

The Influence Of Health Education About Infant Massage On Mother's Knowledge And Skill In Massaging Baby Independently In Karya Jaya Kota Tebing Tinggi In 2022

Nila Hayati

Fakultas Ilmu Kesehatan, Universitas Haji Sumatera Utara, Medan, Indonesia

ARTICLE INFO

Keywords:
Health Education,
Mother's knowledge and
skills in infant massage.

Email :
nilahayati28@gmail.com

ABSTRACT

Baby massage is a massage that is carried out closer to smooth strokes on the surface of the skin to produce an effect on the nerves, muscles, and respiratory system and facilitate blood circulation. Baby massage requires mother's knowledge and skills in doing massage. Mother's knowledge and skills in the implementation of infant massage are still relatively low. This study aims to determine the effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Independently Massaging Babies in Karya Jaya Village, Tebing Tinggi City in 2022. This research is a pre-experimental research with one group pretest-posttest design approach. This research was carried out from September 12, 2022 to October 1, 2022. The population was 62 people. Sampling using purposive sampling with a total sample of 26 people. The results showed that before being given health education, the majority of mothers' knowledge of massaging babies was sufficient and the majority of mothers' skills in massaging babies independently were less skilled and after being given health education, the majority of mothers' knowledge of massaging babies was sufficient and the majority of mothers' skills in massaging babies independently. is skilled. Based on the results of the Wilcoxon Signed Test, it was found that the mother's knowledge ($p = 0.001 < 0.05$) and mother's skills ($p = 0.014 < 0.05$). The conclusion in this study is the Effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022. Suggestions in this study are Karya Jaya Village, Tebing Tinggi City provide adequate education to increase maternal knowledge and mother's skill in doing baby massage.

Copyright © 2023 Eduhealth Journal. All rights reserved is Licensed under a [Creative Commons Attribution- NonCommercial 4.0 International License \(CC BY-NC 4.0\)](https://creativecommons.org/licenses/by-nc/4.0/)

1. INTRODUCTION

Massage or touching the baby provides benefits, namely making the baby feel calm, improving the quality of the baby's sleep, teaching the baby from an early age about body parts and stimulating the baby's appetite (Julianti, 2018). Apart from that, baby massage is also beneficial for increasing the growth and weight of the baby, increasing milk production, and increasing endurance [1].

The side effects of wrong massage include swelling, bruises, pain in the baby so that the baby becomes fussy, shifts in the tendons, injuries, and can even cause death in the baby. Therefore, many parents are reluctant to do baby massage, they are afraid that there will be a risk of baby massage on their children. The risks of infant massage are usually caused by the negligence of massage practitioners in massaging, wrong massages, and the masseur's lack of knowledge [2].

Ayun, et al (2018) found that mother's knowledge about infant massage was obtained from 38 respondents who had sufficient knowledge (60.3), while the mother's behavior in doing infant massage independently obtained 40 respondents with negative behavior (63.5%) [3]. The results of Saskia and Santi's research (2017) found that mother's knowledge about infant massage for infants aged 3-12 months at BPM Leny Indrawati Karangon Jogotirto Berbah Sleman Yogyakarta is mostly in the poor category (45.5%)[4]. Positive knowledge from mothers who have babies needs to be increased by explaining the benefits of baby massage for the baby and for the mother herself, so that mothers are motivated to do baby massage for the baby's growth and development, and the main thing is to increase

the inner bond between baby and mother, and can increase milk production. Mothers who have babies should think that doing baby massage can increase the bond between baby and mother[5].

Efforts that can be made to increase mothers' knowledge about infant massage independently are to get health education about infant massage correctly and appropriately. The role of midwives in this case is very important to provide counseling. By being given the right counseling, the mother's knowledge will increase and can change attitudes that encourage her to be able to practice baby massage independently [6].

Health education is all efforts to influence other people, both individuals, groups, or society, so that they do what is expected by the perpetrators of health education or promotion. The purpose of health education is to change attitudes and behavior of individuals, families, special groups, and within fostering and maintaining healthy living behaviors and playing an active role in efforts to achieve optimal health status[7].

Based on an initial survey that researchers conducted in July 2022 in Karya Jaya Village, Tebing Tinggi City, the number of babies aged 0-12 months in 2021 will be 198 babies. Data for babies 0-12 months from January to December 2021 are 106 babies with a target number of 193 babies in 2022 and 11 posyandu babies.

