

Overview of Mother's Knowledge About Baby Massage at Helen Tarigan Clinic in 2022

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ABSTRACT

Baby massage is a health treatment in the form of touch therapy with certain techniques given to babies so that touch and therapy stimuli can be achieved. The purpose of giving massage to babies is to release endorphins so that it gives a sense of relaxation to the baby's muscles which will make the baby more comfortable and comfortable safe communication between mother and baby . Research Methods: This type of research is descriptive. The sampling technique was accidental sampling. The location of this research is at the Helen Tarigan Clinic in 2022 May 2022. With 30 respondents the measuring instrument used is a closed, closed questionnaire which is tested for validity with a frequency distribution . 5 respondents (16.7%), with sufficient knowledge 13 respondents (43.3%), with less knowledge 12 respondents (40%). Conclusion : Based on the results of the study, it shows that most or the majority of respondents have sufficient knowledge (43.3%). Suggestions It is hoped that after knowing the results of this study, researchers can add knowledge, experience and apply midwifery science which includes knowledge about infant massage.

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1. Introduction

Baby massage is a health treatment in the form of touch therapy with certain techniques given to babies so that touch and therapy stimuli can be achieved. The purpose of giving massage to babies is to release endorphins so that they provide a sense of relaxation in the baby's muscles which will make the baby more comfortable and comfortable safe communication between the mother and her baby brings him both physically and psychologically (Beweli Fahmi et al., 2021)

According to the community movement (GERMAS), baby massage is an effort to improve the health of infants under five in promotive efforts, especially during the COVID-19 pandemic. Massage is the oldest and most popular touch therapy known. Massage aims to relieve pain and restore the body to be fresh again. Massage can be applied to all ages, from infants to adults. Babies after birth need to get a touch from massage in order to get a guarantee of continuous body contact that can maintain a feeling of security in the baby. Baby massage is skin contact through touch and affection from parents which aims to increase physical and psychological contact between mother and baby. (During et al., 2021)

From various studies that have been published, massage is very beneficial for infants/toddlers, including helping to relax, making sleep more sound and longer and helping to overcome sleep disorders, increasing bonding with mothers/parents, helping regulate the digestive system, respiratory system and circulation, helps relieve discomfort and lowers the production of stress hormones. Stimulation or touch or massage is also beneficial for parents, namely giving special attention, strengthening bonds, helping parents know the baby's sign language (non-verbal), creating confidence in caring for babies, improving parent-child communication, increasing the ability of parents to help babies to relaxation, relieve parental stress and create a pleasant atmosphere. (Lutfiyah, 2019)

In Indonesia, more than 30% of mothers experience a lack of knowledge about proper baby massage, so it is very influential on the behavior of mothers in doing baby massage. The problem in implementing baby massage at this time is the lack of information about baby massage and there is still an assumption from parents or families who think that baby massage is not a form of therapy as well as natural for babies that can provide many benefits. While others think that baby massage is only done when your little one has an illness, such as the flu, or catches a cold. But the fact is based on the results of research by scientists and health experts shows that the right massage technique is done regularly for babies and toddlers can be done at any time and is also good when the little one is in good health. (Interprofession et al., 2022).

In North Sumatra, baby massage includes professional therapists, including in the practice of independent midwives. Because baby massage is a form of touch therapy and is also an important form of treatment. Even if it is done regularly it will help physical development. but do not understand what the meaning and benefits of baby massage are due to the influence of the surrounding community. So it can be estimated that 85% of the 250 obedient mothers do baby massage and know about baby massage. The cause that can occur is the lack of knowledge of the mother about the importance of implementing infant massage independently. (Frida et al., 2020).

The problem in implementing baby massage at this time is that there are still assumptions from parents or families who think that baby massage is not a form of therapy as well as natural for babies that can provide many benefits. While some others think that baby massage is only done when the baby is sick, such as flu or colds. However, the facts based on the results of research by scientists and health experts show that the right massage technique is done regularly for infants and toddlers can be done when and is also good when the baby is in good health (Ria, 2021)

2. Method

The study was conducted in May 2022. The study was conducted in the working area of the Helen Tarigan Midwife Clinic in 2022. Sample in study this is The sample is part of the number and characteristics possessed by the population, or a small part of population members taken according to certain procedures so that they can represent the population. The number of samples in this study were mothers who had babies aged 0-12 months who came to the Midwife Helen clinic. A total of 30 people dance.

