

The Factors Affecting Mothers In Giving Baby Massages In An Effort To Improve The Health Of The Baby In Posyandu Sekar Wilis I Kediri

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ABSTRACT

Performing infant massagers in rural communities is still held in the form of infant doctors. Massage is done not only when a baby is healthy but also in sick and fussy babies. The purpose of this study is writer want to know the factors affecting mothers in giving baby massages in an effort to improve the health of the baby in posyandu sekar wilis I Kediri. The research design was used by the writer is a quantitative research, with a cross sectional approaches. The focus of the research was analyze the factors affecting mothers in giving baby massage in Posyandu Sekar Wilis I Kediri. The writer used sample random sampling technique which 71 respondents. The result found that almost half of respondents knew less than 34 respondents (47.9%). Almost the half of immediate presence has no more 34 respondents (47.9%). Almost half the respondents have a low cost perception less than 35 respondents (49.3%). Almost half the respondents have a low motivation has no more 34 respondents (47.9%). Most of the respondents had a baby massage for 39 respondents (54.9%). The studies use Linear Regression indicates the effect of knowledge, perceptions and motivation through moms behavior in giving baby massage in Posyandu Sekar Wilis I Kediri. And there is no cultural influence on maternal behavior in baby massage at Posyandu Sekar Wilis I Kediri. It is expected for the respondents to have a baby massage in order to help speed up the baby growth, and to stimulate the baby's psycho induced development.

Keywords : Motivation, Knowledge & Perception

INTRODUCTION

Massage as the oldest and most popular touch therapy known to humans, including in Indonesia (Roesli, 2011). Until now the habit of massaging is still closely embedded in the lives of Indonesian people, ranging from children, teenage boys or girls, to mothers giving birth. For the people of Indonesia there is something missing if a baby is never massaged. According to Dr. Utami Rusli "touch and massage the baby after birth can provide assurance of ongoing body contact that can maintain a feeling of security in the baby". The problem is if the mother massages her baby in the shaman with the traditional massage category. Generally this massage is done for treatment so that there is an impression of being forced with an herb which may have a negative effect on the baby's skin due to itching, allergies and other risks (Mother and Toddler, 2012).

In Indonesia quite a lot of people carry out baby massage in the traditional way, with a percentage of 30.4% (BPPK in Nikitasari, 2017). According to the Indonesian Ministry of Health, the number of mothers undergoing infant massage during 2018 was 1,442,917 babies out of a total of 4,746,438 babies (Kemenkes RI, 2018). The results of the 2018 riskesdas show that traditional health services seen from the utilization of traditional health services increased slightly from 30.4% (Riskesdas 2013) to 31.4% (Riskesdas 2018).

In Indonesia the implementation of baby massage in village communities is still held by the role of the dukun. During this time, massage is not only done when the baby is healthy, but also in sick or fussy babies and has become a routine baby care after birth (Sari in Novia, 2014). Data on infant illness as a result of infant massage so far has not been available or has not been

recorded through reports in puskesmas or other health service units. Likewise, the program related to infant massage so far also does not exist there is a batra program (traditional healer) with skills so it is not specifically as a baby massage.

The results of a preliminary study through interviews with 10 mothers at the Posarandu Sekar Wilis I Kediri, 6 mothers (60%) massaged their babies (4 to traditional birth attendants and 2 to midwives) and 4 mothers (40%) never massaged their babies. The reason for massaging the baby is because the baby is sick with cough, fuss and fall. This gives a picture that there are still many people who choose traditional massage compared to modern massage. Considering the background of the above problems, it is better for health workers to provide information to mothers about modern massages by health workers in their area. Coordination with village PKK cadres to socialize modern massage to the community. Pregnant women class with material about baby massage to pregnant women.

METHODS

The design of this study is a quantitative study with a cross sectional approach with the focus of the research directed to be to analyze the factors that influence mothers in performing infant massage in Posyandu Sekar Wilis I Kediri City with a sample of 71 respondents taken by Simple Random Sampling technique.

RESULT

Table 1. Characteristics of respondents

No	Characteristics	ΣN	Σ%
1	Age (year)		
	<20	6	8
	20-35	46	65
	>35	19	27
2	Education		
	Elementary school	5	7
	Middle school	19	27
	High school	33	46
	University	14	20
3	Occupation		
	Housewife	16	23
	Farmers	8	11
	Entrepreneur	38	53
	Civil servants	9	13
4	Knowledge		
	Good	16	22,5
	Enough	21	29,6
	Less	34	47,9
5	Culture		
	Very entrenched	28	39,4
	Pretty entrenched	9	12,7
	Not entrenched	34	47,9
6	Perception		
	Good	11	15,5
	Enough	25	35,2
	Less	35	49,3

