

## THE EFFECT OF HOME ENVIRONMENT ON THE MOTOR DEVELOPMENT OF BABIES 6-24 MONTHS

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**Abstract.** The home environment plays a very important role in the process of infant motor development. The home environment that supports the baby's motor development does not only come from the physical aspect of the house itself, but there are emotional and social aspects. Where the involvement of parents in the process of playing and interacting with their babies plays a very important role. This study aims to explore the influence of the home environment on the motor development of babies aged 6-24 months. Through a qualitative approach with phenomenological methods, data were collected from interviews with six parents who had babies in that age range. The results of the study show that a safe and supportive home environment has a great influence on the motor development of babies. Key findings include the importance of adequate playgrounds, parental supervision, and positive interactions between parents and babies. In addition, factors that hinder motor development were also identified, such as parents' fear of safety and limited space for movement. This study emphasizes the need for more attention from parents and the community in creating an environment conducive to children's growth and development, especially children's motor development.

**Keywords:** Development, Motors, Babies, Environment

### INTRODUCTION

According to Yusuf Samsyu as quoted by Fina Angraini et al. (2019), development is a development experienced by individuals towards a level of maturity or maturity that takes place systematically, progressively and continuously. Where development is related to mental changes that take place gradually, namely from simple abilities to more complex abilities, such as a person's attitude, behavior, and intelligence.

The word motoric comes from the English language, namely *motor ability*, which means the ability to move (Khadijah & Amelia, 2020). According to Zukifli in the book Khadijah & Amelia, motoric is everything related to the movement of a person's body with three decisive elements, namely muscles, nerves and brain.

Motor development is the development of the ability to control body movements through coordinated activities between the arrangement of nerves, muscles, brain, and spinal cord (Anggraini, Makhmudah, & FN, 2019). According to Hurlock in the book Fina Anggraini et al, motor development is the development of the element of maturity in controlling body movements and the brain as the center of movement.

Motor development can be divided into two, namely gross motor development and fine motor development. Gross motor is a subset of motor activity that includes the skill of large muscles and finer movements, such as crawling, prone to lying down, neck lifting and sitting. The main function of gross motor development is to assist the child in developing muscle strength and balance. Meanwhile, fine motor is part of motor activity that involves the movement of small muscles, especially the muscles in the hands and fingers, such as picking up or grasping small objects with the thumb and forefinger, drawing and writing.

The home environment plays a very important role important in the process of infant motor development. The home environment that supports the baby's motor development does not only come from the physical aspect of the house itself, but there are emotional and social aspects. Where the involvement of parents in the process of playing and interacting with their babies plays a very important role. Stimuli given by parents such as inviting babies to play and activities and teaching babies various new movements can help the baby's motor development. From the positive interactions that take place between parents and their babies, it gives babies the confidence to start exploring their environment freely.

Emotionally, when babies feel safe and loved, they will have an easier time interacting with their surroundings because babies will tend to try more new movements. So, this can help the rate of motor development in babies. Meanwhile, in terms of the physical environment, the baby's space is enough to do various gross motor activities such as crawling, standing and walking. In addition, the provision of games that are appropriate for the baby's age, especially games that can stimulate the baby's development, is very useful for fine motor development. The safety of the home environment with the safe use of furniture and keeping away furniture that is dangerous to Infants and parental supervision can avoid and prevent injuries when babies are active.

Several previous studies have shown a significant relationship between the quality of the home environment and the motor development of babies. For example, the research conducted by Agrina et al. (2012) who discussed the characteristics of parents and the home environment in influencing the development of toddlers, found that the physical environment of the home has the greatest influence on the development of toddlers. This shows that the home environment plays an important role in the baby's motor development.

However, the authors found that there are still limited studies that specifically discuss the influence of the home environment on infant motor development in Indonesia. Therefore, this study aims to provide more information about how the home environment is affected and what factors support and inhibit the motor development of babies aged 6-24 months.

## METHOD

This study is a qualitative research that aims to describe in detail how the home environment affects the baby's motor development, by using a phenomenological approach to understand the experience of parents in creating a home environment that supports the baby's motor development. The research subjects consisted of 6 respondents who were parents who had babies aged 6-24 months. The subjects we chose had diverse backgrounds such as education level, parents' jobs, and home conditions. The data collection technique used was interviews with parents about their views and experiences in the process of infant motor development as well as direct observation related to the home environment, especially the baby's play environment. The collected data will be analyzed by thematic analysis methods, where themes that emerge from interviews and observations will be identified, categorized, and described.

## RESULT

Based on transcripts of interviews conducted with six mothers who have babies of different ages and backgrounds, five main findings were obtained that have been categorized in different themes. This analysis aims to find out and understand the influence of home shackles on the motor development of babies. Here's an analysis of the data we found:

### 4.1.1 Where to play

| Child Name | Where to Play                                   |
|------------|-------------------------------------------------|
| Jelo       | Often play in the living room and outdoor area. |
| Gevariel   | Play on the floor without a special place.      |

|           |                                                                                                                                       |
|-----------|---------------------------------------------------------------------------------------------------------------------------------------|
| Gavael    | Utilize carpets to play.                                                                                                              |
| Salwa     | Play in and around the house without a special place.                                                                                 |
| Michelle  | Play in the living room.                                                                                                              |
| Griseldyn | Still in the crawling stage, play in the living room which can be converted into a playroom with additional carpets and various games |

From the results of the data analysis above, most of the interviewees stated that there was no special place for their babies to play. Generally, they let children play in the living room, floor of the house or the front yard of the house. Like Jelo's mother and Salwa's grandfather who mentioned that Jelo and Salwa often play in the living room and around the house. Meanwhile, Gavariel and Gavael's mother said that their son was allowed to play on the floor of the house without a special room. Mrs. Griseldyn also said that in the present day Griseldyn is often left to play on the living room floor with the help of his carpet and games.