3. Results and Discussions

Table 1.
Frequency Distribution of Respondents Characteristics

No	Age	f	%
1.	< 20 Years	4	13.3
2.	20-35	26	86.7
3.	> 35	0	0
Total		30	100
No Work			
1.	IRT	19	63.3
2.	Farmer	2	6.7
3.	Entrepreneur	6	20
4.	PNS	3	10
Total		30	100
No. Education			
1.	SD	2	6.7
2.	junior high school	6	20
3.	high school	22	73.3
4.	PT	0	0
Total		30	100
No. Source of information			
1.	Parents	2	6.7
2.	Friends	6	20
3.	Internet	6	20
4.	Health workers	16	53.3
Total		30	100

Table 2
Distribution of Mother's Knowledge About Infant Massage at
Helen Tarigan Clinic in 2022

No	Knowledge	f	%
1.	Well	5	16.7
2.	Enough	13	43.3
3.	Less	12	40
Total		30	100

3.1 Discussion

a. Based on the Characteristics of Respondents related to Mother's Knowledge about Baby Massage at Helen Tarigan Clinic in 2022. In this study there are several characteristics which are described in table 5.2.1 below:

Table 5.2.1 shows that based on age, the total number of respondents aged 20-35 years is 26 people (86.7%) and respondents aged <20 years are 4 people (13.3%). 19 housewives (63.3%), and 2 respondents (6.7) working as farmers. 6 respondents working as entrepreneurs (20%), and mothers working as civil servants (PNS).) totaled 3 people (10%). Based on education, most of the respondents had the latest education, namely high school with a total of 22 people (73.3%), the last education in junior high school with a total of 6 people (20%), elementary education totaling 2 people (6,7%).), and who obtain information via the internet by n total 6 people (20%)

b. Characteristics of Respondents at Helen Tarigan Clinic by age

Based on the results of the characteristics of respondents above the age of the majority of respondents aged 20-35 years as many as 26 respondents (86.7%) and minorities aged <20 years as many as 4 respondents (13.3%). A person's age is calculated from birth to birthday. The more mature a person is in terms of maturity and strength, the more mature he will be in thinking and working. According to research affecting a person's knowledge, the older he is, the level of maturity and strength a person will be more mature in thinking and working (Notoatmodjo, 2018). Based on the results of research Dina and Intan said that the age of respondents 20-35 years as many as 25 respondents, age > 35 years as many as 4 respondents and age <20 years as many as 1 respondent. Someone with an older age has gone through various things in life, so they have more experience when compared to respondents who have a younger age. Age has an influence on the perception and mindset of a person. The older you get, the more your grasping power and mindset will develop. So that the baby massage skills are getting better. (Junawati & Gumilang Pratiwi, 2021).

Judging from Anisa's research, it was found that the majority of respondents who attended counseling about baby massage aged 20-35 years were 13 people (51.28%) and aged <20 years or >35 years were 12 years. higher by 7.68 compared to mothers aged <20 years and >35 years after counseling about Bavi massage on mother's knowledge. This shows that every increase in maternal knowledge can increase the mother's ability to carry out Bavi massage behavior after controlling for maternal age. (Mauliddina, 2011)

c. Characteristics of Respondents at Helen Tarigan Clinic Based on Education

Based on the last education of the respondents, the majority of respondents were SMA as many as 22 respondents (73.3 %), and the minority of junior high school education was 6 respondents (20 %), SD was 2 respondents (6.7%). According to research (Mita Pemayun & Winangsih, 2021) it was found that respondents had a bachelor's degree (3.0%), diploma (15.2%), high school (78.8%), and elementary school (3.0%). From these data, the undergraduate education level has a good level of knowledge, the average Diploma and high school education level has a good and sufficient level of knowledge. and the level of elementary education has a very low level of knowledge.

Based on the characteristics of a person's education will affect his view of something that comes from outside. Someone who has a high education will give a more rational response than those with low education or no education at all. (Interprofession et al., 2022) , From the results of the study, it can be seen that of the 30 respondents there were 8 mothers with elementary education, the majority of whom had good knowledge of 5 (16.6%), and the minority with sufficient knowledge of 3 (10%). Of the 9 mothers with junior high school education, the majority had

sufficient knowledge as many as 8 (26.6), and the minority had less knowledge as much as 1 (3.33 people). Of the 10 mothers with high school education the majority had good knowledge as many as 6 (20%) people and the minority 4 (13.3) people have sufficient knowledge, from 3 mothers with PT the majority have good knowledge as many as 3 (10%) (Frida et al., 2020)

According to the researcher's assumption, based on the last education of the baby's mother, most of whom had the last high school education, namely 73%. Although the mother's last education is mostly high school, a high education does not guarantee that someone will be motivated to massage their baby independently. This is because mothers who have high knowledge are more willing to find out about health from medical personnel.

d. Characteristics of Respondents at Helen Tarigan Clinic by Occupation

Based on the results of the characteristics of the respondents above, the majority of respondents' occupations are 19 (63.3%) household workers and 6 (20%) Entrepreneurs, 3 civil servants (10%), and 2 (6.7%). Based on research (Mita Pemayun & Winangsih, 2021) Work can make a person gain experience and knowledge both directly and indirectly. Based on the results of Nurseha and Dewi's research, it was found that 43 people (71.7%) did not work and 17 people (28.3%) who worked. The work environment can make a person gain experience and good knowledge directly about health about baby massage, so the mother's knowledge about baby massage will be good. Because work indirectly contributes to influencing a person's level of knowledge, work is closely related to the exchange of information (Nurseha & Komalasari, 2020) .