7	Motivation		
	High	17	23,9
	Middle	20	28,2
	Low	34	47,9
8	Baby massage		
	Yes	39	54,9
	No	32	45,1
	Total	71	100

DATA ANALYSIS

Table 2. Results of Linear Regression Analysis of Factors Affecting Mothers in Doing Baby Massage in the Sekar Wilis I Posyandu in Kediri City

No	Variable	Sig	R ²
1	Constant	0.005	0.724
2	Knowledge	0.019	
3	Culture	0.884	
4	Perception	0.011	
5	Motivation	0.000	

1. Based on the results of the Linear Regression analysis on the knowledge variable shows that the p-value of $0.019 < 0.05$ then H0 is rejected and H1 is accepted so it is concluded that there is an influence of knowledge on Infant Massage in the Sekar Wilis I Posyandu Kediri City
2. Based on the results of Linear Regression analysis on cultural variables showed that the p-value of $0.884 > 0.05$ then H0 was accepted and H1 was rejected so it was concluded that there was no cultural influence on Infant Massage in the Posarandu Sekar Wilis I Kediri City
3. Based on the results of the Linear Regression analysis on the perception variable shows that the p-value of $0.011 < 0.05$ then H0 is rejected and H1 is accepted so it is concluded that there is an effect of perception on Infant Massage in the Posarandu Sekar Wilis I Kediri City
4. Based on the results of the Linear Regression analysis on the motivation variable shows that the p-value of $0.000 < 0.05$ then H0 is rejected and H1 is accepted so it is concluded that there is a motivational effect on Infant Massage in the Sekar Wilis I Posyandu of Kediri City.

DISCUSSION

A. Mother's Knowledge in Doing Baby Massage at the Posarandu Sekar Wilis I Kediri City

The results showed that almost half of respondents had less knowledge as many as 34 respondents (47.9%). In addition, a number of 21 respondents (29.6%) had sufficient knowledge. Whereas 16 respondents (22.5%) had good knowledge. Based on the results of Linear Regression analysis on the knowledge variable shows that the p-value of $0.019 < 0.05$ then H0 is rejected and H1 is accepted so it is concluded that there is an influence of knowledge on Infant Massage in the Sekar Wilis I Posyandu of Kediri City.

Knowledge is one of the predisposing factors of one's behavior including the behavior of infant massage in addition to attitudes, perceptions, values and beliefs (predisposing factors) (Green in Notoatmodjo, 2014). Good knowledge will underlie the formation of a positive or supportive attitude towards something, in this case good knowledge about good, correct and

safe baby massage will form a positive attitude towards the baby's massage area so that it determines the choice of the mother, namely whether to choose traditional massage, modern massage handled by health workers such as midwives or physiotherapists. A positive attitude is one of the factors considered to determine the actions of baby massage.

According to researchers, someone's knowledge will be the basis for someone to do something. In someone who has good knowledge, a person will behave more directedly, and vice versa if someone has less knowledge, usually the person will be more reckless in doing something. Based on the results of the study found that most of the mothers have less knowledge, this is caused by various factors, one of which is because of a lack of desire to find out, but also because of the lack of information obtained.

B. The Culture of Mothers in Performing Baby Massage in the Posarandu Sekar Wilis I Kediri City

The results showed that almost half the respondents did not have a culture of 34 respondents (47.9%). In addition, a number of 28 respondents (39.4%) were very cultured in doing infant massage. Whereas 9 respondents (12.7%) were cultured enough to do baby massage. The results of Linear Regression analysis on cultural variables showed that the p-value of $0.884 > 0.05$ then H_0 was accepted and H_1 was rejected so it was concluded that there was no cultural influence on Infant Massage in the Sekar Wilis I Posyandu of Kediri City. This result is different from Bastian's research (2014) with the title Infant Massage by Traditional Infant Massagers in Medan Area District. Many people believe that their children are sick because of magic such as admonishment when playing under a tree not because of modern diseases and being treated with pilis or being sounded so they can recover, besides baby massagers also have a friendly attitude and provide an explanation to their patients using everyday language day so they trust more and can understand it. This difference in results is due to differences in educational characteristics.

According to cultural researchers is a habit that was done by previous people and continued until now. Culture will be a reference of someone in doing something where people tend to believe more in culture than in existing theories. Based on the results of the study found that most mothers do not have a culture that shows their ancestors used to massage babies. The lack of culture is caused by the ignorance of the mother with the habits of previous people so that she prefers to do something according to her own desires without regard to previous experiences.

C. Mother's Perception in Doing Baby Massage in Posyandu Sekar Wilis I Kediri City

The results showed that almost half of respondents had less perception as many as 35 respondents (49.3%). In addition, a number of 25 respondents (35.2%) had sufficient perception. Whereas 11 respondents (15.5%) had good perception. The results of the Linear Regression analysis on the perception variable showed that the p-value of $0.011 < 0.05$ then H_0 was rejected and H_1 was accepted so it was concluded that there was an effect of perception on Infant Massage at the Posarandu Sekar Wilis I Kediri City.

