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Research article

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The effect of health education about baby massage on the practice of baby massage by traditional supply in samarinda city in 2018

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ABSTRACT

Background

Baby massage is a touch therapy direct contact with the body that can provide a sense of security and comfort in babies that aim to produce neurons, muscles, and the respiratory system to circulate blood and limpha. Baby massage done by traditional healers with knowledge that is hereditary is only intended to cure diseases.

Objective

The purpose of this study was to find out the baby massage behavior by traditional healers in Kota Samarinda in 2018.

Method

Qualitative research methods with a in-depth interview data collection techniques. The number of informants was 18 people who were selected based on principle of conformity and adequacy.

Results

The results of the study shows that traditional shaman massage techniques are derived from hereditary factors intended to reduce fever in infants.

Conclusions and recommendations

Partnership is one solution to provide information to traditional healers on maternal and child health. The onset of this partnership can accommodate traditional shaman activities for community empowerment.

Keywords: Health education, Baby massage

INTRODUCTION

Baby massage is the oldest known human therapy and the most popular, which is also the art of health care and medicine practiced since centuries ago. The experience of the first baby massage experienced by humans am at the time of birth, that is, through the birth canal. Stimulation is

stimulation that comes from the environment outside the child's individual. Children who get a lot of stimulation will develop faster than children who lack or even don't get stimulation, stimulation can also function as an amplifier. [1]

Baby massage has many benefits not only for babies but also for parents, for babies, among them

can increase endurance, stimulate digestive function, exercise relaxation so that it can reduce depression and tension, increase alertness, reduce pain, reduce bloating and colic (pain stomach), increase the volume of breast milk, increase body weight, increase growth, increase baby's concentration and make you sleep soundly. Fostering the bond of love for parents and children (bonding), and improving blood circulation and breathing.² The study of babies have shown that touch, movement, and also sound will stimulate the nerve path, but it will also accelerate the growth of nerve tissue. Weight gain will be faster and cell activity will be increased along with increasing endocrine function. [3] Touching and massage in infants after birth can guarantee a continuous body contact that can maintain a feeling of safety in the baby. The oldest report on the art of massage for treatment is recorded on the Eby Papyrus, which is the medical record of ancient Egypt. The oldest Vedic book of medicine in India (around 1800 BC) wrote about massage, diet and exercise as the main means of healing. About 5000 years ago doctors in China from the Tang Dynasty also believed that massage was one of the 4 important treatment techniques. [2]

Modern health science has scientifically proven that touch and massage therapy in infants have many benefits, especially if done alone by baby's parents. The study of the effect of infant massage on increasing infant weight gained results that in the control group weight increased by 6.16% while in the massaged group 9.44%. [4]

Preliminary study at Gustiana Mitra Clinic found that there were 10 mothers who did massage on their babies. Of the 10 mothers 7 of whom did not know the benefits of baby massage, they did not understand the correct baby massage technique,

so they could not do their own baby massage and assumed that baby massage was done when the baby was sick or if he fell.

The general goal is to find out the effect of health education about infant massage on the practice of infant massage by the baby's mother. While the specific objectives are; identifying the ability of the mother to massage the baby before being given health education; identifying the ability of the mother to massage the baby after being given health education; analyzing the effect of health education on infant massage on the practice of infant massage by the baby's mother. The benefits of research for institutions are expected to add to the literature discourse and scientific information about the effect of health education about infant massage on the practice of infant massage by the mother's baby. Benefits for the community are expected to provide an overview and skills about the benefits of baby massage and how to properly massage babies, so they can motivate parents to improve their baby's health

Study Objectives

The purpose of this study was to find out the baby massage behavior by traditional healers in Samarinda City in 2018

Methods

The design of this study uses *pretestpostest without control group design*. The subjects of this study were 41 mothers who had babies aged 0-12 months. The subject of this study was selected by *purposive sampling*. The independent variable used is health education about infant massage and the dependent variable used is the practice of infant massage by the baby's mother.

