MODEL PREDIKTIF BIOPSIKOSOSIAL PERKEMBANGAN MOTORIK DAN AKTIVITAS FISIK PADA ANAK: PENDEKATAN PLS-SEM

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Abstrak

Penelitian ini bertujuan untuk mengembangkan dan menguji sebuah model biopsikososial yang komprehensif terhadap perkembangan motorik dan aktivitas fisik anak. Dengan menggunakan pendekatan kuantitatif korelasional, data dari 100 anak (Perempuan = 51, Laki-laki = 49) dianalisis menggunakan Structural Equation Modeling (SEM) melalui SmartPLS 4. Penelitian ini menggunakan kuesioner yang telah divalidasi. Karakteristik responden mencakup usia dan jenis kelamin. Model pengukuran menunjukkan validitas dan reliabilitas yang kuat, dengan nilai outer loading >0,7 dan Cronbach's alpha >0,6. Model dinyatakan sesuai (fit) dengan nilai SRMR = 0,025 (<0,08). Analisis jalur menunjukkan bahwa semua variabel signifikan dengan nilai p = 0,000.Prediktif Biologis dengan motor development adalah 0.543, Moto development dengan aktifitas fisik 0.966, pssikologikan dengan motor development 0.626 dan social dengan motor development adalah 0.571. Penelitian ini mengembangkan model prediktif biopsikososial terhadap perkembangan motorik dan aktivitas fisik anak. Faktor biologis, psikologis, dan sosial berpengaruh signifikan, menunjukkan pentingnya pendekatan holistik dalam merancang intervensi promotif yang adaptif dan menyeluruh.

Kata Kunci: Biopsikosial, Perkembangan Motorik, Aktifitas Fisik.

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