

THESIS

**THE EFFECT OF *PLAYDOUGH* PLAY THERAPY AND *LOOSE PARTS*
PLAY ON COGNITIVE DEVELOPMENT IN EARLY CHILDHOOD
AT TKIT AULADUNA SAWAH LEBAR BENGKULU CITY
YEAR 2026**



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ABILLAH ALMUBAROQAH

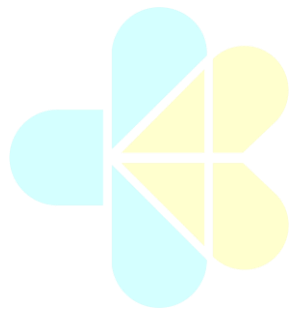
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**MINISTRY OF HEALTH OF THE REPUBLIC OF INDONESIA
HEALTH POLYTECHNIC OF THE MINISTRY OF HEALTH
BENGKULU DEPARTMENT OF NURSING STUDY
PROGRAM BACHELOR OF APPLIED NURSING
YEAR 2025/2026**

THESIS TITLE PAGE

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PLAY ON COGNITIVE DEVELOPMENT IN EARLY CHILDHOOD
AT TKIT AULADUNA SAWAH LEBAR BENGKULU CITY
YEAR 2026**

Submitted as one of the requirements to obtain an Applied Bachelor of
Nursing (STr) in the Applied Bachelor of Nursing Study Program, Department of
Nursing Polytechnic, Ministry of Health, Bengkulu



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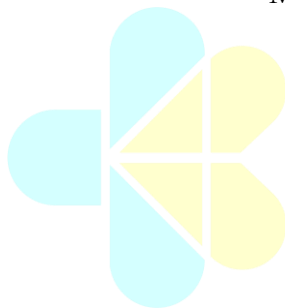
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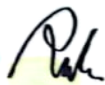
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Loose Parts Play on Cognitive Development in
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Stating that this thesis is my own work (ORIGINAL), and the content of this thesis does not contain any work that has ever been submitted by others to obtain an academic degree in an educational institution, and to the best of my knowledge there are also no works or opinions that have been written and/or published by others, except those that are referred to in writing in this manuscript and mentioned in the bibliography.

Thus this statement and if in the future it is proven in the thesis that there is an element of plagiarism, then I am willing to take responsibility in accordance with the applicable provisions.

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MOTTO AND PRESENTATION

وَمَا تَوْفِيقِي إِلَّا بِاللَّهِ

"And there is no success for me, except with the help of Allah."

(QS. Hud: 88)

MOTTO

"Do it scared, actions can kill anxiety"

PRESENTATION

This thesis is not only the result of an academic process, but also a long journey accompanied by prayer, support, tears, and faith. Behind every page that is composed, there are meaningful people whose presence is a source of strength for the writer.

Bismillahirrahmanirrahim, with gratitude, I present this thesis to:

1. Allah SWT., for all the grace, help, and convenience that has strengthened the author in every process until this thesis can be completed.
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FOREWORD

Praise be to the presence of Allah SWT who has given His grace and grace, so that the author can complete this research thesis with the title "*The Effect of Playdough Play Therapy and Loose Parts Play on Cognitive Development in Early Childhood at TKIT Auladuna Sawah Lebar Bengkulu City*". The purpose of writing this research thesis is as a guideline for the implementation of thesis preparation research.

In completing this research thesis, the author received a lot of material and moral assistance from various parties, for which the author would like to thank the:

1. Mrs. Linda SST., M.Kes., as the Director of the Bengkulu Ministry of Health Polytechnic.
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The author is aware of imperfections in writing research thesis, therefore the author expects criticism and suggestions from various parties so that the author can work better and optimally in the future. The author hopes that this research thesis can be useful for all parties, especially for the researchers themselves, students of the Department of Nursing, and others.

Bengkulu, 09 July 2026

(Abillah Almubaroqah)



**THE EFFECT OF *PLAYDOUGH* PLAY THERAPY AND *LOOSE PARTS PLAY* ON COGNITIVE DEVELOPMENT IN EARLY CHILDHOOD AT
TKIT AULADUNA SAWAH LEBAR BENGKULU CITY**

