

Mother's Knowledge And Behavior And Family Support For Doing Baby Massage Independently At Sri Desa Clinic Gonting Malaha Kec. Bandar Pulau Kab. Asahan In 2022

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Abstract.

Mother's massage can be felt as a touch of affection which is very meaningful for the formation of the baby's personality. Through a touch of massage to the muscle tissue, blood circulation can increase to the muscle tissue or the position of the muscles can be restored and repaired, so as to improve the functions of the body's organs. Knowledge, behavior and family support greatly influence the implementation of infant massage independently. To find out the relationship between knowledge and behavior and family support for doing baby massage independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Asahan Year 2022. The research design is a combination of qualitative and quantitative research. The quantitative study in this study was non-experimental in nature using a cross-sectional or cross-sectional approach with the Chi-square test and taking samples using total sampling. Primary data collection was carried out using a questionnaire taking place in November 2022. Statistical test of knowledge of infant massage independently using Chi-Square with a 95% confidence interval, significance limit test $\alpha = 0.05$, so the hypothesis is $0.01 < 0.05$. Mother's behavior towards infant massage independently with a hypothesis of $0.006 < 0.05$. Family support for infant massage independently, the hypothesis is $0.004 < 0.05$. To the clinic to provide counseling about baby massage so that every mother who participates in counseling can better understand and understand the benefits of baby massage for the growth and development of the baby.

Keywords: Knowledge, mother's behavior, family support and baby massage.

I. INTRODUCTION

Baby massage can be interpreted as a comfortable touch of communication between mother and baby. So, this baby massage is an expression of affection between parents and children through touching the skin which can have a very extraordinary impact. This is because touch and hugs are one of the basic needs of babies (Siska Dewi, 2016). According to the World Health Organization (WHO, 2017) estimates that 42.5% of under-five mortality rates 1000 live births WHO stated that the target in 2030 is to end preventable deaths in newborns and children under aged 5 years, with the country aiming to reduce neonatal mortality so that it is at least 12 per 1000 live births and under-5 mortality reaches at least 25 per 1000 KH (WHO, 2017). Based on the 2017 Indonesia Health Profile, the number of babies aged 0 years with male sex was 2,423,786 KH and 2,322,652 female KH. The total number of babies is 4,746,438 KH, with a weight/age index for toddlers 0-23 months, the percentage of malnutrition is 3.50%, malnutrition is 11.30%, good nutrition is 83.50%, and excess nutrition is 1.60%. The province with the highest malnutrition in 2017 was West Sulawesi (16.20%) and the lowest was Bali (6.30%). Based on the Health Profile of North Sumatra Province in 2017, the infant mortality rate in the city of Medan was reported at 0.09 per 1000 live births. Meanwhile, the number of infant deaths was 9 out of 47,541 live births.

There was a decrease in the number of deaths in the previous year (2015), which was reported at 0.28 per 1000 KH, meaning that there were 0.28 babies died per 1000 KH, with the number of deaths as many as 14 babies out of 49,251 live births. (North Sumatra Health Profile, 2019). The relationship between education level and mother's behavior in doing baby massage in the village of Waylima Subdistrict, Pesawaran Regency in 2014. The results of the study using the chi square test yielded a p value < 0.05 , namely p value = 0.003 with a closeness value of 0.00 - 0.25, which means there is a significant relationship between the education level of the mother and the infant's massage behavior. Based on the results of a preliminary survey that was conducted by researchers at the Sri Clinic, there were 25 mothers who had babies and had done baby massage at the Sri Clinic and the rest they did baby massage independently at

home after being given guidance on how to do baby massage and they also learned tutorials from the internet so that they can do it themselves at home. Based on this survey, researchers are interested in conducting research on "The Relationship between Knowledge and Behavior and Family Support in Doing Infant Massage Independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Goals for 2022".

II. METHODS

The research design is a combination of qualitative and quantitative research. The quantitative study in this study is non-experimental in nature using a cross-sectional or cross-sectional approach that measures the independent and dependent variables at the same time. This research was conducted at the Sri Clinic in Gonting Malaha Village, Kec. District Island City. Asahan Year 2022. This research was conducted in June 2022. The population of this study were all mothers who have babies who come to visit to do baby massage to the Sri Clinic Desa Gonting Mahala Kec. District Island City. Asahan in 2022, namely as many as 25 mothers who have babies. The sampling technique for this study used the Total Sampling method. Primary data collection was carried out using a questionnaire.

III. RESULTS

Univariate analysis

Table 5.1. Variable Frequency Distribution Based on Age, Last Education, Employment Status.