RESULTS

Univariate Analysis

Characteristics of respondents in Gustiana's Partner Clinic Samarinda inn 2019

Table 1. Characteristics of Respondents by Age

No	Mother Age	F	%
1	≤ 20 years	4	9,8
2	21-29 years	21	51
3	30-39 years	15	37
4	≥ 40 years	1	2,2
Total		41	100

Table 2. Characteristics of respondents by Education Newsletter

No	Last Education	F	%
1	Primary school	7	17
2	Junior high school	11	27
3	Senior high school	13	32
4	College	10	24
Total		41	100

Table 3. Characteristics of Respondents by Job

No	Job	F	%
1	Housewife	19	46
2	Civil Servants	8	20
3	Private	14	34
Total		41	100

Table 4. Characteristics of respondents based on Information About Infant Massage

No	Information about baby massage	F	%
1	Never	7	17
2	Healthcare workers	8	20
3	Friends/ Family	8	20
4	Social Media	18	43
Total		41	100

Table 5. Characteristics of Respondents Before and after being given Information About Infant Massage

	Pre Test	%	Post Test	%
Good	5	12	14	34
Enough	3	7,3	24	59
Less	33	80,7	3	7
Total	41	100	41	100

Table 6. Statistical Test Results Effect of Ifants massage Extension Againts Practice Baby Massage

Test	Statistics Test
Test	3,552
Significance of T-Test	P=0,000

DISCUSSION

Characteristics of the mother based on her last education is that most of the high school graduated mothers are 13 (32%) mothers. Although the mother's last education was mostly high school, but health education about infant massage was not given during high school. The existence of supporting factors includes the availability of adequate resources and facilities such as physical facilities, namely health centers, public facilities, namely TV, radio, magazines. These facilities are

very supportive to realize about baby massage to the community. [5]

There are 17% of mothers of babies who have never received information about infant massage, 20% of mothers get information from health workers, 20% of mothers get information on baby massage from friends / family and 43% from social media. This is due to a lack of mother's willingness to find information about baby massage, as well as a lack of mother's concern for the growth of her baby. Strengthening factors include the behavior of health workers and community leaders. All health

workers are seen by their type and level as basically health educators. So health workers and community leaders must have attitudes and behaviors that are in accordance with health values by giving an example to the community. [5]

The results of the pretest practice of infant massage are mostly 33 (80.7%) mothers have poor knowledge about baby massage. While the definition of education itself is the process of changing attitudes and behavior of a person or group of people in an effort to mature people through teaching and training. So in this case the definition of education is a process or act of educating.

Thus it can be concluded that the inability of the baby's mother in the practice of infant massage before health education due to contributing factors, the majority of the mother of the baby has never received information about baby massage due to the unwillingness of the baby's mother to find information, and not to teach health education about massage for babies in high school. This is reinforced by the lack of interest of mothers of infants in infant massage in health institutions. The ability of mothers to massage babies after health education about infant massage Based on the results of the study, the value of practice in each mother is 59% with sufficient value and 34% with good grades. While only a small percentage of mothers of babies have poor grades, namely 7% of mothers. Attitude is only a tendency to take action against an object in a way that states the existence of signs - signs to like or not like the object. [5]

The effect of health education about infant massage on the practice of infant massage Based on the results of the study, the posttest results were better than the results of the pretest. Health education is an effort or activity to create community behavior that is conducive to health. This means that health education seeks so that people realize or know how to maintain their health, how to avoid or prevent things that are detrimental to their health and the health of others. [6] This is based on data from posttest results which increased after being given health education about massage babies after the pretest. After a person experiences a stimulus or health object, then the person conducts an assessment or opinion on what is known, the next process is expected to be able to implement or practice what is known and

treated. Before people adopt a new behavior, in that person a sequential process occurs, which is where the person realizes in the sense of knowing in advance the stimulus. After knowing the stimulus how is the interest in stimulation or the object given. Then proceed with weighing on whether or not the stimulus is for him. [5] The results showed that there were still a small percentage of mothers of babies who had a poor score of 7%. This shows that the provision of stimulus is still weighed - weighed by the mother of the baby on whether or not the stimulus is for him. Health education media are essentially educational aids. It is called the health education media because these tools are channels for conveying health information and because these tools are used to facilitate the acceptance of health messages for the community or clients. [6]

The results showed that the *p-value* was 0,000 and the value of $\alpha < 0.005$. So that in the study it can be concluded that there is an effect of health education about infant massage on the practice of infant massage by the mother. This is supported by the method used in providing health education using the lecture method and demonstrating or practicing directly the steps of good and correct baby massage. The material presented was in accordance with the needs of the respondents and in the delivery of health education using a tool in the form of leaflets and audio visuals in the form of compact discs on how to properly and properly massage babies.

CONCLUSIONS

There is an increase in the ability of mothers to massage babies after being given health education half of mothers of infants have sufficient value (59%), with a significance value of $p = 0.000$ and smaller than $\alpha (0.005)$. Based on this, it can be concluded that there is an influence of health education about infant massage on the practice of infant massage by the baby's mother.

Recommendation Future

Related health institutions can provide new knowledge on how to massage babies by adding a health education discourse about baby massage. People, especially parents of babies, are expected to increase their knowledge and skills about baby massage so that they can massage their babies independently and correctly.

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