


BEHAVIORAL FACTORS OF POST PARTUM MOTHERS ABOUT BABY MASSAGE AT SALLY CLINIC MEDAN IN 2024

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Article Info	ABSTRACT
<p>Keywords: Maternal Behavior Post Partum Infant Massage</p>	<p>Every parent expects their child to grow and develop optimally, so that they can become quality and resilient human resources. Baby massage can increase weight, baby growth, baby's immune system and strengthen the affection between parents and children. This study is analytical in nature, namely to determine the Behavioral Factors of Pregnant Women About Baby Massage. The research was conducted in November 2023-January 2024. The population in this study were all postpartum mothers at the Sally Medan Clinic. The results of this study indicate that the highest Behavioral Factors of postpartum mothers about baby massage are Behavioral Factors in the good category of 16 respondents (53.33%), Behavioral Factors are sufficient 11 respondents (36.67%) and Behavioral Factors are lacking 3 respondents (10%). Behavioral Factors of postpartum mothers about baby massage based on age are highest at the age of 20-35 years as many as 26 people (86.67%), with good knowledge as many as 14 respondents (46.67%), sufficient knowledge as many as 11 respondents (36.67%) and those with less knowledge 1 respondent (3.33%). Postpartum mothers' behavioral factors about baby massage based on education, the highest was high school education of 14 respondents (46.67%), while in the lowest group in junior high school with less knowledge of 1 respondent (3.33%). And the highest behavioral factors of pregnant women based on parity were multiparas of 15 respondents (10%), those with good knowledge were 8 respondents (26.66%), those with sufficient knowledge were 7 respondents (23.34%) and those with less knowledge were none. From the results of this study, it is expected that parents can increase their knowledge about baby massage, and can do baby massage themselves at home.</p>
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INTRODUCTION

Children have a very high value for the family and the nation. Every parent expects their child to grow and develop optimally, so that they can become quality and resilient human resources. Optimal growth and development are the result of the interaction of various interrelated factors, namely genetic factors, environment, behavior and useful stimuli.

Modern health science has scientifically proven that touch therapy and massage on babies have many benefits, especially when done by the baby's parents themselves. Research on the effect of baby massage on baby weight gain found that the weight gain group was 6.16%, while in the massaged group it was 9.44% (Prasetyono, 2020).

Touch therapy or massage is a technique that combines the physical benefits of human touch with emotional benefits such as bonding. Massage activities create contact between children and parents. Children will feel calm and comfortable because the psychological impact of this massage is to express affection. Moreover, massage is done by providing warmth so that physically the child's body will feel warm, while psychologically, the relationship between children and parents becomes more intimate (Pratyahara, 2020).

Research Institute Miami, Florida, USA, while delivering her presentation at the International Congress of Pediatricians in Hong Kong in 2019. Similar research was then conducted in several other countries, such as Canada, China, Israel, Sweden, the Philippines, Singapore and Hong Kong. In 2021, Tiffany visited Indonesia. Since then, interest in baby massage in Indonesia has begun to grow.

Massage is commonly said to be one of the oldest historical healing traditions. Records of the art of massage for healing are recorded in the Ebers Papyrus. In India, the Ayur Veda was also found around (1800 BC) which wrote about massage, diet and exercise as the main healing methods at that time. While in China, massage is believed to have been used for treatment since 5000 years ago.

Decree of the Minister of Health Number 900/MENKES/SK/VII/2022 concerning the registration and practice of midwives states that midwives are authorized to monitor infant growth and development through early detection and growth and development stimulation. One form of stimulation that has been carried out by the community is baby massage (Prasetyono, 2020).

Gentle massage on babies is also useful for reducing sleep problems, providing an extraordinary positive experience between babies and parents, improving motor function (strengthening muscle tissue in babies with Down syndrome or mental development disorders), and affecting 82% of arm and leg muscle repair in babies (Surbakti, 2018).