Based on a preliminary study conducted by interviewing 15 mothers, it was found that 6 mothers during Posyandu activities regarding baby massage stated that massage was done when the baby had a fever, was sick, and was often fussy. Baby massage is not done alone but entrusted to traditional masseurs or traditional birth attendants; 4 mothers did not want to massage their own babies for reasons of fear of being wrong and dissatisfied with the mother's self-massage and preferred to massage their babies to traditional birth attendants. The cause of this is a lack of knowledge and skills. 5 mothers who have babies aged 0-6 months show that 4 mothers do not know about the meaning, benefits, timing of massage. Then for 1 mother already knows about the meaning of baby massage, while not knowing the benefits and timing of massage.

2. METHOD

The type of research conducted was quantitative research in which the data collected in this study had to be compiled based on calculations so that it could be analyzed statistically (Nursalam, 2016). This research used a pre-experimental research design with a one group pretest-posttest design approach. The population in this study were all mothers who had babies aged 2 months-1 year who had never had a baby massage who lived in the Karya Jaya Village, Tebing City, as many as 62 people in October 2022. Sampling was carried out for 1 month for mothers who had babies aged 0-1 year old who will be given baby massage live in Karya Jaya Village, Tebing City. The sample size in this study was 26 respondents. The data analysis used is Univariate Analysis and Bivariate Analysis.

3. RESULTS AND DISCUSSION

Characteristics of Parents

The characteristics of the respondents studied in this study include: Age, occupation and education can be seen in table 1:

Table 1. Characteristics of Parents in Karya Jaya Village, Tebing Tinggi City in 2022

No	Characteristics	Frekuensi (f)	Persentase (%)
1	Age of Respondents		
	26-30 Years	13	50,0
	31-35 Years	11	42,3
	>35 Years	3	7,7
	Amount	26	100,0
2	Respondent's Occupation		
	Work	15	57,7
	Doesn't work	11	42,3
	Amount	26	100,0
3	Respondent Education		

JUNIOR HIGH SCHOOL	3	11,5
SENIOR HIGH SCHOOL	19	73,1
College	4	15,4
Amount	26	100,0

Based on table 1, it can be seen from 26 respondents in Karya Jaya Village, Tebing Tinggi City in 2022, it can be seen that the majority of respondents are aged 26-30 years, 13 people (50%), 15 respondents work (57.7%) and the education of the respondents was high school as many as 19 people (73.1%).

Baby Characteristics

The characteristics of the respondents studied in this study include: Age of the baby and sex of the baby can be seen in table 2:

Table 2. Characteristics of Babies in Karya Jaya Village, Tebing Tinggi City in 2022

No	Baby Characteristics	Frekuensi (f)	Persentase (%)
1	Baby Age		
	1-3 Months	6	23,1
	4-6 Months	7	26,9
	7-9 Months	10	38,5
	>9 Months	3	11,5
	Amount	26	100,0
2	Gender of Baby		
	Man	9	34,6
	Woman	17	65,4
	Amount	26	100,0

Based on table 2, it can be seen from the 26 babies in Karya Jaya Village, Tebing Tinggi City in 2022, it can be seen that the majority of babies are aged 7-9 months, as many as 10 people (38.5%) and the sex of the babies is female, as many as 17 babies (65, 4%).

Knowledge and Skills of Mothers in Massaging Babies Independently before being given Health Education in Karya Jaya Village, Tebing Tinggi City in 2022

To see the knowledge and skills of mothers in massaging babies independently before being given health education in Karya Jaya Village, Tebing Tinggi City in 2022 can be described in Table 3:

Table 3 Knowledge and Skills of Mothers in Massaging Babies Independently before being given Health Education in Karya Jaya Village, Tebing Tinggi City in 2022

No	Variabel	Frekuensi (f)	%
Mother Knowledge (Pre)			
1	Not enough	11	42,3
2	Enough	15	57,7
	Amount	26	100
Mother's Skills in Massaging Babies Independently (Pre)			
1	Less Skilled	17	65,4
2	Skilled	9	34,6
	Amount	26	100

From table 3 it can be seen that before being given health education, the majority of mothers' knowledge in massaging babies was sufficient, as many as 15 people (57.7%) and the skills of mothers in massaging babies independently, the majority were less skilled, as many as 17 people (65.4%).

