

PROGRAM STUDI DIII KEPERAWATAN

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Pengaruh Terapi Bermain Bola Warna-Warni Terhadap Stimulasi Kemampuan Kognitif Anak *Pre School* Di Tk Al-Mujahidin Pekanbaru

xiii +76 Halaman + 9 Tabel + 1 Gambar + 9 Lampiran

ABSTRAK

Perkembangan kognitif pada anak usia *pre school* merupakan aspek penting yang memerlukan stimulasi optimal pada masa *golden age*. Namun, jutaan anak di bawah usia lima tahun di dunia masih berisiko mengalami gangguan perkembangan, dan di Indonesia sekitar 29,9% anak mengalami keterlambatan perkembangan, termasuk pada aspek kognitif. Selain itu, stimulasi perkembangan kognitif di lingkungan pendidikan masih didominasi metode konvensional, sementara penelitian mengenai penggunaan terapi bermain bola warna-warni sebagai media stimulasi kemampuan kognitif anak *pre school* masih terbatas. Penelitian ini bertujuan untuk mengetahui pengaruh terapi bermain bola warna-warni terhadap stimulasi kemampuan kognitif anak *pre school* di TK Al-Mujahidin Pekanbaru. Penelitian ini menggunakan metode kuantitatif dengan desain quasi experiment menggunakan *one group pre-test post-test design*. Sampel penelitian berjumlah 36 anak yang dipilih dengan teknik total sampling. Pengumpulan data dilakukan menggunakan lembar observasi kemampuan kognitif sebelum dan sesudah intervensi, kemudian dianalisis menggunakan uji McNemar. Hasil penelitian menunjukkan bahwa sebelum intervensi sebanyak 19 anak (53,8%) berada pada kategori kemampuan kognitif baik dan 17 anak (47,2%) kategori cukup. Setelah diberikan terapi bermain bola warna-warni, sebanyak 23 anak (63,9%) berada pada kategori baik sekali dan 13 anak (36,1%) kategori baik. Hasil uji McNemar menunjukkan nilai Exact Sig. (2-tailed) < 0,001 ($p < 0,05$), yang berarti terdapat pengaruh yang signifikan terapi bermain bola warna-warni terhadap stimulasi kemampuan kognitif anak *pre school* di TK Al-Mujahidin Pekanbaru. Disarankan kepada guru dan tenaga kesehatan untuk menerapkan terapi bermain bola warna-warni sebagai salah satu metode stimulasi perkembangan kognitif secara rutin pada anak usia *pre school*.

Kata kunci: Terapi bermain, bola warna-warni, kemampuan kognitif, anak *pre school*.

D-III NURSING STUDY PROGRAM

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The Effect of Colorful Ball Play Therapy on the Stimulation of Cognitive Abilities in Preschool Children at Al-Mujahidin Kindergarten, Pekanbaru

xiii + 76 pages + 9 tables + 1 figure + 9 appendices

ABSTRACT

Cognitive development in preschool-aged children is a crucial aspect requiring optimal stimulation during the "golden age" period. However, millions of children under five worldwide remain at risk of developmental disorders; in Indonesia, approximately 29.9% of children experience developmental delays, including in cognitive areas. Furthermore, cognitive development stimulation in educational settings remains dominated by conventional methods, while research on using colorful ball play therapy to stimulate cognitive abilities in preschoolers is limited. This study aimed to determine the effect of colorful ball play therapy on the stimulation of cognitive abilities among preschoolers at Al-Mujahidin Kindergarten, Pekanbaru. This study employed a quantitative method with a quasi-experimental design—specifically, a one-group pre-test post-test design. The sample consisted of 36 children selected via total sampling. Data were collected using cognitive ability observation sheets before and after the intervention and subsequently analyzed using the McNemar test. The results showed that prior to the intervention, 19 children (53.8%) fell into the "good" cognitive ability category, while 17 children (47.2%) were in the "fair" category. Following the colorful ball play therapy, 23 children (63.9%) were in the "excellent" category, and 13 children (36.1%) were in the "good" category. The McNemar test yielded an Exact Sig. (2-tailed) value of < 0.001 ($p < 0.05$), indicating a significant effect of colorful ball play therapy on the stimulation of cognitive abilities in preschoolers at Al-Mujahidin Kindergarten, Pekanbaru.

It is recommended that teachers and healthcare professionals implement colorful ball play therapy as a routine method for stimulating cognitive development in preschool-aged children.

Keywords: play therapy, colorful balls, cognitive ability, preschool children.