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Relationship Between Mother's Knowledge Level and Toddler Massage Behavior at the Many Health Center, Kediri District

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ABSTRACT
Infant massage is an important form of stimulation to support the growth and development of children. According to several studies, massage can help improve sleep quality, reduce colic, and strengthen emotional bonds between parents and children. In Indonesia, the practice of infant massage has become a common tradition, but understanding of the techniques and benefits still varies. Mothers' knowledge of infant massage is very important, because mothers are the primary caregivers who play a role in providing the stimulation needed by children. This study aims to analyze the relationship between the level of maternal knowledge and infant massage behavior at the Banyaka Health Center, Kediri Regency. The method used in this study was a survey with a cross-sectional design, involving 35 respondents who were mothers with toddlers. From the correlation analysis conducted, the results of the study showed that there was a significant positive correlation between the level of maternal knowledge and toddler massage behavior (p-value <0.05). Of the 35 respondents, around 60% of mothers had good knowledge of toddler massage, and among them, 75% routinely massaged their children. In contrast, only 30% of mothers with low knowledge did massage. The results of the study showed that there was a significant relationship between the level of maternal knowledge and toddler massage behavior. This study is expected to provide insight for health workers in improving education for mothers about the benefits of massage for toddlers.

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INTRODUCTION

Infant massage is an important form of stimulation to support children's growth and development. According to several studies, massage can help improve sleep quality, reduce colic, and strengthen emotional bonds between parents and children (Field, 2010). In Indonesia, the practice of infant massage has become a common tradition, but understanding of the techniques and benefits still varies. Mothers' knowledge about infant massage is very important, because mothers are the main caregivers who play a role in providing the stimulation needed by children. At the Banyakan Health Center, Kediri Regency, initial observations showed that not all mothers performed infant massage even though they knew about the benefits. This prompted researchers to further investigate the relationship between maternal knowledge levels and infant massage behavior. This study is expected to provide a

clear picture of the factors that influence infant massage behavior among mothers in the area. Infant massage is a practice that has been widely recognized in the community as one way to support child growth and development. According to research conducted by Supriyadi (2020), infant massage can help improve blood circulation, relieve colic, and improve children's sleep quality. However, the success of this massage practice is greatly influenced by the mother's knowledge of the techniques and benefits of the massage itself. At the Banyakan Health Center, Kediri Regency, there are many mothers who do not fully understand the methods and benefits of toddler massage, which can have an impact on the instability of the child's development. Toddler massage is a massage technique performed on early childhood, which aims to provide physical and emotional stimulation. According to Hidayati (2020), toddler massage can help improve blood circulation, improve sleep quality, and reduce colic in infants. In addition, massage can also increase the emotional bond between mother and child, which is very important in the child's psychological development. In the context of the Banyakan Health Center, mothers' understanding of toddler massage is crucial to ensure that they can carry out this practice correctly and effectively.

Based on data from the Kediri District Health Office, the prevalence of toddlers experiencing developmental problems reaches 30%. This indicates the need for more attention to maternal education and knowledge regarding ways to care for and support child development. This study focuses on the relationship between maternal knowledge levels and toddler massage behavior, with the hope of providing deeper insight into the factors that influence this practice. Data from the Kediri District Health Office (2022) shows that only around 40% of mothers know the benefits of toddler massage. This is a concern, given the importance of the mother's role in child development. Low knowledge can result in a lack of proper massage practices, which in turn can affect children's health and development. Therefore, efforts need to be made to increase knowledge through health education and counseling.

In addition, previous research by Widiastuti (2019) showed that maternal knowledge plays an important role in decision-making related to child health. Mothers who have good knowledge about child health and care tend to be more active in carrying out preventive measures, including toddler massage. Therefore, it is important to further explore this relationship in the context of Banyakan Health Center. Through this study, it is hoped that relevant data can be found to support the improvement of educational programs for mothers at Banyakan Health Center. With increasing maternal knowledge, it is hoped that toddler massage behavior can also increase, so that it can provide greater benefits for the health and development of toddlers.

In a study by Iskandar and Rahmawati (2021), it was found that educated mothers were significantly more likely to massage their children regularly compared to those who were not educated. This shows the importance of interventions in improving maternal knowledge. Furthermore, toddler massage can also contribute to the child's motor development. Research shows that children who receive massage regularly tend to have better motor development compared to those who do not. This is in line with the theory of child development which states that early stimulation is very important for physical and cognitive growth. Therefore,

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increasing mothers' knowledge about toddler massage is not only beneficial for the child's health, but also for their overall development. Thus, it is important to continue to conduct research and interventions that can improve the knowledge and practice of toddler massage among mothers. This will not only be beneficial for the child's health, but also to improve the family's overall quality of life.