Knowledge and Skills of Mothers in Massaging Babies Independently after being given Health Education in Karya Jaya Village, Tebing Tinggi City in 2022

To see the knowledge and skills of mothers in massaging babies independently after being given health education in the Karya Jaya Village, Tebing Tinggi City in 2022, it can be described in Table 4:

Table 4 Knowledge and Skills of Mothers in Massaging Babies Independently after being given Health Education in Karya Jaya Village, Tebing Tinggi City in 2022

No	Variabel	Frekuensi (f)	%
Mother Knowledge (Post)			
1	Not enough	5	19,2
2	Enough	15	57,7
3	Good	6	23,1
Amount		26	100
Mother's Skills in Massaging Babies Independently (Post)			
1	Less Skilled	11	42,3
2	Skilled	15	57,7
Amount		26	100

From table 4 it can be seen that before being given health education, the majority of mothers' knowledge in massaging babies was sufficient, as many as 15 people (57.7%) and the skills of mothers in massaging babies independently were the majority being less skilled, as many as 17 people (65.4%).

The Effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022

To find out the Effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022, it can be described in table 5:

Table 5 The Effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022

No	Treatment	Positif Ranks	Mean Ranks	Sig.
1	Mother's knowledge in massaging babies independently (Pre)	13	7,50	0,001
2	Mother's knowledge in massaging babies independently (Post)			
1	Mother's Skills in Massaging Babies Independently (Pre)	6	3,50	0,014
2	Mother's Skills in Massaging Babies Independently (Post)			

Based on Table 5 above, it can be seen that there are differences in the knowledge of mothers in massaging their babies independently before and after being given health education. Where there are differences in knowledge before and after being given health education in massaging babies independently. Mother's knowledge after being given health education increased by 13 people. Meanwhile, in the variable of the mother's skills in massaging her baby independently, there are differences before and after being given health education. Where after being given health education there was an increase of 6 mothers who were able and had skills in doing baby massage independently.

Then, based on the results of the Wilcoxon Signed Test, knowledge (p -value $0.001 < \alpha = 0$) and mother's skills (p -value $0.014 < \alpha = 0$) were obtained. The conclusion in this study is that there is an influence of health education about infant massage on the knowledge and skills of mothers in independently massaging babies in Karya Jaya Village, Tebing Tinggi City in 2022. From the results of the analysis it was found that mother's knowledge is 7.5 times more effective in increasing mother's

ability to massage the baby independently. Meanwhile, the mother's skill 3.5 is more effective in increasing the mother's ability to massage the baby independently.

Discussion

Knowledge and skills of mothers in massaging babies independently before being given health education in Karya Jaya Village, Tebing Tinggi City in 2022

Knowledge is a result of curiosity through sensory processes, especially in the eyes and ears for certain objects. Knowledge is an important domain in the formation of open behavior or open behavior (Donsu, 2017). Knowledge is the result of human sensing, or the result of knowing someone about an object through the senses they have (eyes, nose, ears, and so on). By itself, at the time of sensing to produce knowledge it is greatly influenced by the intensity of attention and perception of objects. Most of a person's knowledge is obtained through the sense of hearing, namely the ears and the sense of sight, namely the eyes (Notoatmodjo, 2014).

Skill comes from the word skilled which means capable, capable, and agile. Skills require training and the basic skills that everyone has can go a long way towards producing something of more value more quickly. Nadler in Satria (2018) states that the notion of skill is an activity that requires practice or can be interpreted as an implication of activity and tends to be psychomotor.

Based on the results of the study, it was found that before being given health education, the majority of mothers' knowledge in massaging babies was sufficient, as many as 15 people (57.7%) and the majority of mothers' skills in massaging babies independently were unskilled, as many as 17 people (65.4%). This can happen because all this time to massage the baby, the mother hands it over to the midwife or baby masseuse. This is a trigger factor for the mother's knowledge is sufficient and the skills of the mother are lacking.

The results of this study are in line with the results of Tamsuri & Suroso's (2015) study which showed that most mothers had less knowledge about infant massage. This lack of knowledge about infant massage could be due to the experience of the respondents, because all respondents massaged their babies to traditional birth attendants so they had no experience in infant massage.

Knowledge is one of the factors that can bring up intrinsic motivation. Individuals who have knowledge in a particular field will have their own interest in matters related to that interest (Amalia and Mustikawati, 2018). Mother's knowledge about infant massage is one of the factors that can influence the mother's skills in infant massage.

