


Description Of Knowledge Of Mothers Of Infants Ages 0-1 Year About Infant Massage

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Article Info	ABSTRACT
<p>Keywords: Konowledge, Mother of infant 0-1 year, Baby Massage</p>	<p>Baby massage is skin contact through the touch and affection of parents aimed at enhancing physical and psychological contact between the mother and the baby. Baby massage touch will stimulate the production of beta-endorphin hormones which will aid growth mechanisms and stimulate the production of oxytocin hormones while reducing the production of cortisol hormones, allowing babies and toddlers to become relaxed and calm, thus optimizing their development. The purpose of this research is to understand the knowledge of mothers of infants aged 0-1 years about baby massage. The research design used is descriptive with a Cross Sectional approach. The population in this study consists of all mothers of infants aged 0-1 years at the Posyandu RW 02 Sidomulyo Village, Semen District, Kediri Regency, totaling 26 respondents using total sampling. The research variable is the knowledge of mothers of infants aged 0-1 year about baby massage. Data collection was conducted using a questionnaire, data processing involved editing, coding, scoring, tabulating, and presenting. The research results show that out of 26 respondents surveyed, the majority of respondents had sufficient knowledge, with 14 respondents (53.85%), good knowledge with 8 respondents (30.77%), and a small portion with inadequate knowledge, totaling 4 respondents (15.38%). Based on the research results above, it is expected to improve the knowledge of mothers of infants from sufficient knowledge to good knowledge. Therefore, it is necessary to provide counseling from healthcare professionals about the importance of baby massage in supporting the growth and development of infants to mothers in their productive age.</p>
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INTRODUCTION

Early detection of growth and development is an activity to find early deviations in monitoring (malnutrition status, short stature), developmental deviations (delayed speech), and emotional-mental deviations in children (concentration disorders and hyperactivity) (Merida, Yunri, et.al, 2021). The Ministry of Health of the Republic of Indonesia (2019) states that 16% of infants in Indonesia experience neurodevelopmental disorders and brain disorders ranging from mild to severe. In infancy and toddlerhood, the development of language skills, creativity, social awareness, emotions, and intelligence occurs very rapidly and is the foundation for further development. Lack of stimulation provided to infants

contributes to delays in infants. Many studies show that infants require early stimulation in various parts of the body and senses to help them adjust to their new environment (Depkes RI cited from Amru, Haryati, & Aziz, 2022). One of the easy ways to improve the growth and development of infants and toddlers is to disseminate massage methods (Cahyani, et.al, 2020)

Massage is the oldest and most popular form of touch therapy known. The purpose of massage is to relieve pain and restore the body to a fresh state. Massage can be applied to all ages, from infants to adults. Newborns need to receive touch from massage to ensure ongoing physical contact that can maintain a sense of safety for the baby. Baby massage is a form of skin contact through the touch and affection of parents aimed at enhancing the physical and psychological bond between mother and baby (Fauziandari, 2019). 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 (Nila, 2022). The touch of baby massage will stimulate the production of beta-endorphin hormones that will aid in growth mechanisms and stimulate the production of oxytocin hormone while reducing the production of cortisol hormone, making babies and toddlers relaxed and calm, thus optimizing their development. (Fauziandari, 2019).

Baby massage is very important and beneficial to be performed on babies aged 0-3 months and can also be done on babies older than 3 months (Roesli, 2013). Although baby massage has great benefits for infants, in reality, many mothers do not perform massage on their babies. One of the factors that influences mothers in doing baby massage is their knowledge about baby massage. Knowledge is a very important domain for the formation of a person's actions (Riyanti I & Putri W, 2018).

Based on the research by Riyanti I & Putri W, 2018 titled 'Mother's Knowledge Post-Delivery about Baby Massage in Bandar Lampung City', it was found that out of 30 respondents, the mother's knowledge about baby massage was largely categorized as sufficient, with 16 respondents (53.3%). From the research by Cokorda Istri et al. titled 'Overview of Mother's Knowledge about Baby Massage in Dajan Peken Village Tabanan', the majority of mothers' knowledge about baby massage was categorized as sufficient, amounting to 66.7%. This baby massage needs to be known by a mother because the touch and eye contact between the parents and the baby during the massage will be able to channel the strength of the bond of love between them to foster affection, reduce anxiety, enhance physical ability, and boost self-confidence. (Aminarti, 2013). Baby massage can increase the bond of affection between children and parents, therefore baby massage should be done by the baby's parents (Sari, Fatimah, et.al, 2024).

METHODS

The design used in this research is descriptive research with a cross-sectional approach. The variable in this study is the knowledge of mothers of infants aged 0-1 year about baby massage. The population in this study consists of all mothers who have babies aged 0-1 year at the Posyandu RW 02 of Sidomulyo village, Semen district, Kediri regency, with a

total of 26 respondents. In this study, the chosen technique is total sampling. The analysis used is percentage.

RESULTS AND DISCUSSION

Distribution of Subject Characteristics Based on Overall Here is an overview of the general characteristics of the study subjects based on age, education occupation and knowledge overall.

