

Relationship Knowledge and Attitude of Mom and Family Support in Doing Baby Massage Independently in Puskesmas District Onowaembo Help Gunungsitoli In 2021

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ABSTRACT

Baby massage is a touch therapy in direct contact with the body that can provide a sense of security and comfort for babies. Mother's broad knowledge will also affect the mother's desire to do baby massage, besides that there are also work factors, attitudes and perceptions that can influence in doing baby massage. This type of research uses an analytical research design with a cross-sectional approach, which is a type of research with cause or risk and effect variables or cases that occur when the research object is measured or collected simultaneously (at the same time). which can be obtained from this research, namely, Based on the results of research that has been carried out on the Relationship of Mother's Knowledge with Mother's Independence to Doing Baby Massage independently, the results of the Chi-Square test, the significant value of the relationship between mother's knowledge and mother's independence is 0.000, which means p-value < 0.05. So, it can be concluded that there is a significant relationship between mother's knowledge and mother's independence. Based on the results of research that has been carried out on the relationship between mother's attitude and mother's independence towards doing baby massage independently, the result of the Chi-square test is that the significant value of the relationship between mother's attitude and mother's independence is 0.000, which means p-value < 0.05. So, it can be concluded that there is a significant relationship between mother's attitude and mother's independence. Based on the results of research that has been carried out on the relationship between family support and mother independence on doing baby massage independently, the Chi-square test result shows that the significant value of the relationship between family support and mother's independence is 0.000, which means p-value < 0.05. So, it can be concluded that there is a significant relationship between family support and maternal independence. This is in line with Malikhotul's research (2012) on "The relationship between mother's level of knowledge about infant massage and infant massage behavior at the Posyandu, Gunungsari Village, Beji District, Pasuruan Regency. This study shows that mother's knowledge about infant massage is related to infant massage behavior. It is hoped that health workers, especially midwives.

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INTRODUCTION

Baby massage is a touch therapy in direct contact with the body that can provide a sense of security and comfort for babies. Mother's broad knowledge will also affect the mother's desire to do baby massage, besides that there are also work factors, attitudes and perceptions that can influence in doing baby massage. Cultural factors, mothers do baby massage because it has become a tradition of its own. The social environment factor of family support also affects the mother's interest in doing baby massage (Dian Wulansari, 2020).

According to the World Health Organization (WHO, 2017) the estimated infant mortality rate per 1000 live births is 42.5% (under-five mortality), the under-five mortality rate is 12 infants per 1000 live births and the under-five mortality rate is 25 children/1000 KH (WHO). ,2017). Based on the 2017 Indonesian Health Profile, the number of 0-year-old babies with male sex was 2,423,786 KH and 2,322,652 KH for women. The total number of infants is 4,746,438 KH, with an index of BW/U in toddlers 0-23 months getting a percentage of bad nutrition of 3.50%, undernutrition of 11.30%, good nutrition of 83.50%, and overnutrition of 1.60%. The province with the highest malnutrition in 2017 was West Sulawesi (16.20%) and the lowest was Bali (6.30%) (Didik Budijanto, 2016).

Based on North Sumatra Province Health Records in 2017, the infant mortality rate in Medan City was 0.09 per 1000 live births. Meanwhile, the number of newborn deaths was 9 out of 47,541 live births. The number of infant deaths has decreased from year to year (2015), reported at 0.28 per 1000 KH, meaning 0.28 infant deaths per 1000 KH (live births), with deaths from 49,251 infants to 14 children. (Medan City Health Profile, 2016).

Based on Marsaoly Sahnawi's 2018 research conducted at the Posyandu, Maliaro Village, Central Ternate City, it shows that the factors related to the mother's attitude in doing baby massage independently greatly affect the attitude of the mother in doing baby massage with a research sample of 35 mothers. Shows that the Negative attitude category is 11 respondents (31.4%) from 35 respondents. There is a category of Positive attitude as many as 24 respondents (68.6%) of 35 respondents. (Marsaoly Sahnawi, 2018).

Based on research conducted by Dian Wulansari with the title "Factors Influencing Mother's Behavior in Independently Performing Baby Massage at Bengkuring Health Center in 2020" that mother's knowledge of mother's behavior in doing baby massage independently is mostly good knowledge and mother's attitude towards mother's behavior in doing baby massage independently has a positive nature, there is no influence of the mother's education factor on the mother's behavior in doing baby massage independently with p value 0.788, and there is no influence between the mother's knowledge factor on the mother's behavior in doing baby massage independently with p value 0.538, and there is an influence of mother's attitude towards mother's behavior in doing baby massage independently with p value 0.02. (Dian Wulansari, 2020).

