

Influence of Infant Massage on Increase in Baby Weight in Infants Aged 2-6 Months at the Midwife Clinic Halimah Lubis Districts Deli Serdang Year 2022

Siti Embun Hasibuan¹, Basaria Manurung², Maria Ulfah³, Rani Sari⁴, Sutra Warni⁵

^{1,2,3,4,5}Undergraduate Midwifery Study Program, STIKes Mitra Husada Medan

ARTICLE INFO

Article history:

Received Sep 19, 2022

Revised Sep 26, 2022

Accepted Oct 17, 2022

Keywords:

Baby Massage
Weight Gain

ABSTRACT

Baby massage is a form of touch therapy that is very beneficial for both babies and their parents. Touch or massage on babies can stimulate milk production, increase appetite and weight. This action will also strengthen the bond of love between parents and children, and become a positive basis for the emotional and physical growth of the baby. This study aims to determine the effect of infant massage on increasing infant weight in infants aged 2-6 months at the Halimah Lubis Midwife Clinic, Deli Serdang Regency in 2022. This type of research is a quasi-experimental study, with a One Group Pretest and Post Test Design approach. The population is all babies aged 2-6 months who are at the Halimah Lubis Midwife Clinic, Deli Serdang Regency in 2022, totaling 36 people. The number of samples used were 36 people obtained by using the total sampling technique. The results obtained in this study were from 36 respondents, there was an effect of baby massage on increasing the weight of babies aged 2-6 months with a value of $t = 6.610$. There is an effect of baby massage on increasing the weight

This is an open access article under the [CC BY-NC](https://creativecommons.org/licenses/by-nc/4.0/) license.



Corresponding Author:

Siti Embun Hasibuan,
Undergraduate Midwifery Study Program,
STIKes Mitra Husada Medan Medan
Jl Pintu Air IV Psr 8 Kelurahan Kwala Bekala, Medan, 20142, Indonesia
Email: siti.embunhsb@gmail.com

INTRODUCTION

Baby massage is very important for baby's health. Especially when it is done by the parents themselves. So that the role of parents is needed in providing massage to babies. In order to create communication between parents and babies through a touch of massage that contains elements of love, sound, eye contact, and movement. Massage on babies can involve the closest family to close the emotional connection, for example father, grandmother, grandfather. A baby's instincts can respond to a touch from his mother as an expression of love, protection, and attention (Roesli, 2018).

According to the World Healthy Organization (WHO) 2017, globally around 20-40% of infants aged 0-2 years experience delays in the development process. The prevalence of child development problems in various developed and developing countries including America is 12-16%, Argentina 22% and Hong Kong 23%. Several studies that have been evaluated have an impact on failure and even shorten life (Bhandari, 2017).

Body weight is the most important anthropometric measure and is most often used in newborns (neonates), body weight is used to see normal babies or LBW. It is said to be LBW if the weight of the baby/toddler is born below 2500 grams or under 2.5 kg. In infancy/toddler, body weight can be used to see the rate of physical growth and nutritional status, unless there are clinical abnormalities such as dehydration, ascites, edema and the presence of tumors (DamayantiMita, 2019).

Measurement of body weight is used to assess the results of an increase or decrease in all existing tissues in the body, such as bone, muscle, fat, body organs, and body fluids so that the nutritional status or growth and development of children can be known. At the age of a few days, the baby's weight decreases which is normal, which is about 10% of body weight at birth. This is due to the release of meconium and urine that has not been balanced with adequate intake, for example, breast milk production has not been smooth and weight will return on the tenth day (Marianti Dewi, 2017).

RESEARCH METHOD

The type of this research is this research is a quasi-experimental research, with a research design approach of One Group Pretest and Post Test Design. This study consisted of one intervention group who received infant massage treatment. To analyze the relationship between the effect of infant massage on infant weight gain in infants aged 2-6 months at the Halimah Lubis Midwife Clinic, Deli Serdang Regency in 2022.

In this research is to reveal the causal relationship by involving one group of subjects. The subject group was observed before the intervention, then observed again after the intervention. Population is the subject of research. The population in this study were all mothers who had children aged 2-6 months as many as 36 people. Sampling in this study was carried out with the type of total sampling. The sample in this study were 46 mothers who had children aged 2-6 months.

