

# INTEGRATIVE HOLISTIC PARENTING EDUCATION PROGRAM (BKB) IN ENCOURAGING CHILDREN CREATIVITY IN INDONESIA

*By* Riesmiyatiningdyah Riesmiyatiningdyah

## Material of Invited Speaker 2 (Riesmiyatiningdyah, S.Kep.Ns., M.Kes)

### Theme: Parenting Effects on Child's Health

#### INTEGRATIVE HOLISTIC PARENTING EDUCATION PROGRAM (BKB) IN ENCOURAGING CHILDREN CREATIVITY IN INDONESIA

Riesmiyatiningdyah

Lecturer of Kerta Cendekia Nursing Academy, Department Pediatric Nursing

Email: miyatimiyati05@yahoo.com

#### ABSTRACT

The theme of 74th Indonesia Independence Day is creating the superior human resources. A first and foremost environment in developing the human resources is the parents. The involvement of parenting influences the growth and development of individual since born. Therefore, the government concerns the family development through integrative holistic parenting education programs. One of the programs is *Bina Keluarga Balita* that provide the effective parenting activities for child age under 6 years old. The program helps parents to use the practices at home, namely, stimulating creativity development by using household materials for educational toys. This article discussed and suggested further research relate to the integrative holistic parenting education program in encouraging children creativity in Indonesia.

#### INTRODUCTION

Quality of human resources is one of important aspects in achieving the goals of national development. Attainment of quality of human resources through education and health plan should be considered on foregone. The first 1000 days of life (or also called golden age) is crucial period for optimum education, social, and health care plan. As mentioned on the mission of government, the realization of a great nation started by Indonesian people whose physical and mental health, social well-being, intelligent, and competitive (BKKBN, 2019).

Huge number of children in Indonesia become challenge on providing sufficient and efficient health services across country. Another phenomenon happen is less of parenting time for children due to working parents (for economic, career goal, or pursue personal passion), and lack of awareness (knowledge and skill abilities on parenting). It excuses the parents to take the thoughtless and careless ways in which lead to a poor parenting. As happens recently, they let their kids to watch television alone or play the gadget overtime that implied the parents have no quality time to be side on their kids and lack of the involvement on stimulating their kids' growth and development.

Parents should more involved with parenting responsibilities while keep perform their other roles. Today's parents are interested in learning everything they can about parenting through some ways such as from their parents' experiences, sharing with other parents, the parenting class, or learn on the internet. In Indonesia, there accurate and easy access information's regard to family planning from the National Board on Family Planning (known as *Badan Kependudukan dan Keluarga Berencana Nasional*, BKKBN) that spread the programs across country start on community-based health care. One of the programs is *Bina Keluarga Balita* (BKB) that be discussed on this article.

#### PARENTING EDUCATION PROGRAM IN INDONESIA

In an effort to encourage family development and parenting education across Indonesia, there four government ministries that currently involved in parenting education (Tomlinson & Andina, 2015):

1. The Ministry of Health runs the *Kelas Ibu* program for pregnant women and mothers of children younger than five years old
2. The BKKBN runs the *Bina Keluarga Balita* program for parents of children younger than six years old, often in coordination with early childhood education programs
3. The Ministry of Social Affairs operates two programs, *Taman Anak Sejahtera* and *Program Keluarga Harapan* for families in poverty

4. The Ministry of Education and Culture has two new grant initiatives, one for parents of children from birth to age six years, and the other for parents of infants and toddlers (from birth to age three years).

The BKKBN extends the governmental tasks in area of population control and family planning. According to the Strategic Planning of BKKBN 2015-2019 (1) order to improve the family development regarding parents' understanding on child outcomes, the BKKBN runs the integrative holistic *Bina Keluarga Binaan* program for parents of children from birth to age six years which covers aspects of health, nutrition, care and protection. The main role of parents is providing care for children, involving in their growth and development, and encouraging the character of superior human resources; whereas parents create a positive and creative learning environment (BKKBN, 2019).

Since the establishment of integrated health services to community-based care, several programs have been delivered in attempts to enhance the target on Community Health Extension Post (known as *Posyandu*), Early Childhood Development (*Pendidikan Anak Usia Dini*, PAUD), and Toddler-Family Group (*Bina Keluarga Balita*, BKB). *Posyandu* focuses on maternal and child health, PAUD provides learn and play time for children with curricula, and BKB offers the approach parenting abilities for family (BKKBN, 2019). Implementation of those programs facilitate the low welfare family in obtaining information, training, and any kind of learning program due to their inability to reach the education achievement that other families gain it easier. However, the activity of agency limited on profound family education throughout community-based health services because tend to do organizing and reporting tasks.