Based on the initial survey I did to women at the Onowaebo Health Center, Gunungsitoli District. I conducted a survey of 5 mothers. From the results of the survey I did, it turned out that there were many mothers who had babies. And not knowing about the benefits of baby massage on baby development, mothers don't know how to do baby massage. So that researchers are interested in conducting research at Puskesmas Onowaebo Gunungsitoli.

RESEARCH METHOD

Types of Research This research uses a research design analytic with a cross-sectional approach, which is a type of research in which cause or risk and effect variables or cases that occur in the research object are measured or collected simultaneously (at the same time) (Notoadmojo 2018, Hall 26). To find out whether or not there is a "relationship between knowledge, mother's attitude and family support in doing baby massage independently in Onowaembo Village, Gunungsitoli District, Talhun 2021".

RESULTS AND DISCUSSIONS

The results of the study were based on the relationship between knowledge and mother's attitude and family support in doing baby massage independently at the Onowaembo Community Health Center, Gunungsitoli District in 2021. Based on the characteristics of knowledge respondents, it was known that the majority of mothers who could do baby massage independently were 11 people with good knowledge (45.8%), with sufficient knowledge as many as 12 people (50.0%) and the minority with less knowledge as much as 1 person (4.2%). (31.4%) and none of the mothers had good knowledge. . Based on the characteristics of respondents Attitudes, it is known that the majority of mothers who can do baby massage independently are positive attitudes as many as 21 people (60.0%) and a minority of negative attitudes as many as 3 people (8.6%) Based on the table above, it is known that the majority of mothers who cannot do baby massage independently are 11 people (31.4%). Based on the characteristics of respondents, it is known that family support for mothers who can do baby massage independently is that the majority have family support as many as 23 people (65.7%) and the minority has no family support as much as 1 person (2.9%). family support for mothers who cannot do baby massage independently is the majority there is no family support as many as 11 people (31.4%) and there is no family support and the minority has no family support as many as 1 person (2.9%) can do massage baby independently. Based on the results of the Chi-square test, the significant value of the relationship between family support and mother's independence is 0.000, which means p value <0.05. So, it can be concluded that there is a significant relationship between family support and maternal independence.

Table 1. Distribution of Respondents Based on Knowledge With Mother's Independence in Doing Baby Massage in 2021

No.	Mother's Knowledge	Mother's Independence in Doing Baby Massage				Total		P value
		Can do independently		Can't Do It Independently		f	%	
		f	%	F	%			
1.	Well	11	45.8	0	0.0	11	31.4	0.000
2.	Not enough	1	4.2	11	31.4	12	34.3	
3.	Enough	12	50.0	0	0.0	12	34.3	
Total		24	68.6	11	31.4	35	100.0	

The results showed that 11 people had good knowledge (45.8%), moderately knowledgeable 12 people (50.0%) and the minority with less knowledge was 1 person (4.2%).

Table 2. Distribution of Respondents Based on Mother's Attitude with Mother's Independence in Doing Baby Massage in 2021

No.	Mother's Attitude	Mother's Independence in Doing Baby Massage				Total		P value
		Can do independently		Can't Do It Independently		f	%	
		f	%	F	%			
1.	Positive	21	60.0	0	0.0	21	60.0	0.000
2.	Negative	3	8.6	11	31.4	14	40.0	
Total		24	68.6	11	31.4	35	100.0	

The results showed that the majority of mothers who could do baby massage independently were 21 people (60.0%) positive and the minority had negative attitudes as many as 3 people (8.6%).

Table 3. Distribution of Respondents Based on Family Support With Mother's Independence in Doing Baby Massage in 2021

No.	Family support	Mother's Independence in Doing Baby Massage				Total	<i>P value</i>	
		Can do independently		Can't Do It Independently				
		f	%	F	%			
1.	There is	23	65.7	0	0.0	23	65.7	0.000
2.	There isn't any	1	2.9	11	31.4	12	34.3	
Total		24	68.6	11	31.4	35	100.0	

The results showed that the majority had family support as many as 23 people (65.7%) and the minority had no family support as many as 1 person (2.9%).

Based on the results of the Chi-square test, the significant value of the relationship between mother's knowledge and mother's independence is 0.000, which means p value <0.05 . So, it can be concluded that there is a significant relationship between mother's knowledge and mother's independence. Based on the results of the Chi-square test, the significant value of the relationship between mother's attitude and mother's independence is 0.000, which means p value <0.05 . So, it can be concluded that there is a significant relationship between mother's attitude and mother's independence. Based on the results of the Chi-square test, the significant value of the relationship between family support and mother's independence is 0.000, which means p value <0.05 . So, it can be concluded that there is a significant relationship between family support and maternal independence.