No	Variable	Amount (N)	Percentage (%)
1	Age		
	a. 18-30 age	6	24
	b. 31-40 age	10	40
	c. > 40 age	9	36
	Totally	25	100
2	Last Edication		
	a. SD	1	4
	b. SMP	2	8
	c. SMA	9	36
	d. S-1	13	52
	Totally	25	100
3	Job Status		
	a. No Work	9	36
	b. Work	16	64
	Totally	25	100
4	Resources		
	a. TV/Radio	6	24
	b. Newspaper	7	28
	c. Social Media	12	48
	Totally	25	100

Based on table 5.1 above, it can be seen that 6 respondents (24%) were in the 18-30 year age category, 10 respondents (40%) were in the 31-40 year age category, 9 people were in the age category > 40 years (36%). Based on the primary education variable, there were 1 person (4%), 2 junior high school students (8%), 9 senior high school students (36%) and 13 undergraduate students (52%). Based on the employment status variable, there were 9 people (36%) who did not work and 16 people who worked (64%). Based on the variable source of information from TV/radio as many as 6 people (24%), from newspapers as many as 7 people and from social media as many as 12 people (48%).

Table 5.2. Variable Frequency Distribution Based on Support, Independence, Knowledge and Behavior

No	Variable	Amount (N)	Percentage (%)
1	Support		
	a. None	8	32
	b. Exist	17	68
	Totally	25	100

2	Independence		
a.	Can't	8	32
b.	Get	17	68
	Totally	25	100
3	Knowledge		
a.	Not enough	9	36
b.	Good	16	64
	Totally	25	100
4	Behavior		
a.	Negatif	6	24
b.	Positif	19	76
	Totally	25	100

Based on table 5.2 above, it can be seen that there are no supporting variable categories as many as 8 people (32%) and as many as 17 people (68%) have that category. Based on the independence variable, the category cannot be as many as 8 people (32%), and the category can be as many as 17 people (68%). Based on the knowledge variable, 9 people (36%) were not good and 16 people (64%) were good. Based on the behavioral variables, there were 6 people (24%) in the negative category and 19 people (76%) in the positive category.

Bivariate Analysis

Table 5.3. The Relationship between Mother's Knowledge and Performing Infant Massage Independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Assumptions for 2022.

Knowledge	Independence				Amount		P (value)	Df	sig
	Can't		Get		N	%			
	N	%	N	%					
Negative	6	66,7	3	33,3	9	100	7,767	1	0,01
Positive	2	12,5	14	87,5	16	100			
Totally	8	32	17	68	25	100			

Based on table 5.3 it can be seen that of the 9 respondents who had less knowledge the majority could not do baby massage independently as many as 6 people and a minority of respondents could do baby massage independently as many as 3 people. Of the 16 respondents with good knowledge, the majority could do baby massage independently as many as 14 people and a minority of respondents who could not do baby massage independently as many as 2 people. Statistical test results with 95% chi-square confidence intervals, significance limit test $\alpha = 0.05$, then hypothesis $0.01 < 0.05$, the results are significant, which means that there is an informative relationship with independent infant massage at the Sri Clinic in Gonting Malaha Village, Bandar Pulau Regency. Hope in 2022.

Table 5.4. Correlation between Mother's Behavior and Doing Infant Massage Independently at the Sri Desa Gonting Clinic Even Kec. District Island City. Assumptions for 2022.

Behavior Mother	Independence				Amount		P (value)	df	sig
	Can't		Get		N	%			
	N	%	n	%					
Negative	5	83,3	1	16,7	6	100	9,560	1	0,006
Positive	3	15,8	16	84,2	19	100			
Totally	8	32	17	68	25	100			

Based on table 5.4 it can be seen that of the 6 respondents with negative maternal behavior the majority could not do baby massage independently as many as 5 people and a minority of respondents in the negative maternal behavior category could do baby massage independently as much as 1 person. Of the 19 respondents in the category of positive maternal behavior, the majority were able to do baby massage independently as many as 16 people and a minority of respondents in the category of negative maternal behavior were unable to do baby massage independently as many as 3 people. The results of the statistical test using chi-square with a 95% confidence interval, the significance limit test $\alpha = 0.05$, the value obtained with the hypothesis $0.006 < 0.05$, the result is significant, meaning that there is a relationship between the behavior of mothers doing infant massage independently at the Sri Desa Gonting Clinic Even Bandar Pulau Kab. Hope in 2022.

Table 5.5. Relationship of Family Support to Performing Infant Massage Independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Assumptions for 2022.

Family support	Independence				Amount		P (value)	df	sig
	Can't		Get		N	%			
	N	%	n	%					
None	6	75	2	25	8	100	9,997	1	0,004
Exist	2	11,8	15	88,2	17	100			
Totally	8	32	17	68	25	100			

Based on table 5.5, it can be seen that of the 8 respondents in the family support category, the majority could not do baby massage independently as many as 6 people and a minority of respondents in the no family support category could do baby massage independently as many as 2 people. Of the 12 respondents in the family support category, the majority could do baby massage independently as many as 15 people and a minority could do baby massage independently as many as 2 people. Statistical test results using Chi-Square with 95% confidence interval, significance limit test $\alpha = 0.05$, then the hypothesis is $0.004 < 0.05$, the result is significant, which means there is a relationship between family support and doing baby massage independently at the Sri Desa Gonting Clinic Even Kec. District Island City.