A person's ability to perform actions/skills is also influenced by how a person acquires the knowledge and skills that a person has. The knowledge and skills possessed by a person can be obtained by listening, seeing, and trying to carry out these skills through demonstrations. Someone who hasn't exposed to certain skills will perform these skills in accordance with the knowledge they have or with (Nurhudhariani, 2015).

Knowledge and Skills of Mothers in Massaging Babies Independently after being given Health Education in Karya Jaya Village, Tebing Tinggi City in 2022

Infant massage is massage that is carried out closer to gentle strokes or tactile stimulation (tactile) which is carried out on the surface of the skin, manipulation of tissues or organs of the body aims to produce effects on the nerves, muscles and respiratory system and improve blood circulation. (Roesli, 2018).

Side effects of wrong massage include swelling, bruises, pain in the baby so that the baby becomes fussy, shifts in the tendons, injuries, and can even cause death in the baby. Therefore, many parents are reluctant to do baby massage, they are afraid that there will be a risk of baby massage on their children. The risks of infant massage are usually caused by the negligence of massage practitioners in massaging, wrong massages, and the masseur's lack of knowledge (Andria, 2019). For this reason, it is necessary to increase mother's knowledge and skills in infant massage.

Mother's knowledge and skills in massaging babies can be improved through Health Education. Health education is a learning activity designed by health workers according to client needs. The learning process in health education is expected to be able to change the abilities and behavior of the target students (Notoatmodjo, 2014). The increase in knowledge that occurs after being given health education is one aspect of the ability achieved by the target students as a result of the learning process.

The Influence Of Health Education About Infant Massage On Mother's Knowledge And Skill In Massaging Baby Independently In Karya Jaya Kota Tebing Tinggi In 2022. Nila Hayati

Achieving health education goals will be easier with the use of appropriate learning media and can increase the ease of receiving information (Mardhiah, 2015). In this study health education was provided using leaflet media which was expected to make it easier for mothers to capture the information they wanted to convey about infant massage. This is supported by Mardhiah et al (2015) who state that the use of written aids will result in increased knowledge rather than words.

Based on the results of the study, it was found that after being given health education, the majority of mothers' knowledge in massaging babies was sufficient, as many as 15 people (57.7%) and the majority of mothers' skills in massaging babies independently were skilled, as many as 15 people (57.7%). In line with the research results of Amalia and Mustikawati (2018) which stated that the results of a descriptive analysis of mothers' knowledge about infant massage after being given health education above showed an average value of 15.8 and a median of 15 and mothers' infant massage skills after being given health education above showed the mean value is 64.1 and the median is 64.5.

Mother's knowledge and skills after being given health education can increase influenced by the age, education and occupation of the respondent. Where the majority of respondents are 26-30 years old. Where at that age it can be said that the age of the mother is still relatively young so that she can easily receive the information provided. According to research by Dharmawati and Wirata (2016) it states that the older a person is, the level of maturity and strength of a person will be better for thinking. So that mothers aged 26-30 years are easier to digest and accept the information provided so that it is easier to apply.

Meanwhile, from the mother's education factor, the majority were high school. According to Dwijayanti et al (2019) said that the higher the mother's education, the better her concern for self-care. Education affects one's learning process, the higher one's education, the easier it is to receive information [8].

Meanwhile, based on occupational factors, it was found that the majority of mothers' occupations were working. So they spend more time outside so they can get information. In line with Notoadmodjo's statement (2014) states that the experience a person gets when outside the home or working tends to increase one's knowledge. Something that has been experienced by someone will increase knowledge about something that is informal [9].

The Effect of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022

Based on the results of the study, it was found that there were differences in the knowledge of mothers in massaging their babies independently before and after being given health education. Where there are differences in knowledge before and after being given health education in massaging babies independently. Mother's knowledge after being given health education increased by 13 people. Meanwhile, in the variable of the mother's skills in massaging her baby independently, there are differences before and after being given health education. Where after being given health education there was an increase of 6 mothers who were able and had skills in doing baby massage independently. Then, based on the results of the Wilcoxon Signed Test, knowledge (p -value $0.001 < \alpha = 0$) and mother's skills (p -value $0.014 < \alpha = 0$) were obtained. The conclusion in this study is that there is an influence of health education about infant massage on the knowledge and skills of mothers in independently massaging babies in Karya Jaya Village, Tebing Tinggi City in 2022. From the results of the analysis it was found that mother's knowledge is 7.5 times more effective in increasing mother's ability to massage the baby independently. Meanwhile, the mother's skill 3.5 is more effective in increasing the mother's ability to massage the baby independently.