This research is in line with that conducted by Dina and Intan where the respondents who do not work are 29 people (96.67%) and 1 person who works. (3.33%). Mothers who tend to only work at home are less able to increase knowledge and family income, while working mothers can increase family income to meet needs including health costs. In addition to increasing family income, work also increases access to information about health through interactions in the work environment. (Junawati & Gumilang Pratiwi, 2021).

Work can make a person gain experience and knowledge either directly or indirectly. On the other hand, people who do not have their jobs will not have much experience so that the knowledge gained is also lacking. Based on the results of the study, it was found that mothers who work as entrepreneurs (48.5%), employees (30.3%) do not work (15.1%) and civil servants (6.1%). From this data, mothers who work as civil servants and employees on average have a good and sufficient level of knowledge, while those who do not have jobs will not have much experience so that the knowledge gained is also lacking. Based on the results of the study, it was found that mothers who work as entrepreneurs (48.5%), employees (30.3%) do not work (15.1%) and civil servants (6.1%). From these data, mothers who work as civil servants and employees on average have a good and sufficient level of knowledge, while mothers who work as entrepreneurs have a sufficient level of knowledge, and mothers who do not work on average have sufficient and less knowledge (Mita Pemayun & Winangsih, 2021) .

According to the research assumption, someone who works as a housewife often affects someone's interest in doing baby massage. A mother has an important role in the family as a wife and mother to her children. In addition, they are busy doing work as a housewife, so there is a lack of information about baby massage from friends, media (print/electronic).

e. Characteristics of Respondents at Helen Tarigan Clinic Based on Information

Based on the majority of sources of information Health workers as many as 16 respondents (53.3%) and minority Friends as many as 6 respondents (20%), Internet as many as 6 respondents (20%), parents as many as 2 respondents (6.7%) According to research, Based on information sources internet as many as 17 respondents (32.7%), friends as many as 14 respondents (26.9%), and health workers as many as (32.7%), friends as many as 14 respondents (26.9%), and health workers as many as 12 respondents (23.1 %).

According to the researcher (SitiSyamsiah et al.) sources of information are also needed for mothers so that mothers understand more about what the benefits of baby massage are. Information greatly influences the formation of one's attitude because with information a person is more aware of the actions/attitudes that must be done and not carried out according to the source of information. Based on the research, from 18 mothers with information sources from health workers, the majority had good knowledge as many as 14 (46.6) people and the minority with sufficient knowledge as many as 4 (13.3) people. (Interprofession et al., 2022)

Information cannot be separated from the source of the information. According to

Notoatmodjo (2018), the source of information is the origin of information from data obtained, someone with more sources of information will have broader knowledge. Information sources are media that play an important role for someone in determining attitudes and decisions to act

Based on the assumption of the researcher, based on information about infant massage obtained by the mother is still lacking. There are 16 respondents (53.3%) mothers of babies who lack information about the existence of baby massage. Only 53.3% of infant mothers received information on infant massage from health workers. This is due to the mother's lack of willingness to seek information about baby massage, as well as the mother's lack of concern for the growth of her baby.

f. Mother's Knowledge About Baby Massage at Helen Tarigan Clinic

After doing research on the description of mother's knowledge about infant massage at the Helen Tariganclinic with 30 respondents, the results have been obtained. These results will be discussed in the following theory. Based on table 5.2.2. The results show that the knowledge of less knowledgeable as many as 12 respondents (40%) who are knowledgeable enough as many as 13 people (43.3%) and knowledgeable people are good 5 people (16.7%).

Knowledge is one of the drivers of a person to change behavior or adopt new behavior. Knowledge about baby massage is a factor that determines a mother can change the negative in seeking baby massage services to positive behavior. Knowledge can be obtained through experience and learning process both formal and informal education. Someone who is highly knowledgeable / adequate in health problems, is expected to be able to behave in a healthy life.

Based on the results of research on 30 respondents, it shows that the mother's knowledge about baby massage at the Helen Tarigan Clinic is good knowledge 5 respondents (16.7%), only 13 respondents (43.3%) and less 12 respondents (40%) respondents have less knowledge This can be caused because the mother does not know about how to massage the baby and the recommended age for baby massage. Mothers have received information from the midwife but only the understanding and benefits of baby massage. According to the researcher's assumption that some respondents have sufficient knowledge, this is also influenced by education where the higher a person's education, the wider knowledge will be and the easier it is to receive information and ideas from others. On the other hand, mothers who have a low educational background generally have difficulty receiving information.

4. Conclusion

From the results of research conducted on Mother's Knowledge About Baby Massage at Helen Tarigan Clinic, Medan Selayang District in 2022 and data processing carried out, the following conclusions can be drawn: Based on the results of the study, it can be concluded that the characteristics of respondents based on the majority age of 20-35 years are 26 respondents (86.7%), based on high school education 22 respondents (73.3%), based on the work of IRT 19 respondents (63.3%), and sources of information came from health workers 16 respondents (53.3%). Mother's Knowledge About Baby Massage At Helen Tarigan Clinic, Medan SelayangSubdistrict In 2022, it can be concluded that the majority of respondents are knowledgeable enough 13 respondents (43.3%).

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