IV. DISCUSSION

1. Relationship of Knowledge to Doing Baby Massage Independently

Chi-square statistical test at 95% confidence interval, significance test $\alpha = 0.05$, then hypothesis $0.01 < 0.05$, the results are significant, which means that there is an informative relationship with independent infant massage at the Sri Clinic Desa Gonting Malaha Bandar Pulau Kab. Asahan in 2022.istics by using Chi-Square with 95% confidence interval, significance limit test $\alpha = 0.05$ then hypothesis $0.01 < 0.05$ then the result is significant which means there is a relationship between knowledge of doing baby massage independently in Clinic Sri Desa Gonting Malaha Kec. Bandar Pulau Kab. Assumptions for 2022.ptions for 2022.Knowledge of baby massage is the result of knowledge and impressions in health care and medicine by using movement games for babies to stimulate growth and development and the ability to move babies optimally. The knowledge that mothers need to know includes the meaning of baby massage, when to massage babies, who can do baby massage, what needs to be prepared when massaging babies and how to do baby massage. The higher one's knowledge and education will increase the willingness to do baby massage. Increasing one's experience will increase baby massage skills (Dewi, 2012).According to Lina Mardiant's 2018 research "Factors influencing mothers' interest in routine infant massage at RB Rhaudhatunnadya", there is a significant relationship between knowledge factors and mothers' interest in routine infant massage at RB Rhaudhatunnadya.The author assumes that independent baby massage at the Sri Desa Gonting Malaha Clinic, Bandar Pulau Kab. Asahan Year 2022 is related to knowledge. this is due to ignorance of the family about baby massage due to a lack of medical personnel to advise families, but even though there is no doctor, their families still try to get complete information through the internet or by reading baby massage books.

2. The Relationship of Mother's Behavior towards Doing Baby Massage

Chi-Square statistical test with 95% confidence intervals, significance limit test $\alpha = 0.05$ then gives a value with a hypothesis of $0.006 < 0.05$, the results are significant, which means there is a relationship between mother's behavior and independently doing baby massage at the Sri Desa Gonting Malaha Clinic, Kec.Bandar Pulau Kab. Asahan in 2022.Baby massage is very important for baby's health. Especially when done by the parents themselves. So that the role of parents is needed in giving massage to babies. In order to create communication between parents and babies through a touch of massage that contains elements of affection, sound, eye contact, and movement. Massage on babies can involve the closest families to get closer to emotional relationships, for example fathers, grandmothers, grandfathers. A baby's instinct can respond to a touch from its mother as an expression of love, protection, and care. One of the factors that influence mothers in doing baby massage is the mother's knowledge about baby massage. Knowledge is a very important domain for the formation of one's actions.If the behavior is based on knowledge, awareness and a positive attitude then the behavior will be lasting (long tasting). Conversely, if the behavior is not

based on knowledge and awareness, it will not last long (Zuliyanti and Laela, 2019). According to Yuniartika et al., The Influence of Providing Health Education About Infant Massage on Mother's Behavior in Massaging Babies Independently in Girimargo Village, Sragen concluded that there is an influence of health education about infant massage on mother's behavior in massaging babies independently in Girimargo Village, Sragen. According to the author's assumption, the mother's behavior is related to herself doing baby massage at the Sri Village Gonting Malaha Clinic, Kec. Bandar Pulau Kab. Asahan Year 2022, due to lack of family curiosity to do baby massage.

3. Family Support Relationships Towards Doing Baby Massage Independently

Statistical test using Chi-Square with 95% confidence interval, significance limit test $\alpha = 0.05$ then the hypothesis $0.004 < 0.05$ then the result is significant which means there is a relationship between family support for doing baby massage independently at the Sri Clinic in Gonting Malaha Village district District Island City. Assumptions for 2022. Family support is verbal and non-verbal communication, advice, assistance, concrete or behavior given by people who are familiar with the subject in their social environment or in the form of presence and things that can provide emotional benefits or influence the recipient's behavior. . In this case, people who feel emotionally supported feel relieved because they are cared for, get suggestions or pleasant impressions on themselves (Dadang Kusbiantoro, 2014). Family support is very helpful in verbal and non-verbal communication because of the emotional impact of the baby that he is already familiar with. This of course can help the baby feel more comfortable. Baby massage affects the quality of baby's sleep, baby's sleep is an important part of baby's development because it is at this time that neural-brain repair occurs and approximately 75% of hormone growth occurs. The baby's sleep needs must be met so that it does not affect its development, one way to help the baby stay healthy is to do baby massage (Saputri, 2019). Dadang Kusbiantoro's research (2014) with the title infant massage behavior is related to knowledge and family support with the research results that there is a relationship between family support and infant massage behavior.

V. CONCLUSION

1. There is a relationship between knowledge of doing baby massage independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Assumptions for 2022.
2. There is a relationship between the mother's behavior towards doing baby massage independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Assumptions for 2022.
3. There is a relationship between family support for doing baby massage independently at the Sri Desa Gonting Malaha Clinic, Kec. District Island City. Assumptions for 2022.
4. For Research Sites
Be a useful input for research sites by providing counseling about infant massage so that every mother who attends counseling can better understand and understand the benefits of infant massage for the growth and development of babies.

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