Supported by Amalia and Mustikawati's research (2018) in her research entitled the influence of health education about baby massage on the level of knowledge and skills of mothers in doing baby massage in Purwoharjo Village, Pemalang Regency, it was found that mother's knowledge about baby massage before being given an intervention had an average value of 9.75 and after being given the intervention had an average value of 15.8. Baby massage skills [10]

Mothers before being given the intervention had an average value of 29.8 and after being given the intervention had an average value of 64.1. The results of the analysis show that there is a significant effect of health education about infant massage on the knowledge and skills of mothers in performing infant massage in Purwoharjo Village, Pemalang Regency with a p value of $0.001 (< 0.05)$.

Supported by Ekawati's research (2018) states that there is a significant influence between health education about baby massage on mother's knowledge about baby massage at Brajan Tamantirto Bantul Yogyakarta [11]. Also supported by Handayani and Wulandari (2021) it shows that the knowledge of respondents before being given health education about infant massage was on average 13.52 and after being given health education it was 16.23[12].

Research by Sulistiani and Wijayanti (2020) states that health education is effective in increasing mothers' skills in doing baby massage. Most of the skills in doing baby massage before being given health education were in the unskilled category, namely 81.8%. Skills in doing baby massage after being given health education are mostly in the skilled category, namely 63.6%. There are differences in the skills of mothers in doing baby massage before and after being given health education ($0.002 < 0.05$).

4. CONCLUSION

Based on research conducted in the Karya Jaya Village, Tebing Tinggi City, in 2022 the conclusions were obtained: Prior to being given health education, the majority of mothers' knowledge in massaging babies was sufficient and the majority of mothers' skills in massaging babies independently were unskilled. After being given health education, the majority of mothers' knowledge in massaging babies is sufficient and the majority of mothers' skills in massaging babies independently are skilled. There is an Influence of Health Education on Infant Massage on Mother's Knowledge and Skills in Massaging Babies Independently in Karya Jaya Village, Tebing Tinggi City in 2022.

REFERENCES

- [1] Akhiriyanti., Evi, N., & Hainun, N. (2020). Mengenal Terapi Komplementer Dalam Kebidanan Pada Ibu Nifas, Ibu menyusui, Bayi dan Balita. Jakarta: Trans Info Media. 166 halaman.
- [2] Ambarsari, M. H., Anggarini, S. and Nugraheni, A. (2017) „The Effect of Infant Massage Counseling on Infant Massage Practice by Mothers in Tugu Village , Jumantono Sub- District , Karanganya“, 1(2), pp. 73–78. UNS.
- [3] Angraini et. All, (2018) “Pengetahuan ibu tentang pijat bayi di brajan tamantirto bantul yogyakarta” jurnal kebidanan, vol. X, no. 01, Juni 2018
- [4] Angraini, T. L., & Handajany, S. (2018). Pengaruh Karakteristik Ibu Terhadap Perkembangan Anak di Posyandu Mawar II Desa Pasir Gombang Kabupaten Bekasi.
- [5] Ayun, T. K., Aini, I., & Shofiyah, S. (2018). Hubungan Pengetahuan Ibu Tentang Pijat Bayi Terhadap Perilaku Ibu Dalam Melakukan Pijat Bayi Secara Mandiri.
- [6] Deborah, K. (2020). Pengaruh Pendidikan Kesehatan Terhadap Pengetahuan Ibu tentang Imunisasi Vaksin MR (Measles Rubella) di Wilayah Kerja Puskesmas Rumbai. Diploma thesis, Poltekkes Kemenkes Riau.
- [7] Donsu, Jenita DT. (2017). Psikologi Keperawatan. Yogyakarta : Pustaka Baru Press
- [8] Ekawati, et all (2018). Pengaruh Pendidikan Kesehatan Terhadap Pengetahuan
- [9] Fauziah, S., & Sutejo. (2015). Keperawatan Maternitas Kehamilan. Jakarta: Kencana Prenada Media Group.
- [10] Handayani, E. Y., & Wulandari, S. (2021). Hubungan Pendidikan Kesehatan Tentang Pijat Bayi Terhadap Pengetahuan Ibu Di Desa Kepenuhan Hulu Kabupaten Rokan Hulu. Journal : Maternity And Neonatal, Vol. 09, No. 01
- [11] Bainbridge, N. & Heath, A. (2016). Baby Massage (Kekuatan Menenangkan dari Sentuhan). Jakarta: Dian Rakyat
- [12] Hidayat, A.A.. (2014). Metode penelitian keperawatan dan teknis analisis data. Jakarta : Salemba Medika
- [13] Heryani & Reni. (2019). Buku Ajar Asuhan Kebidanan Ibu Nifas dan Menyusui. Jakarta : CV. Trans Info Media.
- [14] Lestari, T. (2015). Kumpulan teori untuk kajian pustaka penelitian kesehatan. Yogyakarta: Nuha medika.
- [15] Marwiah, N. (2018). Pengaruh Pelatihan Pijat Bayi Terhadap Keterampilan Ibu Dalam Melakukan Pijat Bayi Pada Anak Usia Dibawah Satu Tahun Di Desa Lama Kecamatan Pancurbatu. Skripsi. Medan: Universitas Sumatera Utara.
- [16] Notoatmodjo S. (2014). Promosi Kesehatan dan Perilaku Kesehatan. Jakarta: PT Rineka Cipta.