RESULTS AND DISCUSSIONS

Characteristics of respondents based on the age of the majority of respondents aged 3-4 months as many as 20 respondents (55.6%) while the minority aged 2-3 months as many as 5 respondents (13.8%). Based on gender characteristics, the majority of respondents were male as many as 21 respondents (58.3%), while the minority of respondents were female as many as 15 respondents (41.7%). Based on the characteristics of nutritional intake, the majority of respondents were given ASI + PASI as many as 19 respondents (52.8%), while the minority of respondents were given PASI as many as 5 respondents (13.9%). There were 30 respondents (83.3%) who experienced weight gain, consisting of 16 infants in the intervention class and 14 in the control class. Respondents who did not experience weight gain were 2 respondents (5.6%) from the control group and the remaining 4 respondents did not experience weight gain or loss (fixed weight).

Table 1. T The Effect of Baby Massage on Weight Gain For Babies aged 2-6 months at the Halimah Lubis Midwife Clinic, Deli Serdang Regency in 2022

Sikap	MP-ASI				Total		P value
	diberikan		Tidak diberikan		F	%	
	F	%	F	%			
Setuju	14	29,2	4	8,3	18	37,5	0,020
Tidak setuju	18	37,5	12	25	30	62,5	
Total	32	66,7	16	33,3	48	100	

Based on the table above, it shows that 36 respondents consisting of the intervention group were given baby massage and the control group was not given baby massage. There were 30 respondents (83.3%) consisting of 16 infants in the intervention class and 14 in the control class. Respondents who did not experience weight gain were 6 respondents (16.7%) in which 5 respondents from the control

group and 1 respondent from the intervention group. Based on the results of statistical tests using the paired t test, it was found that $t = 6.610$. Because t count (6.610) $>$ t table (2.0345), H_0 is rejected and H_a is accepted. This shows that there is an effect of baby massage on increasing baby's weight at the Halimah Lubis Midwife Clinic.

CONCLUSION

Characteristics of respondents based on the age of the majority of respondents aged 3-4 months as many as 20 respondents (55.6%) while the minority aged 2-3 months as many as 5 respondents (13.8%). Based on gender characteristics, the majority of respondents were male as many as 21 respondents (58.3%), while the minority of respondents were female as many as 15 respondents (41.7%). Based on the characteristics of nutritional intake, the majority of respondents were given ASI + PASI as many as 19 respondents (52.8%), while the minority of respondents were given PASI as many as 5 respondents (13.9%).

The increase in body weight was 30 respondents (83.3%) consisting of 16 infants in the intervention class and 14 infants in the control class. Respondents who did not experience weight gain were 2 respondents (5.6%) from the control group and the remaining 4 respondents did not experience weight gain or loss (fixed weight). Based on the results of statistical tests using the paired t test, it was found that $t = 6.610$. Because t count (6.610) $>$ t table (2.0345), H_0 is rejected and H_a is accepted. This shows that there is an effect of baby massage on increasing baby weight at the Halimah Lubis Midwife Clinic, Deli Serdang Regency in 2022. It is hoped that it can contribute to midwifery science regarding the theory of infant massage with increased body weight.

References

- Bhandari, N., 2017. Ongoing Research Project Overview. India
- Fitria. Pijat Bayi Bermanfaat Terhadap Kualitas Tidur Buah Hati Anda. 2019
- Nurmalasari Devi, Agung Erika, Nahariani P. Pengaruh Pijat Bayi dengan Kualitas Tidur Bayi Usia 3-6 Bulan di Desa Bandung Kecamatan Diwek Kabupaten Jombang. 2016
- Prasetyono (2017), *Buku Pintar Pijat Bayi*, Jogjakarta, BukuBiru
- Permata A. (2017). Pengaruh Pijat Bayi Terhadap Peningkatan Lama Tidur Malam Pada Bayi 3-6 Bulan.
- Syaukani. Petunjuk Praktis Pijat Senam dan Yoga Sehat Untuk Bayi. 2015. Yogyakarta. Araksa.
- Riksani R (2018), *cara mudah dan aman pijat bayi*, Jakarta Timur, Dunia Sehat
- Tarigan Eka F. 2019. Perbedaan Pengaruh Baby Gym dan Baby Spa Dalam Meningkatkan Pertumbuhan dan Perkembangan Pada Bayi 9-12 Bulan. *Jurnal Kebidanan dan Keperawatan*: ISSN 2086-3454
- Notoatmodjo S. 2017. Promosi Kesehatan dan Ilmu Perilaku. Jakarta. Rineka Cipta.
- WHO (2017), *World Health Organization*, *Jurnal Pediatrics*