

Pre School of Children's Enhancement Certifications through Constructive Beam Game

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ABSTRACT

Problems on the stimulation provided when the child is a child too are required to develop their cognitive intelligence but limited his creativity. One of the efforts to improve children's creativity is through constructive play. The purpose of this study was to determine the relationship of constructive game block of flats with the development of creativity in pre-school age children in kindergarten Dharma Wanita Tosaren II Kediri. This study was an observational study with cross sectional approach. By using simple random sampling technique obtained a sample 34 respondents. The independent variables studied were constructive play a block of flats, the dependent variable under study was the development of creativity. The instrument used is the observation sheet, the results were analyzed using chi square test at the significant level of 5%. The results showed most respondents carry out constructive play, with 21 respondents (58.33%) and the majority of respondents have a level of creativity in the creative category, ie 19 respondents (52.78%). Results of analysis of the data shows the p-value (0.008) $< \alpha$ (0.05), meaning there is a constructive game block of flats with the development of creativity in pre-school age children in kindergarten Dharma Wanita Tosaren II of Kediri with the level of closeness of the relationship in the medium category. Stacking blocks constructive play stimulates the formation of new nerve fibers to improve intelligence and memory of children, in addition to the child's imagination took honed thereby encouraging better kretifitasnya that is able to create something new with a variety that has been exemplified.

Keywords : Constructive play, a book of flats, creativity, pre-school children

INTRODUCTION

Maternal and perinatal mortality in Indonesia is still quite high. According to the Demographic and Health Survey in 2003 - 2007 MMR of 228 per 100,000 live births. Many of the causes of high maternal mortality rate. One of them is the emotional state of pregnant women during pregnancy until the birth. Fear of labor especially primigravida mothers face, the emotions associated with maternal effect on labor. The first delivery is a feeling of anxiety or psychological condition which is not pleasant because of the physiological changes that cause instability psychological condition. (MoH, 2010).

To eliminate the anxiety must be implanted cooperation between health professionals and patients with the information given to pregnant women during pregnancy. One of the efforts that the mother had knowledge during pregnancy can affect the level of knowledge and comfort in order to avoid the risk of interruption of pregnancy is to hold classes for pregnant women. Program class of pregnant women is one form of education prenatal to increase knowledge of pregnant women, a change in positive behaviors so that the mother can go through the process of pregnancy with a comfortable and care during pregnancy thereby detect here the risk of pregnancy will be easier to reduce maternal mortality and child (MOH, 2012).

Convenience is the element of human feeling that arise as a result of minimal or no

disruption to bodily sensations (Manuaba, 1993 in Rusdijati and Widodo, 2008). Leisure is determined by the balance between the human beings with the environment Factor. With favorable conditions, make people feel healthy, like activity, and capable of achievement (Grandjean, 1993 in Rusdijati and widodo, 2008).

Based on preliminary studies that have been carried out on March 1, 2018 in BPM Nuraida Sumberjo District of Kandat Kediri, showed that out of 10 women giving birth in BPM Nuraida data obtained 6 maternity first child who has never attended a class of pregnant women mentioned that the process of childbirth discomfort and anxiety arising from pain is felt, the mother said during childbirth felt waku very old and the child will not be born and the mother said do not understand about the birth process and obtained one maternal first child who already attend classes pregnant women mention that already understand with signs of labor and delivery process so that the mother told more comfortable in the face of labor.

Class Activity Pregnancy is a means to learn the group about the health of pregnant women, in the form of face-to-face aimed at improving the knowledge and skills of mothers about pregnancy, childbirth, postnatal care and newborn care, through the practice of using the book MCH (Maternal Health children). Pregnant women with class activities have husbands and families will be involved so that they can understand the condition of pregnant women up to give birth and care for the baby (MOH, 2009).

Class of pregnant women is one of the programs developed by midwives or health workers as a means to learn together about the health of pregnant women, in the form of face- to-face in a group that aims to boost the knowledge and skills of mothers megenai pregnancy, prenatal care, childbirth, care postpartum, newborn care, myths, infectious diseases and birth certificates. Through class pregnant women expected their interaction and share experiences on the health of the pregnancy, body changes, and complaints during pregnancy, prenatal care, childbirth, postnatal care, baby care, myth or local beliefs, infectious diseases and birthcertificates so that the mother would get a variety of information expected to increase comfort during their pregnancy.