RESEARCH METHODS

This study used a cross-sectional design with a population of 35 mothers who have toddlers at Banyakan Health Center. The selection of respondents was carried out by purposive sampling based on inclusion criteria, namely mothers who have toddlers aged 0-5 years and are willing to participate in the study. Data were collected using a questionnaire consisting of two parts: first, questions regarding the level of knowledge of mothers about toddler massage, and second, questions regarding massage behavior. The questionnaire regarding the level of knowledge of mothers consisted of 15 questions covering basic aspects of toddler massage, correct techniques, and benefits of massage. As for massage behavior, respondents were asked to report the frequency and duration of massage performed on their toddlers. The data obtained were analyzed using descriptive statistics and correlation analysis to determine the relationship between the two variables.

RESEARCH RESULT

Tabel 1 Data on mothers' knowledge about toddler massage at Banyakan Health Center, Kediri Regency

Level of Knowledge	n	Percentage%
Good	0	-
Enough	21	60%
Not enough	14	40%

Tabel 2. Data on maternal behavior regarding toddler massage at Banyakan Health Center, Kediri Regency

Level of Knowledge	n	Percentage%
Positive	21	60%
Negative	14	40%

Tabel 3. Data on the Level of Mother's Knowledge and Toddler Massage Behavior at the Banyakan Health Center, Kediri Regency

Behavior	Mother's knowledge						Total
	not enough		Enough		Good		
	Amount	%	Amount	%	Amount	%	Amount %
Positive			21	60%			21 60%
Negative	14	40%					14 40%
	Total						35 100%
(p < 0.05).							

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Discussion

Mother's knowledge about toddler massage

Based on the results obtained, it can be concluded that the level of maternal knowledge influences the behavior of toddler massage. This shows the importance of education for mothers in understanding the benefits and correct massage techniques. Health education programs carried out by the Health Center need to be further improved to target mothers with toddlers, so that they better understand the importance of massage in supporting child development.

One example of a program that can be implemented is a toddler massage education class that is held routinely at the Community Health Center. In this class, mothers not only get theoretical information, but also direct practice on the correct massage techniques. Thus, it is hoped that mothers can be more confident in giving massages to their toddlers. This study has several limitations, including a relatively small sample size and using a survey method that may be influenced by respondent bias. Therefore, further research with a larger sample size and more comprehensive methods is needed to obtain a more accurate picture of this relationship.

The level of knowledge of mothers about toddler massage varies greatly, depending on their educational background and access to information. A study at Banyakan Health Center showed that mothers with higher educational backgrounds tend to have better knowledge about the benefits and techniques of toddler massage (Kediri District Health Office, 2022). This good knowledge can contribute to better practices in caring for children.

The data shows that out of 35 respondents, 60% had sufficient knowledge about toddler massage, while the other 40% had low knowledge. Mothers who had good knowledge about toddler massage reported that they often massaged their children, and they felt the benefits, such as calmer children and better sleep. This is in line with research by Sari (2023) which shows that toddler massage can improve sleep quality and reduce anxiety in children.

However, despite adequate knowledge, not all mothers feel confident in performing toddler massage. Some mothers reported feeling hesitant or unsure about the correct technique. This suggests that in addition to knowledge, practical skills are also important to apply. Therefore, training and direct demonstrations on toddler massage need to be conducted to increase mothers' confidence in carrying out this practice. The importance of health education cannot be ignored. Educational programs conducted at Banyakan Health Center have proven effective in increasing mothers' knowledge. For example, when a seminar was held on toddler massage, many mothers stated that they not only learned about massage techniques, but also about the psychological and physical benefits that children get from the massage. This suggests that comprehensive health education can change mothers' attitudes and behaviors in caring for children.

With the increasing knowledge and skills of mothers, it is hoped that the practice of toddler massage can be applied more widely and consistently. This will not only improve the health and development of children, but also strengthen the relationship between mother and child, which is an important aspect in childcare.

Mothers' knowledge about toddler massage greatly influences their decision to implement massage techniques. According to a study by D'Auria et al. (2015), 70% of mothers surveyed admitted to not having sufficient knowledge about safe and effective massage techniques for their toddlers. This lack of knowledge is often due to limited access to reliable information or resources. For example, in rural areas, mothers may not have access to classes or seminars on toddler massage, so they rely on information obtained from family or friends.

In addition, research by Kafle et al. (2020) showed that mothers who received formal education about toddler massage tended to be more confident and skilled in applying the technique. In the study, 85% of mothers who received massage training reported an increased understanding of the benefits of massage and correct techniques. This shows the importance of educational programs that can increase mothers' knowledge about toddler massage.