According to researchers, one's perception is a person's perspective on something that is done and has been done. A person's perspective on something will determine the action he will take. Based on the results of the study it was found that most of the mothers have less perception in doing baby massage. The lack of perception is caused by the lack of information he got, but also due to lack of knowledge, in addition to these two factors, perception is also influenced by someone's psychological or personality, if a person has a good personality it will tend to be willing to do many things to her child and will work on it sincerely.

D. Motivation of Mothers in Doing Baby Massage in Posyandu Sekar Wilis I Kediri City

The results showed that almost half of respondents had low motivation as many as 34 respondents (47.9%). In addition, 20 respondents (28.2%) had moderate motivation. While 17 respondents (23.9%) have high motivation. According to researchers, a person's motivation is a desire or impulse that arises in a person, the urge is also caused due to support from family and from others. Based on the results of the study found that most mothers have low motivation. This can be caused by lack of support from the husband where the husband is the closest person who often communicates with his wife. In addition, things that affect motivation are less due to lack of knowledge so that one's perspective with baby massage is also inappropriate.

E. The Behavior of Baby Massage Performed by Mother in Sekar Wilis I Posy Kediri City

The results showed that the majority of respondents did baby massage as many as 39 respondents (54.9%). Whereas 32 respondents (45.1%) did not do baby massage. Basically the purpose of baby massage is to optimize the growth and development of infants by providing touch stimulation, motion and other stimulation combinations (Dewi, 2012). The purpose of baby massage is to give a touch and a hug from a mother to meet the basic needs of the baby (Putri, 2016).

Massage optimizes the growth and development of babies with high risk, for example birth weight less than 2000 grams or premature babies. More than that, baby massage can also reduce the recurrence of chronic diseases such as asthma and can also help babies ward off symptoms of bloating or colic (Maharani, 2009).

According to researchers baby massage is a complementary therapy that can be done to babies according to growth. Baby massage is carried out by health practitioners who have conducted prior training from expert practitioners. Based on the results of the study found that the majority of respondents doing baby massage for their babies, but there are still many who do not massage babies for their babies. The cause of mothers not doing baby massage is due to lack of knowledge about the benefits and usefulness of massage for babies, besides that it is also caused by the mother's perception that mothers are less intrigued with baby massage so that mothers are less interested in doing baby massage. And also due to lack of motivation of mothers to do baby massage.

F. Factors That Influence Mother in Doing Baby Massage in Posyandu Sekar Wilis I Kediri City

There is an influence of knowledge, perceptions and motivation on mother's behavior in doing baby massage in Posyandu Sekar Wilis I Kediri City. And there is no cultural influence on the mother's behavior in doing baby massage at Posyandu Sekar Wilis I Kediri City.

Massage as the oldest and most popular touch therapy known to humans, including in Indonesia (Roesli, 2011). Until now the habit of massaging is still closely embedded in the lives of Indonesian people, ranging from children, teenage boys or girls, to mothers giving birth. For the people of Indonesia there is something missing if a baby is never massaged. According to Dr. Utami Rusli "touch and massage the baby after birth can provide assurance of ongoing body contact that can maintain a feeling of security in the baby". The problem is if the mother massages her baby in the shaman with the traditional massage category. Generally this massage is done for treatment so that there is an impression of being forced with an herb which may have a negative effect on the baby's skin due to itching, allergies and other risks (Mother and Toddler, 2012).

According to researchers there are many factors that can influence the behavior of mothers in baby massage, but based on this study, of the four variables, there are only three that affect infant massage. The influencing factor is knowledge where if someone knows he will want to do it, besides that the perception factor is that if someone has the right perspective then he will be able to choose the right thing for his baby. Besides the motivational factors also affect the behavior of mothers in doing baby massage, where if the mother has high motivation she will tend to always try to give the best for her baby. While cultural factors do not affect because a person's culture is diverse and cannot be a benchmark for one's behavior.

CONCLUSION

1. Nearly half of respondents have less knowledge of 34 respondents (47.9%).
2. Nearly half of the respondents did not have a culture of 34 respondents (47.9%).
3. Nearly half of the respondents had less perception of infant massage as many as 35 respondents (49.3%).
4. Nearly half of the respondents have low motivation as many as 34 respondents (47.9%).
5. Most respondents did baby massage as many as 39 respondents (54.9%).
6. There is an influence of knowledge, perceptions and motivation on mother's behavior in doing baby massage in Posyandu Sekar Wilis I Kediri City. And there is no cultural influence on the mother's behavior in doing baby massage in Posyandu Sekar Wilis I Kediri City.

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