Discussion

Based on table 1 above, it is known that the majority of mothers who can do baby massage independently are sufficiently knowledgeable as many as 12 people (50.0%), good knowledge as many as 11 (45.8%) and the minority with less knowledge as much as 1 person (4.2%).

Based on the table above, it is known that the majority of mothers who cannot do baby massage independently are less knowledgeable as many as 11 people (31.4.0%) and there are mothers who have good knowledge of 1 person (4.2%). Based on the results of the Chi-Square test, the significant value of the relationship between mother's knowledge and mother's independence is 0.000, which means p -value <0.05 . So, it can be concluded that there is a significant relationship between mother's knowledge and mother's independence.

This research is in line with Notoatmodjo's (2010) theory which states that the higher a person's knowledge, the easier it is to accept new things, on the other hand, if he lacks knowledge, it will be more difficult to act and act. Different things were conveyed by Allport (1954 in Nurlaeli 2008) that Attitude is not only influenced by knowledge but also personal experience, what other people tell, and the mother's emotional needs so that a great mother's trust is formed to massage the baby. So, based on this, poor knowledge does not rule out the possibility of making a person to have a positive attitude. As in this study, mothers who lack knowledge still have a supportive attitude towards baby massage.

The results of this study are in line with research conducted by Riri Khairany (2017) regarding "The Relationship of Mother's Knowledge and Attitude to Massage Therapy in Infants at the Maternity Clinic Nurhalma Hasibuan Pasar 10 Tembung in 2017". The results of the statistical test showed that the value of $p = 0.019 < (0.05)$ then the hypothesis was accepted, which means that there is a significant relationship between mother's knowledge and infant massage therapy. The results of this study are in line with research conducted by Sahnawi Marsaoly (2018) regarding "Knowledge and Attitudes of Mothers about Infant Massage Behavior in Posyandu, Maliaro Village, Central Ternate City". The results of statistical tests, the relationship between mother's knowledge and infant

massage behavior obtained a significance value (p-value) of 0.025, which is smaller than (α) = 0.05.

This is in line with Maikhotul's research (2012) on "The relationship between the level of knowledge of mothers about infant massage and infant massage behavior at the Posyandu, Gunungsari Village, Beji District, Pasuruan Regency. This study shows that mother's knowledge about infant massage is related to infant massage behavior with a significance value (p-value) of 0.041 which is smaller than (α) = 0.05.

The researcher assumes that the thing that causes mothers' knowledge about infant massage independently at the Onowaembo Health Center, Gunungsitoli District, is still a lot of lack of knowledge due to the mother's lack of experience about baby massage and caused by the dominant age of the mother is still young and how mothers obtain sources of information about baby massage, so that Counseling about infant massage techniques is needed independently by health workers or clinic officers who have the right capacity and according to their fields.

Based on table 2 above, it is known that the majority of the attitudes of mothers who can do baby massage independently are positive attitudes as many as 21 people (60.0%) and the minority being negative as many as 3 people (8.6%). Based on the results of the study, it is known that the majority of mothers' attitudes that cannot do baby massage independently are negative attitudes as many as 11 people (31.4%) and a minority of positive attitudes as many as 3 people (8.6%). Based on the results of the Chi-square test, the significant value of the relationship between mother's attitude and mother's independence is 0.000, which means p value < 0.05 . So, it can be concluded that there is a significant relationship between mother's attitude and mother's independence.

Mother's attitude about baby massage is indicated by the mother's willingness to massage her baby both independently and to health workers. In this study there were a number of baby mothers who did not massage their babies. (, 2011). The results of this study are in line with the theory put forward by Newcomb in Notoatmodjo (2007), which states that attitude is a readiness or willingness to act and is not an implementation of certain motives. The mother's attitude is not an action or activity, but is a predisposition to a behavior to be able to do baby massage. Attitude manifestations cannot be directly seen, but can only be interpreted beforehand from closed behavior.

Attitudes clearly show the connotation of a suitability of reactions to certain stimuli and in everyday life as an emotional reaction to social stimuli (Notoatmodjo, 2007). Baron and Briye in Wawan (2010), state that there are 3 components that form attitudes, namely knowledge (cognitive), feelings (affective), and behavior (cognitive) which are psychological mental readiness to react positively to certain objects.

The results of the study are in line with research conducted by Nurlaila (2008) in Surotrunan Village, Alian District, Kebumen Regency. mothers in massaging babies with $P = 0.012$.

The results of this study are in line with research conducted by Aprilia Nurtika Sari (2017) regarding "The Relationship of Mother's Knowledge and Attitude About Infant Massage at Posyandu Seruni and Cambodia Klangon Village, Saradan District, Madiun Regency". The results of data analysis using the chi-square test obtained P value = 0.000 < 0.05 then H1 is accepted, meaning that there is an influence of mother's knowledge on mother's attitude to baby massage. This relationship is indicated by a correlation value of $r = 0.591$. Based on the results of research and data analysis carried out, conclusions can be drawn and suggestions can be given to parties related to the relationship between knowledge and mother's attitude about infant massage in Posyandu Seruni and Cambodia Klangon Village, Saradan District, Madiun Regency.