#### 4.1.2 Surveillance and Security

All mothers emphasize the importance of supervision when children play, either through the presence of parents or other family members. Some use the help of an aunt or grandmother to take care of the child while they are busy. This shows the importance of strict supervision of their children's activities.

#### 4.1.3 Activities and Toys

| Child Name | Types of Toys                                                      |
|------------|--------------------------------------------------------------------|
| Jelo       | Have a favorite toy in the form of cars.                           |
| Gevariel   | Don't have a favorite toy and play with whatever is available.     |
| Gavael     | Have musical toys like baby pianos.                                |
| Salwa      | He likes to play football and use his cellphone for entertainment. |
| Michelle   | Loves balls and cars.                                              |
| Griseldyn  | He has just learned to crawl, but is active in lifting goods.      |

#### 4.1.4 Motor Development

All mothers feel that their child's motor development is appropriate for each baby's age, although there are differences in the way guidance and physical activity are carried out. However, there are babies whose motor development looks faster, namely baby Michelle and baby Gavael, who looks slower.

#### 4.1.5 Supporting and Inhibiting Factors

| Supporter                                 | Retardant                                             |
|-------------------------------------------|-------------------------------------------------------|
| 1. Parental involvement in play.          | 2. Parents' fear of their child's safety when moving. |
| 3. Comfortable and safe home environment. | 4. Limited space for movement at home.                |

Based on the analysis of the data above, there are two main supporting factors for the mothers interviewed in the process of their children's motor development, namely the first is the active involvement of parents when their children are active and playing. This can be seen from their availability as parents to spend time playing with their children both before and after work. Second, the importance of a safe and comfortable home environment for babies to move and explore.

Meanwhile, for the mothers interviewed, there are also two main inhibiting factors, the first is the fear of parents will be safe for their children when moving and playing freely, so there is a lack of stimuli that babies get to help their motor development process.

Second, there is a limited space for babies to be able to play freely. This is especially felt by Gavael's mother that the narrow space makes her child's motor development slow down.

## Discussion

The results of interviews with six baby mothers showed that the home environment had a great influence on the child's motor development process, both physically, emotionally, and socially. Factors such as the availability of space to play, the presence of toys that support motor development, and parental involvement in children's motor activities have been shown to play an important role in motor stimulation. This shows that the physical and social environment of the home can provide important stimulation in children's motor development (Case-Smith et al., 2013).

The developmental theory explained by Arnold Gesell states that motor development experienced by children takes place through regular stages and is influenced by external factors such as the physical and social environment. In the interviews, all mothers agreed that the home environment greatly influences their children's motor development, such as when they move and explore. For example, Mrs. Gevariel said that a comfortable environment can accelerate the baby's motor development, while Mrs. Jelo emphasized the importance of supervising children while playing.

According to the theory initiated by Vygotsky about social learning is also relevant to this topic, where Vygotsky argues that social interaction and parental involvement are very important in the learning process carried out by children. In the interviews, the mothers showed their active involvement in playing with their children. Like Gavael and Michelle's mother who often helps their child in learning new movements. The involvement shown by these mothers not only supports motor development but also supports children's skills in communicating and socializing.

Based on the theory of cognitive development developed by Piaget, there is an important role of environmental stimulation in children's cognitive and motor development. The mothers interviewed said that their children were more active when given toys and physical activities, such as playing with balls, cars, musical toys, and games that could stimulate children's development. Where the activities carried out by children not only improve their motor skills but can also have an impact on more complex cognitive abilities over time.

There are two main inhibiting factors identified from the results of the interviews conducted, one of which is parents' fear of their children's safety when they play and move. This is the same as Erikson's theory about the stages of children's psychosocial development, where children's confidence can be influenced by parents' responses to children's exploration. When parents are too worried to limit their child's movements, it can reduce their child's confidence and ability. This is felt by Gavael's mother that the habit of carrying her child due to fear for her child's safety can interfere with her child's ability to move and start standing on her own.

## Conclusion

Based on the results of the research conducted, it can be concluded that the home environment has a significant influence on the motor development of babies aged 6-24 months. A safe, comfortable, and supportive environment is essential in facilitating the exploration and motor activity of babies. The findings show that the active involvement of parents in playing and providing stimulation appropriate to the baby's age is a key factor in accelerating motor development. Positive interactions between parents and babies not only improve motor skills but also strengthen emotional bonds, which are important for a child's social and cognitive development.

In addition, the study identified several inhibiting factors that can slow down motor development, such as parents' fear that children will save when playing freely and limited space for movement at

home. This suggests that even if parents have good intentions to protect the child, an overly protective approach can hinder the baby's opportunities to explore and learn new movements.

From a theoretical point of view, the results of this study support various developmental theories that emphasize the importance of the physical and social environment in children's growth. The theory of motor development by Arnold Gesell and the theory of social learning by Vygotsky are relevant in explaining how interaction with the environment and adults around babies contributes to their development. Overall, the study confirms that creating a supportive home environment is a crucial step for parents to help their baby's motor development optimally.

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