A study conducted by Oktriyanto (2016) found the significant of participation family on the BKB program. They showed the improvement of quality parenting compared to the family who did not join on BKB program. The study as expected BKKBN in addressing the program that helping the parents to increase their ability in contributing their kids' growth and development holistically. The children require stimulation of physical, cognitive, mental, social, emotional, and spiritual in terms of character building from their environment, specifically from parents (BKKBN, 2014). However, the execution of program needs all health care providers including volunteers of primary health care workers (known as *Kader*). *Kader* is selected by the villagers and taught by health care providers to promote the programs widespread. Their effectiveness role stated on the study (Rie2hiyatiningdyah, 2016) that there was significant correlation between the mothers' knowledge about growth and development of child age 0 – 6 years old with the involvement of *Kader BKB* ( $\alpha \leq 0.05$ ). It needs more research study to support the result and relate other factors of effectiveness the parenting education program.

#### HOW DO CHILD AGE 0 – 6 YEARS OLD DEVELOP CREATIVITY?

Parents are the first and foremost environment for children to learn how to eat, walk, talk then know self-identity and character (Puspitawati, 2012; Wahyu, 2019). The 0 – 6 years child is play and learn period, thus require parents' concern in creating the space for stimulating creativity of children. In this age, the growth is in the function of thinking and skills. The child is introduced and started enjoying to the environment around the home with the household materials. These interaction between parents and children at home become learning and playing time that stimulate the growth and development of children. Craft skill is one of the methods of using household materials as toys for child age 0-6 years old. It utilizes their creativity and imagination in their own best possible ways. The household items involve develop Childs' motor skills through cutting or stringing process. Its processes also stimulate their developing socialization, emotional, and creativity. There are huge references for parents to provide the educative environment in terms of creativity development on their home. All they need is managing their resources to increase ability of parenting. This issue should be assessed deeper and wider thus parents could implement on daily activities.

#### CONCLUSION

Program of *Bina Keluarga Balita* is one of parenting education program in Indonesia as effort to encourage the involvement of parents to raise their children in terms of the superior human resources achievement. The program facilitates the parents to use their resources to stimulate the children's creativity in easy and simple way at home.

## SUGGESTION

There are limitation researches relate to the effectiveness parenting education programs, the influencing of children creativity developmental, and examine the correlation between those variables. The author intents to conduct the research study with this issue among parents in Sidoarjo, and suggests to another researcher to discover the related topic.

## REFERENCES

- Badan Kependudukan dan Keluarga Berencana Nasional, BKKBN. (2018). *Optimalisasi Program Pengembangan Anak Usia Dini Holistik Integratif*. Jakarta: Badan Kependudukan dan keluarga Berencana Nasional
- BKKBN. (2019). *Program Bina Keluarga Balita Holistik Integratif (BKB HI): Upaya Pemerintah Cegah Stunting*. Accessed at [www.bkkbn.go.id](http://www.bkkbn.go.id).
- Mardiyono. (2012). Model Pengelolaan Bina Keluarga Balita (BKB) di Propinsi Jawa Timur. *Jurnal Cakrawala BKKBN*, 6(2): 184-194.
- Nur Hayati. (2012). Kegiatan Bermain Berbasis Art Crfat Bagi Anak Usia Dini Untuk Mempromosikan Kecintaan Pada Lingkungan. *Jurnal Kependidikan UNY*, 42(2): 152-161.
- Oktriyanto. (2016). Partisipasi Keluarga Anggota Bina Keluarga Balita (BKB) Dalam Pengasuhan dan Tumbuh Kembang Anak Usia 0-6 tahun. *Jurnal Kependudukan Indonesia*, 11(2):133-142.
- Riesmiyatiningdyah. (2016). *Hubungan Antara Peran Kader BKB dengan Tingkat Pengetahuan Ibu Tentang Tumbuh Kembang Anak*. Tidak dipublikasikan.
- Tomlinson, H. B., & Andina, S. (2015). *Parenting education in Indonesia: Review and recommendations to strengthen programs and systems*. The World Bank. doi:10.1596/978-1-4648-0621-6
- Wahyu, H. (2012). Keluarga Sebagai Basis Pendidikan Pertama dan Utama. *Jurnal Ilmiah DIDAKTIKA*, 12(2): 245-258.

# INTEGRATIVE HOLISTIC PARENTING EDUCATION PROGRAM (BKB) IN ENCOURAGING CHILDREN CREATIVITY IN INDONESIA

---

ORIGINALITY REPORT

---

11%

SIMILARITY INDEX

---

PRIMARY SOURCES

---

1 [www.batukarinfo.com](http://www.batukarinfo.com) 139 words — 10%  
Internet

---

2 [docobook.com](http://docobook.com) 11 words — 1%  
Internet

---

EXCLUDE QUOTES OFF  
EXCLUDE BIBLIOGRAPHY ON

EXCLUDE MATCHES OFF