- [17] Notoatmodjo, S. (2015). Pengembangan Sumber Daya Manusia. Jakarta: Rineka Cipta.
- [18] Notoatmodjo, S. (2017). Promosi kesehatan dan ilmu perilaku. Rineka cipta : Jakarta.
- [19] Nursalam. (2016). Metodologi Penelitian Ilmu Keperawatan. Jakarta: Selemba Medika.
- [20] Nursalam. (2017). Metodologi Penelitian Ilmu Keperawatan (4th ed). Jakarta : Salemba Medika.
- [21] PMK RI Nomor.28 tahun 2017 tentang Izin Dan Penyelenggaraan Praktik Bidan. Menteri Kesehatan Republik Indonesia.
- [22] Riksani, R. (2018). Cara Mudah dan Aman Pijat Bayi. Jakarta: Dunia Sehat.
- [23] Robbins. (2015). Keterampilan Dasar. Jakarta: PT Raja Grafindo
- [24] Roesli, U. (2018). Pedoman pijat bayi prematur & bayi usia 0-3 bulan. Jakarta: Rineka Cipta.
- [25] Rosita, E. (2017). Hubungan Perawatan Payudara Pada Ibu Nifas Dengan Bendungan Asi. 13(6), 1–7.
- [26] Saskia, V. W. (2017). Gambaran Tingkat Pengetahuan Ibu Tentang Pijat Bayi Pada Bayi Usia 3-12 Bulan Di Bpm Leny Indrawati Karongan Jogotirto Berbah Sleman. Karya Tulis Ilmiah., Yogyakarta: STIKes Ahmad Yani.
- [27] Satria. (2018). Pengertian Keterampilan dan Jenisnya. Yogyakarta: Gadjah Mada University Press
- [28] Sitorus, S. (2017). Efektivitas Promosi Media Leafleat Dengan Media Audio Visual Tentang Pijat Bayi Terhadap Pengetahuan Ibu Di Wilayah Kerja Puskesmas Pembantu Amplas Tahun 2017. Skripsi. Medan: Politeknik Kesehatan Kemenkes.
- [29] Suaki, N. I., Qariati, N., & Widyarni, A. (2020). Hubungan Status Pekerjaan, Motivasi Dan Dukungan Suami Dengan Imunisasi Dasar Lengkap Pada Bayi Di Wilayah Puskesmas Guntung Manggis Tahun 2020. Universitas Islam Kalimantan Muhammad Arsyad Al Banjari
- [30] Sugiyono. (2015). Metode Penelitian Kombinasi (Mix Methods). Bandung: Alfabeta.
- [31] Sugiyono. (2016). Metode Penelitian Kuantitatif, Kualitatif dan R&D. Bandung: PT Alfabet.
- [32] Sulistiani, A. and Wijayanti, T. (2020) 'Keterampilan Ibu Dalam Melakukan Pijat Bayi', Jurnal Kebidanan, (01), p. 10.
- [33] Wibowo . (2014) . Perilaku Dalam Organisasi . Edisi 1-2 . Jakarta : Rajawali Pers.
- [34] World Health Organization (WHO). (2019). Adolescent health ; Available from: <https://www.who.int/news-room/spotlight/coming-of-age-adolescent-health>