Table 1 Characteristics of Respondents Based on Age

No.	Age	Frequency	Percentage
1	20-30	11	42,30
2	30-40	12	46,15
3	>40	3	11,55
Amount		26	100

Based on the table above from 26 respondents studied, the majority of respondents are aged 30-40 years, totaling 12 respondents (46.15%), while a small portion is over 40 years old, totaling 3 respondents (11.55%).

Age is the length of time a person has lived (since birth) (KBBI, 2024). The older a person gets, the more mature they will be in thinking and working. From the perspective of societal beliefs, a person of a more mature age is trusted to have better judgment. In this study, the respondents' age influences their knowledge about infant massage. This can be seen from the mothers' knowledge about infant massage, which is mostly at a sufficient level.

Table 2 Characteristics of Respondents Based on Education

No.	Education	Frequency	Percentage
1	SD	0	0
2	SMP	3	11,54
3	SMA	18	69,23
4	PT	5	19,23
Amount		26	100

Based on the table above from 26 respondents surveyed, the majority of respondents have a high school education with 18 respondents (69.23%) and there are no respondents with an elementary school education, 0 respondents (0%).

Education is also an effort to help humans achieve a meaningful life, leading to happiness both individually and collectively. As a process, education requires a well-structured and programmed system, as well as clear goals so that the intended direction can be easily achieved (Ummu Qura, 2015). Education influences the learning process; the higher a person's education, the easier it is for them to receive information. A person's higher education allows them to obtain information both from others and from mass media. The more information that comes in, the more knowledge is gained about health (Mendrofa, 2019).

In this research, most mothers have a high school education and the majority still have sufficient knowledge. This is because mothers understand baby massage mainly in terms of its understanding and benefits, but do not know in depth how to properly perform the sequence of massage steps. Therefore, to improve the respondents' knowledge from sufficient to good, it is necessary to provide counseling on the basic steps of baby massage by health workers, especially midwives or nurses.

Table 3 Characteristics of Respondents Based on Occupation

No.	Occupation	Frequency	Percentage
1	IRT	12	46,15
2	Wiraswasta	8	30,77
3	PNS	6	23,08
	Amount	26	100

Based on the table above from 26 respondents surveyed, the majority of respondents are housewives with 12 respondents (46.15%), and a small portion are civil servants with 6 respondents (23.08%).

Work can influence a mother's knowledge. The work environment can allow a person to gain experience and knowledge both directly and indirectly. Most mothers are working as housewives. Housewives spend most of their time managing the household, so they have less access to new information, unlike those who work outside the home who find it easier to acquire new knowledge from friends and social media. Therefore, it is hoped that housewives with babies aged 0-1 year will receive education on baby massage from healthcare workers so that mothers can provide soft massage touches to their babies.

Table 4 Distribution of Frequency of Knowledge of Mothers of Infants Aged 0-1 Year about Baby Massage

No.	Knowledge	Frequency	Percentage
1	Good	8	30,77
2	Sufficiently	14	53,85
3	Less	4	15,38
	Amount	26	100

Based on the table above from 26 respondents surveyed, the majority of respondents have sufficient knowledge, with 14 respondents (53.85%), good knowledge with 8 respondents (30.77%), and a small portion with less knowledge, with 4 respondents (15.38%).

Knowledge is the result of knowing, and this occurs after a person engages in sensory perception of a specific object. The perception of the object occurs through the human senses, namely sight, hearing, smell, taste, and touch. The time taken for perception to result in knowledge is greatly influenced by the intensity of attention and perception toward the object. (Wawan & Dewi, 2018).

Factors that influence the management of infant massage by mothers include internal and external factors. There are several factors related to infant massage including the

knowledge factor where the mother's extensive knowledge will also affect the mother's desire to do baby massage (Fauziah, et.al, 2023).

Knowledge is one of the drivers for a person to change behavior or adopt new behavior. Knowledge about baby massage is a factor that encourages a mother to provide massage stimulation to her baby. Baby massage is beneficial in aiding the baby's growth and development, improving sleep quality, and helping to increase weight. In addition to the physical benefits that the baby can gain, baby massage also serves to enhance the emotional bond between the baby and the parents. The touch and movements during the massage are a 'communication' that is enjoyable between the baby and the parents. (Doktersehat, 2019). This baby massage will enhance the bond of affection between the mother and her baby; the baby will feel comfortable, which will impact the quality of the baby's sleep and influence their growth and development.

CONCLUSION

From the research conducted on 26 respondents, it was found that the majority of mothers had sufficient knowledge about baby massage, with 14 respondents (53.85%), while a small portion had insufficient knowledge, with 4 respondents (15.38%). To improve a mother's knowledge from sufficient knowledge to good knowledge, it is necessary to provide counseling from health workers about the importance of baby massage to mothers. This baby massage is very beneficial in supporting the growth and development of babies, helping to increase their weight, and also strengthening the bonding attachment between mother and baby.

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