According to the researcher's assumption, the mother's attitude in doing baby massage is still lacking because the mother's care is still lacking and there is an interest in doing baby massage independently. and traditional birth attendants. In addition, respondents are also afraid of being wrong in massaging their babies. Other external factors such as the environment, mass media, culture and the influence of other people also influence the formation of attitudes. So it is necessary to provide counseling about infant massage techniques independently by health workers or clinic

officers who have the right capacity and according to their fields. Based on table 3, it is known that family support for mothers who can do baby massage independently is the majority there is family support as many as 23 people (65.7%) and the minority has no family support as much as 1 person (2.9%).

Based on the table above, it is known that family support for mothers who cannot do baby massage independently is the majority there is no family support as many as 11 people (44.0%) and there is no family support as much as 1 person (2.9%). The results of the Chi-square test, the significant value of the relationship between family support and mother's independence is 0.000, which means p value <0.05 . So, it can be concluded that there is a significant relationship between family support and maternal independence.

Family support according to Friedman (2010) is an attitude, an act of family acceptance of family members, in the form of informational support, assessment support, instrumental support and emotional support. So family support is a form of interpersonal relationship that includes attitudes, actions and acceptance of family members, so that family members feel that someone is paying attention. People who are in a supportive social environment generally have better conditions than their counterparts without this advantage, because family support is thought to reduce or buffer the health effects on the individual.

The majority of family support for mothers who can do baby massage independently in this study are 23 people (65.7%) while family support for mothers who can't do baby massage independently is not 11 people (31.4%). This is in line with Friedman's theory, that it is proven that the majority of mothers who do baby massage independently get support from their families both informationally, assessment, instrumentally and emotionally.

Good family support is inseparable from a good family attitude. Families that provide support or support is a reflection of good family functions. Support is also inseparable from the function of family health care where this function plays an important role because of how the family can maintain and maintain the health of family members so they don't get sick, including doing baby massage independently (Friedman, 2010).

This research is in line with the research of Kurniasari, et. al. (2019) regarding "Factors Affecting Mothers' Attitudes to Doing Baby Spa on Babies". The results of the analysis with Spearman's Rho ($p = 0.002$) showed that family support was significantly related to the mother's attitude towards baby spa. Another study by Kurniati D. and Indasari E. (2018) regarding "Baby Massage Therapy at Kartini Cipulir Hospital, South Jakarta", stated that based on statistical tests, the p value = 0.043 <0.05 , which means that there is a relationship between family support and massage behavior. baby. Family support that is sufficiently capable of effective communication every time it interacts with the mother will facilitate the mother in doing baby massage, especially the informational and emotional aspects of the mother.

This study is also in line with Aryati (2013) in a study on the factors of implementing infant massage in the postpartum room at Bhayangkara Kupang Hospital, that the results of the Spearman correlation test obtained a p value = 0.000 ($p < 0.05$) which means that there is a relationship between the support of health workers with implementation of baby massage, while the Spearman correlation coefficient $r = 0.873$ indicates there is a very strong relationship between the two. According to the researcher's own assumptions, the more support or support from the family greatly affects the behavior of the mother in doing baby massage independently.

CONCLUSION

From the results and discussion of the research on the Relationship of Mother's Knowledge and Mother's Attitude and Family Support to Doing Baby Massage Independently at the Onowaembo Health Center, Gunungsitoli District in 2021, the conclusions that can be obtained from this study are the results of the Chi-Square test, the significant value of the relationship between mother's

knowledge and mother's independence is 0.000 which means $p\text{-value} < 0.05$. So, it can be concluded that there is a significant relationship between mother's knowledge and mother's independence. Based on the results of research that has been done about the relationship between mother's attitude and mother's independence towards doing baby massage independently, the result of the Chi-square test is that the significant value of the relationship between mother's attitude and mother's independence is 0.000, which means $p\text{ value} < 0.05$. So, it can be concluded that there is a significant relationship between mother's attitude and mother's independence. Based on the results of research that has been done about the relationship between family support and mother independence on doing baby massage independently, the results of the Chi-square test, the significant value of the relationship between family support and mother independence is 0.000, which means $p\text{ value} < 0.05$. So, it can be concluded that there is a relationship significant relationship between family support and maternal independence. It is hoped that this research can be used as reading in improving knowledge, it is hoped that health workers will be more effective in taking action and knowledge to the community, and it is hoped that this research can be an additional reference in the future.

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