

## ABSTRAK

**Latar Belakang :** Hipermobilitas sendi merupakan peningkatan luas gerak sendi yang tidak normal karena kelemahan berlebihan dari jaringan lunak yang membatasi dan dialami oleh 4% - 13% populasi di dunia. Hipermobilitas sendi dapat dideteksi melalui adanya keluhan sistem muskuloskeletal dan keterlambatan motorik anak. Tujuan penelitian ini adalah untuk mengetahui hubungan hipermobilitas sendi dan usia berjalan pada anak di TKK Don Bosco Surabaya.

**Metode :** Penelitian ini merupakan penelitian analitik observasional dengan pendekatan *cross-sectional*. Sampel ialah anak-anak yang bersekolah di TKK Don Bosco Surabaya dan berjumlah 100 orang yang memenuhi kriteria inklusi dan eksklusi. Metode pengambilan data yang digunakan adalah *purposive sampling*. Pengumpulan data dilakukan melalui wawancara singkat dan pemeriksaan fisik. Data diolah menggunakan aplikasi IBM SPSS *Statistic 25*.

**Hasil :** Pada 100 anak yang menjadi responden, terdapat 84% anak yang terindikasi mengalami hipermobilitas sendi berdasarkan hasil pengukuran *Beighton Score* ( $\geq 4$ ). Sebanyak 86,96% dari total 46 responden perempuan dan 81,48% dari total 54 responden laki-laki mengalami hipermobilitas sendi. Pada penelitian ini didapatkan 20 orang anak mengalami keterlambatan jalan dan 18 orang diantaranya mengalami hipermobilitas sendi. Namun dalam evaluasi statistik mengenai hubungan hipermobilitas sendi dan usia berjalan pada anak, tidak didapatkan nilai signifikansi statistik yang bermakna ( $p=0,516$ ). Dengan demikian, diketahui bahwa tidak ada hubungan antara hipermobilitas sendi dan usia berjalan pada anak di TKK Don Bosco Surabaya.

**Kesimpulan :** Tidak terdapat hubungan antara hipermobilitas sendi dan usia berjalan pada anak di TKK Don Bosco Surabaya.

**Kata Kunci :** Hipermobilitas sendi, pola pertumbuhan motorik anak, keterlambatan motorik anak, *Beighton Score*

**ABSTRACT**

**Background :** Joint hypermobility is an increase in the area of abnormal joint motion due to excessive weakness of the soft tissue that is limiting and experienced by 4% - 13% of the world's population. Joint hypermobility can be followed by complaints in the musculoskeletal system and motor delays in children. The objective of this study was to investigate the relationship between joint hypermobility and walking age of children in TKK Don Bosco Surabaya.

**Methods :** This study was an observational analytic study with a cross-sectional design. A total of 100 samples were taken using a purposive sampling method and complied with the inclusion and exclusion criteria of children who were attending TKK Don Bosco Surabaya. Data collection through interviews and physical examinations. Joint hypermobility was assessed using the Beighton score criteria. Data processed using the IBM SPSS Statistics 25 application.

**Results :** Data from 100 children were available for analysis. There were 84% of children indicated having joint hypermobility based on the Beighton Score ( $\geq 4$ ). As many as 86.96% of the total of 46 female respondents and 81.48% of the total 54 male respondents experienced joint hypermobility. In this study, as many as 20 children experienced walking delays when 18 of them experienced joint hypermobility. However, in the statistical evaluations regarding the relationship of joint hypermobility and walking age in children did not show statistical significance ( $p=0,516$ ).

**Conclusions :** There is no significant relationship between joint hypermobility and walking age of children in TKK Don Bosco Surabaya.

**Keywords :** Joint hypermobility, child motor growth patterns, child motor delays, Beighton score