

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
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**Asuhan Kebidanan Berkesinambungan Pada Ny. R Dengan Penerapan
Tummy time Untuk Merangsang Perkembangan Motorik Bayi 1 Bulan Di
PMB Hj. Murtinawita, SST**

xii + 104 Halaman + 4 Tabel + 8 Lampiran

ABSTRAK

Perkembangan motorik kasar merupakan bagian penting dalam proses tumbuh kembang bayi yang perlu distimulasi sejak dini. Salah satu stimulasi yang dapat diterapkan adalah *tummy time*, yaitu menempatkan bayi dalam posisi tengkurap saat terjaga dengan pengawasan untuk membantu memperkuat otot leher, bahu, punggung, dan lengan. Permasalahan pada kasus ini adalah belum optimalnya pengetahuan ibu dan pemberian stimulasi *tummy time* pada bayi. Tujuan asuhan ini adalah melaksanakan dan mendokumentasikan asuhan kebidanan kesinambungan berbasis *Evidence Based Practice* melalui penerapan *tummy time* untuk merangsang perkembangan motorik kasar bayi Ny. R di PMB Hj. Murtinawita, SST. Metode yang digunakan berupa demonstrasi, praktik langsung, pengulangan oleh ibu, serta evaluasi menggunakan lembar observasi. Intervensi dilakukan selama 30 hari, mulai 10 April hingga 09 Mei 2026, dengan durasi 20-30 menit setiap hari dalam tiga sesi. Hasil menunjukkan perkembangan motorik kasar secara bertahap. Kemampuan mengangkat kepala mulai tampak pada hari ke-10 selama 2–3 menit, sedangkan kemampuan menopang tubuh dengan lengan mulai tampak pada hari ke-14 selama 1–2 menit dan selanjutnya dilakukan secara konsisten. Pengetahuan ibu meningkat dari skor 6 (60%) kategori cukup menjadi 10 (100%) kategori baik. Kesimpulan: penerapan *tummy time* secara rutin disertai edukasi dan pendampingan dapat mendukung perkembangan motorik kasar bayi serta meningkatkan pengetahuan ibu. Tenaga kesehatan disarankan memberikan edukasi dan pendampingan kepada ibu dalam penerapan *tummy time* secara rutin, bertahap, dan dalam pengawasan untuk mendukung perkembangan motorik bayi.

Kata kunci : *tummy time*, motorik kasar, bayi, stimulasi

Daftar Pustaka : 2022 (2017-2025)

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Continuity of Midwifery Care for Mrs. R Through the Application of Tummy Time to Stimulate Motor Development in a 1-Month-Old Infant at the Independent Midwifery Practice of Hj. Murtinawita, SST

xii + 105 Pages + 4 Tables + 8 Appendices

ABSTRACT

Gross motor development is an important aspect of an infant's growth and development that needs to be stimulated from an early age. One form of stimulation that can be implemented is tummy time, which involves placing an infant in a prone position while awake and under supervision to help strengthen the muscles of the neck, shoulders, back, and arms. The problem identified in this case was the suboptimal level of maternal knowledge and implementation of tummy time stimulation for the infant. The purpose of this care was to provide and document continuity of midwifery care based on Evidence-Based Practice through the application of tummy time to stimulate the gross motor development of Mrs. R's infant at the Independent Midwifery Practice of Hj. Murtinawita, SST. The methods used included demonstration, hands-on practice, repetition by the mother, and evaluation using an observation sheet. The intervention was conducted for 30 days, from April 10 to May 9, 2026, with a duration of 20–30 minutes per day divided into three sessions. The results showed gradual improvement in gross motor development. The ability to lift the head began to appear on the 10th day and was maintained for 2–3 minutes, while the ability to support the body with the arms began to appear on the 14th day for 1–2 minutes and was subsequently performed consistently. The mother's knowledge increased from a score of 6 (60%), categorized as adequate, to 10 (100%), categorized as good. In conclusion, the routine application of tummy time, accompanied by education and guidance, can support the infant's gross motor development and improve maternal knowledge. Health workers are recommended to provide education and guidance to mothers regarding the routine and gradual implementation of tummy time under supervision to support infant motor development.

Keywords: tummy time, gross motor development, infant, stimulation

References: 2022 (2017-2025)