Measurement of comfort is defined as a nursing intervention to determine the comfort needs of the recipient specifically includes physiological, social, financial, psychological, spiritual, environmental, and physical intervention (Kolcaba, 1994 Tomey and Alligood, 2008).

Four Context comfort is (kolcaba 2003 in Tomey and Alligood 2008, Kolcaba 1991 in Peterson and Bredow, 2009)

- a) Physical related to bodily sensations.
- b) Psychospiritual: related to self-awareness, internal self, including respect, self-concept, sexual, and the meaning of life, associated with the greatest commandment or belief.
- c) Environment: related to the surrounding circumstances, conditions and influence.
- d) Social: interpersonal relations, family, and social.

From what is described above, researchers are motivated to make a class of pregnant women as non-pharmacological solutions to improve keyamanan primigravida pregnant women in particular in the face of labor in the District Sumberjo Kandat Nuraida BPM Kediri

METHODS

This research was conducted with a given treatment intervention group and control group was given no intervention. Furthermore, researchers will provide questionnaires used to obtain general data and specific data on pregnant women giving classes to the level of comfort in the face of labor. This is done to see the resulting difference between the control

group and the treatment group. The statistical test used in this study adalah Independent T-test were used to compare the average of the two groups that are not connected with one another. In this study, using a value of 0.05 or 5% (Niasari & Wardani, 2015).

The population in this study is the whole primigravidas who checked into the BPM Nuraida Sumberjo totaling 32 respondents. By using purposive sampling obtained 15 groups of pregnant women who attend classes while 17 respondents do not attend classes for pregnant women.

RESULT

1. variable characteristics

Table 1 Distribution of frequency level of comfort at primgravida not given class of pregnant women

No.	Category	f	%
1.	Comfortable	7	41.17
2.	Uncomfortable	10	58.83

Based on Table 1 it can be seen that from a total of 17 respondents most respondents experienced an uncomfortable feeling in the amount of 58.83% (10 respondents).

Table 2 Distribution of frequency primgravida level of comfort on the pregnant women who were given class

No.	Category	f	%
1.	Comfortable	15	100
2.	Uncomfortable	0	0

According to the table 2 can be seen that from a total of 15 respondents most respondents experienced a feeling of comfort that is equal to 100% (15 respondents).

2. Test Results Statistics

Table 3 Test Results Statistics influence of the pregnant women to the level of comfort in the face of labor in primigravida in BPM Nuraida Sumberjo

	Equality of Variance	Sig	Mean of difference
Comfort-Control Treatment	0.597	0.0000	4.911

Based on Table 3 can be in the know that the value of equality of variance has a value of $0.597 > \alpha$ (0.05), which means that in the control group and the treatment group derived from the same population. The test results Statistics T-Independent p value = 0.000 $< \alpha = 0.005$, so that the null hypothesis is rejected, which means that There Influence of Class Pregnancy On The Level Leisure primigravida Facing Labor In BPM Nuraida Sumberjo District of Kandat Kediri to the value of the different levels of comfort amounting to 4.911.

DISCUSSION

A. The comfort level in pregnant women who do not attend classes of pregnant

women in the District Sumberjo Kandat Nuraida BPM Kediri.

Based on Table 1 it can be seen that from a total of 17 respondents most respondents experienced an uncomfortable feeling in the amount of 58.83% (10 respondents).

Summary of results of questionnaire answers from 10 respondents in the category of inconvenient data showed that based on the answers of respondents felt the discomfort derived from physical factors and psikospiritual. Namely on one of the questions regarding the mother takes 30 minutes to many hours and hours to be able to fall asleep at night, the question above was found that 10 primigravida pregnant women who feel uncomfortable to say "yes" to that question. And on the assessment of factors psychospiritual three questions presented to respondents almost all respondents obtained a score of "0" on these kinds of questions. So it can be seen that the 10 respondents in the category uncomfortable on aspects of assessment and physical factors perceived psikospiritual pregnant women.