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ABSTRACT

Less than optimal cognitive development can affect children's learning readiness. One of the efforts to improve it is through *playdough* play therapy and *loose parts play*. This study aims to determine the effect of *playdough* and *loose parts play* therapy on cognitive development in early childhood at TKIT Auladuna Sawah Lebar, Bengkulu City. This study uses a type of quantitative research with a *quasi experiment* approach using a *pre-test* and *post-test* with *control group design*. Samples were selected using a *simple random sampling* technique. The total sample in this study amounted to 40 respondents which were divided into two groups, namely the intervention group and the control group. The intervention group was given *playdough* play therapy and *loose parts play*, while the control group was given a *puzzle game*. The intervention was carried out for 2 weeks with a frequency of 3 times per week and a duration of 15 minutes per session. Cognitive development instruments were measured using cognitive development observation sheets. The results of statistical tests using the *Mann-Whitney* method showed a *p value* of $0.001 \leq 0.05$ which means that there is an effect of *playdough* and *loose parts play* therapy on cognitive development in early childhood. Thus, *playdough* play therapy and *loose parts play* can improve early childhood cognitive development, especially in the ability to think, recognize shapes, arrange, group, and solve simple problems, so it can be recommended as one of the stimuli of educational play in early childhood learning.

Keywords: Early Childhood, *Loose parts play*, Cognitive Development, *Playdough*

**PENGARUH TERAPI BERMAIN *PLAYDOUGH* DAN *LOOSE PARTS PLAY*
TERHADAP PERKEMBANGAN KOGNITIF PADA ANAK USIA DINI DI
TKIT AULADUNA SAWAH LEBAR KOTA BENGKULU**

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ABSTRAK

Perkembangan kognitif yang kurang optimal dapat memengaruhi kesiapan belajar anak. Salah satu upaya untuk meningkatkannya adalah melalui terapi bermain *playdough* dan *loose parts play*. Penelitian ini bertujuan untuk mengetahui pengaruh terapi bermain *playdough* dan *loose parts play* terhadap perkembangan kognitif pada anak usia dini di TKIT Auladuna Sawah Lebar Kota Bengkulu. Penelitian ini menggunakan jenis penelitian kuantitatif dengan pendekatan *quasi experiment* menggunakan rancangan *pre-test and post-test with control group design*. Sampel dipilih menggunakan teknik *simple random sampling*. Total sampel dalam penelitian ini berjumlah 40 responden yang dibagi menjadi dua kelompok, yaitu kelompok intervensi dan kelompok kontrol. Kelompok intervensi diberikan terapi bermain *playdough* dan *loose parts play*, sedangkan kelompok kontrol diberikan permainan *puzzle*. Intervensi dilakukan selama 2 minggu dengan frekuensi 3 kali per minggu dan durasi 15 menit setiap sesi. Instrumen perkembangan kognitif diukur menggunakan lembar observasi perkembangan kognitif. Hasil uji statistik menggunakan metode *Mann-Whitney* menunjukkan nilai *p value* sebesar $0,001 \leq 0,05$ yang berarti terdapat pengaruh terapi bermain *playdough* dan *loose parts play* terhadap perkembangan kognitif pada anak usia dini. Dengan demikian, terapi bermain *playdough* dan *loose parts play* dapat meningkatkan perkembangan kognitif anak usia dini, terutama dalam kemampuan berpikir, mengenal bentuk, menyusun, mengelompokkan, dan memecahkan masalah sederhana, sehingga dapat direkomendasikan sebagai salah satu stimulasi bermain edukatif dalam pembelajaran anak usia dini.

Kata Kunci: Anak Usia Dini, *Loose parts play*, Perkembangan Kognitif, *Playdough*

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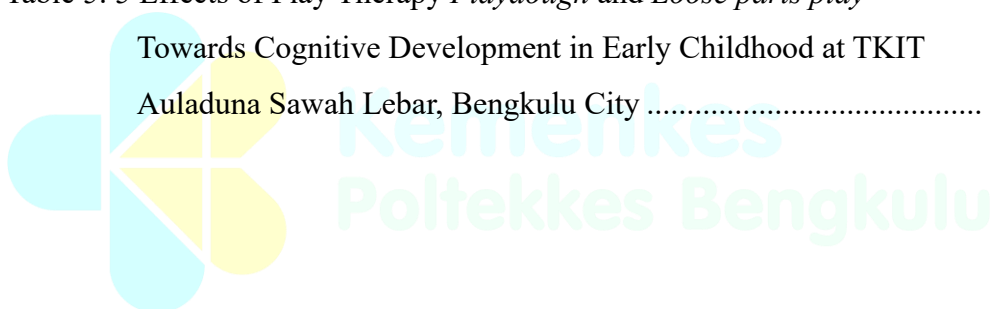


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ABBREVIATION LIST

Kindergarten : Kindergarten

TKIT : Integrated Islamic Kindergarten

WHO : *World Health Organization*

SOP : Standard Operating Procedures

BB : Not Yet Developed

MB : Start Growing

BSH : Growing Up With Expectations

BSB : Very Well Developed