METHODS

This research is an analytical study, namely to determine the behavioral factors of postpartum mothers about baby massage at the Sally Maternity Clinic. The population in this study were all postpartum mothers at the Sally Maternity Clinic Medan in 2024, totaling 30 people. The research was conducted in November 2023-January 2024. The sample in this study was the entire population of postpartum mothers at the Sally Maternity Clinic Medan in 2024, totaling 30 people. The sampling technique was carried out by "Accidental sampling" which was carried out by taking cases or respondents who happened to be there or available in a place according to the context of the research.

RESULTS AND DISCUSSION

Frequency Distribution of Postpartum Mothers' Behavior Regarding Baby Massage at Sally Medan Clinic

No	Knowledge	Amount	Percentage
1	Good	16	53,33
2	Enough	11	36,67
3	Less	3	10
Amount		30	100

It can be seen that the Behavior of Postpartum Mothers Regarding Baby Massage at the Sally Medan Clinic in 2024 was that 16 respondents (53.33%) had good knowledge, 11 respondents (36.67%) had sufficient knowledge and 3 respondents (10%) had poor knowledge.

Frequency Distribution Based on Age of Postpartum Mothers' Behavioral Factors Regarding Baby Massage at Sally Medan Clinic

No	Age	Amount	Percentage
1	<20	3	10
2	21-35	26	86,67
3	>35	1	3,33
Amount		30	100

It can be seen that the Frequency Distribution Based on Age is that the majority are in the 21-35 year age group, namely 26 respondents (86.67%), while the minority are in the >35 year age group, namely 1 respondent (3.33%).

Frequency Distribution Based on Parity of Postpartum Mothers' Behavior Regarding Baby Massage at Sally Medan Clinic

N0	Parity	Amount	Percentage
1	Primipara	13	43,33
2	Multipara	15	50
3	Grande multipara	2	6,67
Amount		30	100

It can be seen that the Frequency Distribution Based on Parity is that the majority of Multipara parity is 15 respondents (50%), and in Primipara it is 13 respondents (43.33%), while the minority is in the Grandemultipara group, namely 2 respondents (6.67%).

Frequency Distribution Based on Education Factors of Postpartum Mothers' Behavior Regarding Baby Massage at Sally Medan Clinic

No	Education	Amount	Percentage
1	SD	2	6,67
2	SMP	1	3,33
3	SMA	25	83,33
4	Perguruan Tinggi	2	6,67
Amount		30	100

It can be seen that the Frequency Distribution Based on Education is the majority in the high school group, namely 25 respondents (83.33%), the minority in the junior high school group, namely 1 respondent (3.33%).

Frequency Distribution of Postpartum Mothers' Behavioral Factors Regarding Baby Massage Based on Parity at the Sally Medan Clinic in 2024

It can be seen that the frequency distribution of Mothers' Behavioral Factors Based on Parity is highest in the Multipara group with 15 respondents. Of the 15 respondents, 8 respondents (26.67%) have good knowledge, and 7 respondents (23.34%) have sufficient knowledge and the primipara group has 13 respondents. Of the 13 respondents, 7 respondents (23.34%) have good knowledge, and 3 respondents (10%) have sufficient knowledge, and 3 respondents (10%) have less knowledge. While the frequency distribution of Mothers' Behavioral Factors based on parity is the lowest in the grandemultipara group with 2 respondents. Of the 2 respondents, 1 respondent (3.33%) has good knowledge, and 1 respondent (3.33%) has sufficient knowledge.

Postpartum Mother Behavior Factors Regarding Baby Massage

From the results of the study on the Frequency Distribution of Mother's Knowledge, it can be seen that the majority have Good knowledge, as many as 16 respondents (53.33%), while 11 respondents (36.66%) have sufficient knowledge and 3 respondents (10%) have less knowledge.

According to Notoadmodjo (2024), who states that knowledge is the result of knowing, and this occurs after people sense a particular object. The level of a person's knowledge about something is influenced by several factors including education level, life experience and social interaction.

According to the author's assumption from the results of the study conducted, the higher a person's curiosity, the more knowledge they will obtain, so that the results of the study are in accordance with the theory stated by (Notoadmojo, 2024).