Comfort disruption means the state when a client experiences unpleasant sensations in respond to a noxious stimulus (Nanda, 2005).

Kolcaba (2006) explains that comfort as a state has been the fulfillment of basic human needs that is individualized and holistic. Fulfilled comfort can lead to feelings of well on the individual self. Measurement of comfort is defined as an intervention to determine the needs of the recipient comfort specifically includes physiological, social, psychospiritual, and physical (Kolcaba 2008 in Tomey and Alligood, 2010).

Respondents felt uncomfortable because of pain in a limb that is causing difficulty to move, and they need the help of family while on the move. In addition, many respondents often feel anxious with his condition and scared at the thought of labor, therefore, the comfort of pregnancy is needed to deal with the delivery process.

B. Keyamanan level in pregnant women pregnant women who attend classes in the District Sumberjo Kandat Nuraida BPM Kediri.

According to the table 2 can be seen that from a total of 15 respondents most respondents experienced a feeling of comfort that is equal to 100% (15 respondents).

Summary of results of questionnaire answers from 15 respondents who participated in the class known that pregnant women in the category entirely comfortable. Data showed that based on the answers of respondents who feel comfortable scoring questionnaire answers showed that explains that all pregnant women get a score above two indicators of questions in the questionnaire.

Class of pregnant women is one of the programs developed by midwives or health workers as a means to learn together about the health of pregnant women, in the form of face-to-face in a group aimed at the convenience and understanding of mothers about pregnancy, persalian, postnatal care, care of newborns, myth, infectious diseases and birth certificates. Some activities such as pregnant women's gymnastics, breathing exercises during labor and breastfeeding is also given to attract pregnant women to come to follow the class ketiagatan pregnant women (MOH 2009).

One effort to improve maternal and child health degree is a class activity for pregnant women. Class of pregnant women in the District sumberjo polindes Kandat Kediri Regency has been implemented since 2014. Women who feel comfortable in the face of.

C. Effect of pregnant women class level of comfort in the face of labor in pregnant women in the District Sumberjo Kandat Nuraida BPM Kediri.

Statistical test results are known by the T-Independent obtained p value (0.000) $< \alpha$ (0.05) H_0 is rejected and H_1 accepted which means that there is a class effect of pregnant women to the level of comfort in the face of labor in sub-district BPM sumberjo Nuraida Kandat Kediri. This means that pregnant women Classroom activities can make a solution for third trimester pregnant women primigravid to suppress the disturbance of comfort experienced by pregnant women in the face of labor.

Comfort and a feeling of comfort is a comprehensive assessment of one's environment. Human assess environmental conditions by stimuli that enter into itself through the six senses through nerves and digested by the brain to be assessed. In such matters, is involved not only biological physical problems, but also a feeling. Sound, light, smell, temperature and other stimuli were arrested at once, and then processed by the brain. Then the brain will provide an assessment of whether the condition was relatively comfortable or not.

Discomfort in one factor may be masked by other factors (Satwiko, 2009).

Class of pregnant women is a means to learn together about the health of pregnant women, in the form of face-to-face in the clogs pok which aims to improve the knowledge and skills of mothers about pregnancy, childbirth, peratan postpartum and newborn care, myths, infectious diseases and birth certificates, (MOH, 2009).

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How individuals perceive themselves to have an important psychological impact. Perceptions and experiences of individuals can change dynamically self-image. If mothers do not understand about the concept itself with the circumstances that happened it will affect the psychological status that would lead to an uncomfortable situation. Convenience is needed by pregnant women primigravid third trimester in the face of labor because it can comfortably improved its positive attitude. Giving pregnant women's class will give you a feeling of comfort at primigravida pregnant women in the face of labor, it is influenced by many factors, including physical facto mother, psychospiritual condition, environmental, and social.

CONCLUSION

There's Effect On The Level Class Pregnancy Childbirth Leisure Facing Sumberjo In Nuraida BPM Kandat District of Kediri. It is expected that all pregnant women BPM conduct classes on a regular basis so that pregnant women are also more motivated to attend classes soas to suppress Pregnancy discomfort in pregnant women in the face of labor.

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