

**PROGRAM STUDI PROFESI BIDAN
FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**

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“Asuhan Kebidanan Pada Bayi Ny.P Dalam Penerapan Baby Gym Untuk Menstimulasi Motorik Kasar Bayi Di TPMB Siti Julaeha Kota Pekanbaru”

V + 75 Halaman + 2 Tabel + 0 Gambar + 5 Lampiran

ABSTRAK

Masa bayi merupakan tahap krusial dalam tumbuh kembang anak, di mana stimulasi dini sangat dibutuhkan untuk mengoptimalkan pencapaian kemampuan motorik kasar. Berdasarkan studi pendahuluan di TPMB Siti Julaeha Kota Pekanbaru, penerapan *baby gym* sebagai upaya stimulasi motorik kasar pada bayi usia 4 bulan belum dilakukan secara optimal oleh orang tua. Karya ilmiah berbasis *Evidence Based Practice* (EBP) ini bertujuan untuk mengevaluasi pengaruh penerapan *baby gym* terhadap stimulasi perkembangan motorik kasar pada By. Ny. P usia 4 bulan melalui pendekatan manajemen asuhan kebidanan secara komprehensif. Metode pelaksanaan menggunakan studi kasus deskriptif melalui intervensi *baby gym* selama 10 hingga 15 menit sebanyak dua sampai tiga kali dalam seminggu dalam tiga kali kunjungan, disertai pemberian edukasi terstruktur kepada ibu. Hasil pengkajian awal menunjukkan bahwa bayi berada dalam keadaan sehat namun belum mampu berguling secara mandiri dan kepala masih goyah saat ditarik ke posisi duduk. Setelah intervensi *baby gym* diberikan secara konsisten, hasil evaluasi pada kunjungan berikutnya menunjukkan adanya peningkatan motorik kasar yang signifikan, di mana kepala bayi menjadi lebih stabil, mampu mempertahankan posisi tengkurap lebih optimal, serta dapat berguling dari posisi telentang ke miring secara mandiri dengan lancar. Selain itu, tingkat pengetahuan dan keterampilan ibu juga meningkat dalam mendemonstrasikan stimulasi secara mandiri di rumah. Kesimpulannya, penerapan *baby gym* terbukti efektif dalam mempercepat perkembangan motorik kasar bayi, sehingga metode ini direkomendasikan untuk diaplikasikan secara rutin dalam pelayanan kebidanan

Kata kunci : Asuhan Kebidanan, *Baby Gym*, Motorik Kasar, Bayi Usia 4 Bulan

**MIDWIFERY PROFESSIONAL STUDY PROGRAM
FACULTY OF MIDWIFERY
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“Midwifery Care For Mrs. P's Baby In The Application Of Baby Gym To Stimulate Baby's Gross Motor Skills At TPMB Siti Juliaha, Pekanbaru City”

V + 75 Pages + 2 Tables + 0 Pictures + 5 Appendices

ABSTRACT

Infantry is a crucial stage in children's growth and development, where early stimulation is needed to optimize the achievement of gross motor skills. Based on a preliminary study at TPMB Siti Juliaha Pekanbaru City, the application of baby gym as an effort to stimulate gross motor in 4-month-old babies has not been carried out optimally by parents. This scientific work based on Evidence Based Practice (EBP) aims to evaluate the effect of the application of baby gym on the stimulation of gross motor development in By. Mrs. P at the age of 4 months through a comprehensive obstetric care management approach. The implementation method uses a descriptive case study through baby gym intervention for 10 to 15 minutes two to three times a week in three visits, accompanied by the provision of structured education to the mother. The results of the initial study show that the baby is in good health but is not yet able to roll independently and the head is still wobbly when pulled into a sitting position. After the baby gym intervention was given consistently, the results of the evaluation at the next visit showed a significant increase in gross motor skills, where the baby's head became more stable, able to maintain a more optimal prone position, and could roll from the supine to the side position independently smoothly. In addition, the mother's level of knowledge and skills also increased in demonstrating stimulation independently at home. In conclusion, the application of baby gym has been proven to be effective in accelerating the baby's gross motor development, so this method is recommended to be applied regularly in obstetric services

Keywords: *Midwifery Nursing, Baby Gym, Gross Motor, 4 Months Old Baby*