Postpartum Mothers' Behavioral Factors Regarding Baby Massage Based on Age

The results of the study showed that in terms of the age of the respondents, the majority of 30 respondents were aged 21-35 years, namely 14 respondents with the Behavioral Factor being good, namely (46.67%) respondents. Thus, the knowledge of postpartum mothers about baby massage is good.

According to Wikipedia 2017, it states that age is a unit of time that measures the existence of an object or creature, both living and dead. Age is measured from birth to the present, namely until the study was conducted. Theoretically, age affects knowledge, the older a person is, the more life experiences they have gone through. These various experiences become information that can improve the Behavioral Factor.

According to the author's assumption from the results of the research that has been carried out, age affects the knowledge that a person has, so this is in accordance with the theory stated by (Wikipedia, 2022).

Postpartum Mother Behavior Factors Regarding Baby Massage Based on Parity at the Sally Medan Clinic

The results of the study showed that in terms of parity, the majority of 30 respondents were multiparas and as many as 15 respondents. Of the 15 respondents with good Behavior Factors, 8 respondents (26.66%), and those with less knowledge in primipara parity were 3 respondents (10%). Thus, the knowledge of pregnant women based on parity is in the good category. Hendra 2019, said that Parity is the level of maternal and child health that there is a low parity category than high parity. Giving birth has an influence on knowledge with someone having a child in the family, then this relationship will experience a learning process and obtain the truth of knowledge. If someone has had the experience of giving birth, then a way of obtaining the truth of that knowledge will be higher.

According to the author's assumption from the results obtained that parity affects knowledge, and if you already have the experience of giving birth, the higher the knowledge obtained so that this is in accordance with the theory stated by (Hendra, 2023).

Postpartum Mothers' Behavioral Factors Regarding Baby Massage Based on Education at the Sally Medan Clinic

The results of the study showed that in terms of education, out of 30 respondents, the majority had high school education, namely 25 respondents with a good Behavior Factor of 14 respondents (46.67), while the minority had elementary school education with less knowledge, 2 respondents (6.67). Thus, the knowledge of postpartum mothers about baby massage is in the good category. So it can be interpreted that education affects the knowledge of postpartum mothers about baby massage. According to Erfendi 2020, Education affects the learning process, the higher a person's education, the easier it is for that person to receive information, both from other people and the mass media. The more information that comes in, the more knowledge is obtained about health.

According to the author's assumption from the research results obtained, the higher a person's education, the more sources of information are obtained so that this is in accordance with the theory stated by (Erfendi, 2020).

CONCLUSION

From the results of the mother's knowledge about baby massage is good where respondents as many as 30 people of the respondents 16 respondents have good knowledge (53.33%), 11 respondents have sufficient knowledge (36.67%), and those who have less knowledge are 3 respondents (10%). Of the 30 respondents studied, the frequency distribution based on age is highest in the 21-35 year group

as many as 26 respondents with the Behavior Factor the majority is good, namely 14 respondents (46.67%) 11 respondents have sufficient knowledge (36.67%). While the lowest distribution is in the age group >35 years with a total of 1 respondent (3.33%).

Based on the highest parity in the Multipara group, 15 respondents with a good majority of 8 respondents (26.67), 7 respondents were sufficient (23.34%), while in primipara the number of respondents was 13, with 7 respondents being good (23.34%), 3 respondents had sufficient knowledge (10%), 3 respondents had insufficient knowledge (10%). While the lowest was grandemultipara 2 respondents, with 1 respondent having good knowledge (3.33%), and 1 respondent having sufficient knowledge (3.33%).

Based on the highest education in the high school group, there were 14 respondents (46.67%) with good Behavior Factors, while in the lowest group in junior high school with insufficient knowledge of 1 respondent (3.33%). In this study, there were still pregnant women who had sufficient knowledge and there were also pregnant women who had insufficient knowledge about Baby Massage at the Sally Medan Clinic in 2024.

It is hoped that health workers can provide support and information in the form of counseling to mothers and further improve services about baby massage, because there are still mothers who do not understand the benefits of baby massage.

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