspects, which are a single unit so that the character that grows in children is from good potentials.<sup>13</sup>

Education is an effort given to the community to implement behaviors that aim to maintain, solve problems, and improve their health. Parents are the main subject in providing care to children, so parents’ education, especially mothers, is very influential on the development of children. A low level of education will make it difficult for parents to understand and understand the needs of children in supporting growth

and development according to their age stages. In contrast, parents with a high level of education are easier to understand how they should support the stages of child development.<sup>14</sup>

The factors that influence the growth and development of toddler-age children, which states that parental education actors have a significant relationship to children's growth and development. That is because a parent with a good education will be able to receive a variety of information, especially about raising a good son, keeping the child's health, education and so on so that children can grow and Air flowers with optimal. The level of education of parents, especially mothers, influences their knowledge, which means that the higher the level of education of the mother, the higher the knowledge about child growth and development so that it has an impact on the better growth and development of children. Meanwhile, a mother with low education has a risk of experiencing problems or delays in child development because she does not understand how to stimulate growth and development in her child. From this description, the researcher concludes that the level of education influences the growth and development of children. However, it is possible that parents with higher education can support their child's growth and development well. This is also influenced by other factors such as family attachments and so on.<sup>15</sup>

Policies or regulations are everything that affects individual activities in providing cross-cultural nursing care. A policy is made to be followed and implemented by a person or group of actors to solve problems. Policy To achieve health goals, including child development, good cross-sectoral cooperation between clients and stakeholders is also needed so that efforts run optimally and sustainably. Indonesia, as a country with a fairly large number of children under five, needs serious attention in seeking the quality of growth and development, namely by fulfilling good

nutrition, stimulation by growth and development, as well as the reach of quality health services in terms of early detection and intervention of growth and development deviations. A comprehensive and coordinated effort to stimulate, detect, and early intervention must be carried out with cooperation between clients, community leaders, professionals, and policies that support implementing programs to improve the quality of child growth and development. Because of this, government policies greatly affect the process of child growth and development by uniting the movements of development actors in the health sector. However, a policy will not work without the active role of the community and policy implementers. So that both parents and the community must always build communication with related parties so that the implementation of policies runs effectively to improve the quality of children's growth and development.<sup>16</sup>

Fact or economy is one of the things that can affect the growth and development of children. In general, if a child comes from a family with high economic status, it will be easier to meet nutritional needs when compared to a child from a family with a low economic status. A child who comes from a family with a low economic background usually has problems with food shortages, poor environmental health, and ignorance of growth and development. This will indirectly inhibit the growth and development of children.<sup>17</sup>

Low-income family economic conditions lead to food shortages, poor environmental health, and limited knowledge of parents will hinder children's growth, parenting environment, mother and child interaction. This, of course, greatly affects the development of children. Stimulation of children's growth and development includes the provision of game tools, socialization. Parental involvement is very supportive of children's growth and development so that if this is not fulfilled or disturbed, it will affect the development of children. Children's thinking ability is influenced

by the nutrition provided. Suppose nutrition is not met or tends to be chronically deficient as a result of the poor economic situation of the family. This results in a child's IQ tends to decrease. The average decline in children's thinking power is indeed due to a decrease in the child's amount of quality nutrition for consumption. This reflects that the economic status of a family can affect the quality of children in terms of nutrition, IQ, and body growth of the child. The welfare of the family can be seen from the size of the income in one household. So with a high income, of course, it will support various adequate health care facilities, decent housing, and the fulfillment of various nutrients that can maintain and improve the quality of this early childhood.<sup>18</sup>

Culture is something that has become a habit and is difficult to change. The culture applied in the family environment is very influential on the development of children. The development that has grown within a person will continue to grow so that every society will pass on values from one generation to the next, and that is how civilization takes place. Culture plays an important role in the process of child growth and development. Therefore parents must be more selective in choosing and sorting out the culture introduced to their children.<sup>19</sup>

Cultural factors in an environment will affect how people view their daily health needs, including how to apply feeding patterns to their toddlers. This is in line with the theory of culture-based nursing or transcultural nursing, which states that culture, values, beliefs will affect a person's health behavior. Cultural aspects contribute greatly to infant feeding practices, so it is important to explore cultural-based factors that influence infant feeding practices to support optimal growth and development.<sup>20</sup>

Religion is one of the factors that can affect children during their growth and development. Religion is closely related to a child's moral development in the

future, where this is very important so that children do not fall into things that are deviant and detrimental to themselves and others. Children's religious growth cannot appear automatically by itself, but a strong and repeated stimulus arises from outside the child. The first is the child's hearing, which is stimulated time and again by religious values. The second is vision, which is stimulated by repetitive attitudes and behaviors. Third, some facilities are available as a trigger for children to carry out the process of imitation/imitation of religious behavior.<sup>21</sup>

Children get value from their environment, especially their parents, because parents are the closest environment and the first to come into direct contact with children. In this case, the role of parents is very important. In developing children's moral values, parents' attitudes that need to be considered include the appreciation and experience of the religion adopted. Parents are role models for children, including about religion. Based on this description, it can be concluded that the cultivation of religious values influences the growth and development of children, wherein in this case, parents must play an active role in guiding and guiding their children to instill religious teachings so that children's development will run as expected.<sup>22</sup>

The impact of information and technology has now been felt by almost all levels of society, especially among children, both from positive and negative impacts. This makes technological factors can influence children's growth and development. The use of technology can indeed positively influence children, among others, to make it easier for children to hone their creativity and intelligence. The many features offered, such as learning to read, coloring, and so on, will, of course, have a good influence on children's brain development. However, the convenience offered by technology can also have a negative influence on children's development. Not infrequently, children will be lazy to do activities

because they prefer to enjoy the world of technology, such as gadgets. This behavior certainly hurts the health and development of children, especially the brain and psychology. In addition, spending more time in front of the device will adversely affect children's social skills.<sup>22</sup>

The effect of using gadgets on the psychosocial development of preschoolers stated that there was an influence between the use of gadgets on the psychosocial development of preschoolers in Immanuel Christian Kindergarten. The description can be concluded that technology affects the growth and development of children, both positive and negative influences. The impact obtained depends on how children use the technology, and the role of parents is needed in supervising children when using technology. But it would be better if families did not rely on technology too much, especially gadgets, to accompany their children.<sup>23</sup>

### Conclusion

The role of the family is needed in stimulating the growth and development of children because it will affect the growth and development of children. Most of the participants reported that the child's growth and development were influenced by several things. Social influences and government policies significantly affect parents in stimulating growth and development. Culture and values will affect the growth and development of children because children are raised in that environment, so that they must follow the rules in the social environment.

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