ABSTRACT

IMPLEMENTATION OF TUMMY TIME EXERCISE TO IMPROVE GROSS MOTOR SKILLS IN BABIES AGED 0-6 MONTHS

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SUMMARY

Background: Delays in gross motor development in infants can hinder the ability to adapt and explore the environment. Globally, there are approximately 52.9 million infants, 54% of whom experience developmental delays. In Indonesia, the prevalence of infants experiencing developmental delays ranges from 5.3% to 7.5%. Specifically in Central Java in 2020, there were 80.3% of toddlers who had gross motor development disorders. Tummy time exercise is a form of early stimulation that is useful for increasing the strength of the neck, shoulder, and back muscles and preventing motor delays. **Objective:** To create health promotion and education media in the form of informative videos for parents, medical personnel, and health cadres regarding the importance and procedures for implementing tummy time exercises to improve gross motor skills in infants aged 0-6 months. **Method:** The resulting output is an educational video developed through several stages, including pre-reproduction, shooting using a cellphone camera and tripod, and the editing process using the Capcut application. The video material includes the definition, exercise dosage, and correct techniques for implementing tummy time exercises. **Results:** The educational media produced in this final assignment is a Health Promotion Video that is systematically designed to provide visual and auditory information to parents regarding Tummy Time Exercise.

Keywords: Tummy Time Exercise, Gross Motor Skills, Babies 0-6 Months, Educational Videos.

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