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ABSTRAK

Latar belakang : Di Indonesia, sekitar 16% anak balita mengalami keterlambatan perkembangan motorik halus. Kurangnya stimulasi menyebabkan penundaan oleh media bermain. Game Puzzle merupakan salah satu game yang bermanfaat untuk merangsang motorik halus

Kata kunci: Terapi Puzzle Play, perkembangan motorik halus, Anak Prasekolah

Tujuan: Mengetahui pengaruh terapi bermain puzzle terhadap perkembangan motorik halus anak prasekolah.

Metode: Tinjauan literatur studi Quasy Eksperiment digunakan. Proses pencarian artikel menggunakan database PubMed, Garuda Portal, dan Google Scholar. Artikel dipilih yang sesuai dengan kriteria inklusi dan dinilai menggunakan instrumen DISCREN. Ada lima artikel yang termasuk dalam penelitian ini

Hasil: Dua penelitian menggunakan Denver II untuk mengukur keterampilan motorik halus, sedangkan tiga penelitian menggunakan instrumen KPSP (penyaringan perkembangan dan pemantauan anak Indonesia). Studi-studi tersebut dianalisis dengan menggunakan uji Wilcoxon atau uji-t. Semua penelitian menyimpulkan hasil yang serupa bahwa terapi bermain puzzle berpengaruh signifikan terhadap perkembangan motorik anak prasekolah.

Kesimpulan: Penelitian ini menemukan pengaruh permainan puzzle terhadap perkembangan motorik halus anak prasekolah.

Kata kunci: Terapi bermain puzzle, perkembangan motorik halus, anak prasekolah.

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ABSTRACT

The Backgrounds: In Indonesia, about 16% of children under five year's experience developmental delays in fine motor skills. A lack of stimulation causes the delay by the playing media. A *Puzzle* game is one of the games, which is beneficial to stimulate fine motor skills

Purposes: To find out the effect of *puzzle* play therapy on the fine motor development of preschool children.

Methods: A literature review of Quasy Eksperiment studies was used. The searching prpces for articles using the PubMed, Garuda Portal, and Google Scholar database. Articles were selected that matched the inclusion criteria and appraised using DISCREN instrument. There were five articles included in this study

Results: Two studies used the Denver II to measure fine motor skills, Whereas three used the KPSP instrument (Indonesia child developmental and monitoring screening). Those studies were analyzed by using either the Wilcoxon test or t-test. All studies concluded a similisr result thst *puzzle* play therapy has a significant effect on preschool children's motor development.

Conclusions: This study found the effect of *puzzle* games on the fine motor development of preschool children.

Keywords: *Puzzle Play Therapy, fine motor development, Preschoolers*