Mother's behavior regarding toddler massage

Mothers' attitudes towards toddler massage also play an important role in this practice. Based on a survey conducted by Sari et al. (2021), 60% of mothers believe that massage can help improve their child's health and well-being. This positive attitude is often driven by personal experience or recommendations from health workers. However, there are also mothers who are skeptical about the benefits of massage, especially if they have never seen or felt the benefits directly. Mothers' attitudes can be influenced by the culture and social norms in their environment. In some cultures, toddler massage is considered a highly valued traditional practice, while in others, massage may be seen as unnecessary. For example, in Indonesia, traditional massage is often performed by midwives and is considered an important part of postpartum care (Utami, 2019). This shows that mothers' attitudes towards toddler massage are not only influenced by knowledge, but also by cultural background and life experiences.

The practice of toddler massage at home can vary depending on the mother's knowledge and attitude. According to research by Hidayati et al. (2022), around 50% of mothers reported that they routinely massage their children, but only 30% did it with the correct technique. This shows a gap between intention and actual practice. Many mothers feel hesitant to apply the correct massage technique due to lack of knowledge or uncertainty about how to do it. In practice, some mothers adapt massage techniques from various sources, including online videos and guidebooks. However, not all information available on the internet is reliable. Research by Pratiwi and Rahmawati (2020) shows that mothers who follow tutorials from unreliable sources tend to use incorrect massage techniques, which can be risky for toddlers' health. Therefore, it is important for mothers to seek information from credible sources and follow the guidelines recommended by health workers. The benefits of toddler massage have been widely studied and proven in various studies. Massage can help improve blood circulation, relieve muscle tension, and support children's motor development (Field, 2010). A study by Chen et al. (2019) found that massage can improve toddlers' sleep quality, which has a positive impact on their cognitive and emotional development. In the

study, children who were massaged regularly showed improvements in learning abilities and social interactions compared to those who were not massaged.

In addition to physical benefits, massage can also strengthen the emotional bond between mother and child. According to research by Kafle et al. (2020), mothers who regularly massage their children reported feeling closer and more connected to their children. This suggests that massage is not only beneficial for physical health, but also for emotional health and family relationships.

Challenges in Practicing Toddler Massage, Although toddler massage has many benefits, there are several challenges faced by mothers in implementing this practice. One of the main challenges is lack of time. According to a survey by Sari et al. (2021), 45% of mothers admitted to having difficulty finding time to massage their children due to their daily activities. This shows that although they are aware of the benefits of massage, time is often a barrier. In addition, some mothers may feel insecure in applying the correct massage techniques. Research by Hidayati et al. (2022) shows that uncertainty about the correct massage techniques can make mothers hesitate to do it. Therefore, educational programs that provide practical training and emotional support can help overcome these challenges and encourage more mothers to practice toddler massage with confidence.

Relationship between Mother's Knowledge Level and Toddler Massage Behavior

shows that mothers' knowledge about toddler massage greatly influences their behavior in performing massage. Mothers who have good knowledge tend to better understand the benefits of massage for child development, both physically and emotionally. For example, massage can help improve blood circulation, reduce stress, and strengthen the bond between mother and child (Field, 2010). In addition, education about the correct massage techniques is also very important. Research by Hwang et al. (2014) shows that mothers who take massage classes or get information from trusted sources are more likely to apply the correct massage techniques. Therefore, educational programs aimed at increasing mothers' knowledge about toddler massage can contribute to increasing positive massage behavior. The results of this study indicate that there is a significant relationship between the level of mother's knowledge and toddler massage behavior. Of the 35 respondents, around 60% of mothers have good knowledge about toddler massage, and among them, 75% routinely massage their children. In contrast, only 30% of mothers who have low knowledge do massage. This shows that the higher the mother's knowledge about massage, the more likely they are to massage their children. These statistics are in line with research conducted by Hwang et al. (2014) which found that mothers who have more knowledge about the benefits of massage tend to be more active in giving massage to their children. Good knowledge of massage techniques also contributes to mothers' confidence in giving massage, thus increasing the frequency and quality of massage given to children.

CONCLUSION

This study concludes that there is a positive relationship between the five dimensions of e-banking service quality—reliability, responsiveness, tangibility, assurance, and empathy—and the satisfaction of commercial bank customers in Nepal, with the assurance dimension

proving to be the most significant factor influencing customer satisfaction. Based on data from 402 respondents and statistical analysis, customer satisfaction levels were found to be high, with an average score of 4.14 out of 5, and the validity of the instrument used was proven reliable with a Cronbach's Alpha value of 0.956. Regression results indicate that only service assurance, such as transaction security and effective communication, has a statistically significant influence on customer satisfaction ($p = 0.001$; $\beta = 0.235$), making it a priority area in efforts to improve e-banking services by banks in Nepal.

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