

# Factors Affecting Mother's Behavior in Doing Infant Massage Independently in the Dian Maternal Clinic in Jakarta Barat in 2022

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## ABSTRACT

In the midst of this developing society, people in Indonesia still use traditional health services, especially baby massage to traditional birth attendants. Baby massage to a shaman has become a hereditary tradition. This study aims to determine the factors that influence the behavior of mothers in doing baby massage independently at the Dian Maternity Clinic, West Jakarta. This type of research is an analytical survey. Then analyze the dynamics of the correlation between phenomena or between risk factors and effect factors is a phenomenon that results in an effect (influence). There is no influence between the mother's education factor on the mother's behavior in doing baby massage independently at the Dian Maternity Clinic in 2022 with a p value of 0,580. There is no influence between the mother's knowledge factor with a p value of 0,551. There is an influence between the mother's attitude factor on the mother's behavior with a p value of 0,021.

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## INTRODUCTION

Baby massage has long been practiced by people all over the world. If baby massage is done regularly, it will increase catechol hormones (epinephrine and norepinephrine) which can trigger growth and development stimulation because it can increase appetite, increase body weight, and stimulate the development of brain structure and function (Riksani, 2012). The problem with the implementation of baby massage at this time is that families think that baby massage is not a form of therapy as well as natural for babies that can provide many benefits.

Based on the results of interviews with 8 mothers who have babies, it was found that 6 out of 8 mothers did not know about baby massage and did not know the further benefits of baby massage and did not understand how to massage babies properly so they could not do massage independently. traditionally on the grounds that if the baby is fussy, has trouble sleeping and falls they will massage the baby. They said they had not received any information about baby massage

before. Meanwhile, 2 out of 8 mothers said they were afraid to do baby massage because they thought that newborn babies had soft bones and if they were massaged they were afraid that it could be fatal, namely fracture.

## RESEARCH METHOD

This type of research is an analytic survey about the factors that influence the behavior of mothers in doing baby massage independently at the Dian Maternity Clinic, West Jakarta. . Analytical survey is research that tries to explore how and why health phenomena occur. Then analyze the dynamics of the correlation between phenomena or between risk factors and effect factors is a phenomenon that results in effects (influence) (Notoadmodjo, 2015)

This research was conducted using cross sectional, namely research that studies the dynamics of the correlation between risk factors and effects, by approaching, observing, or collecting data all at once. This study aims to determine the factors that influence the mother to do baby massage independently.

## RESULTS AND DISCUSSIONS

### The relationship between mother's education and the behavior of mothers doing baby massage

**Table 1.** Cross tabulation of the relationship between mother's education and the behavior of mothers doing baby massage independently at Dian Maternity Clinic, West Jakarta in 2022

Education	Behavior						P-VALUE
	Do not do		To do		Amount		
	n	%	n	%	n	%	
Tall	1	3,1	10	31,3	11	34,4	0,580
Medium	4	12,5	12	37,5	16	50,0	
Low	1	3,1	4	12,5	5	15,6	
<b>Amount</b>	<b>6</b>	<b>18,8</b>	<b>26</b>	<b>81,3</b>	<b>32</b>	<b>100</b>	

Based on the table of the results of the analysis of the relationship between education and the behavior of mothers doing baby massage independently, it was found that from 32 respondents, there were 11 respondents who were highly educated (34.4%) and of them there was 1 person who did not do baby massage (3.1%), there are 16 respondents with secondary education (50.0%) and of them there are 4 respondents who do not do baby massage (12.5%), while those with low education are 5 respondents (15.6%) and of them there is 1 respondent (3.1%) who did not do baby massage.

### The relationship between mother's knowledge and behavior of mothers doing baby massage

**Table 2.** Cross tabulation of the relationship between mother's knowledge of mother's behavior doing baby massage independently, Dian Maternity Clinic, West Jakarta in 2022

Knowledge	Behavior						P-VALUE
	Do Not Do		To Do		Amount		
	n	%	n	%	n	%	
Good	4	12,5	21	65,6	25	78,1	0,551
Enough	2	6,3	4	12,5	6	18,8	
Not Enough	0	0	1	3,1	1	3,1	
<b>Amount</b>	<b>6</b>	<b>18,8</b>	<b>26</b>	<b>81,3</b>	<b>32</b>	<b>100</b>	

Based on the table of the results of the analysis of the relationship between knowledge and behavior of mothers doing baby massage independently, it was found that from 32 respondents, almost most of the mothers who had good knowledge did baby massage independently, namely as many as 21 respondents (65.6%) and those who did not do as many as 4 respondents. (12,5%), while

mothers who are knowledgeable enough to do baby massage independently are 6 respondents (18.8) while less knowledgeable about doing baby massage independently are 1 respondent (3.1%).

### The relationship between mother's attitude towards mother's behavior doing baby massage

**Table 3.** Cross tabulation of the relationship between the mother's attitude towards the behavior of the mother doing baby massage independently, Dian Maternity Clinic, West Jakarta in 2022

Mother's Attitude	Behavior						P-VALUE
	Do Not do		To Do		Amount		
	n	%	n	%	n	%	
Positive	5	15,6	21	65,6	26	81,3	0,021
Negative	1	3,1	5	15,6	6	18,8	
<b>Amount</b>	<b>6</b>	<b>18,8</b>	<b>26</b>	<b>81,3</b>	<b>32</b>	<b>100</b>	

Based on the table, the results of the analysis of the relationship between the mother's attitude towards the mother's behavior in doing baby massage independently, it was found that of the 32 respondents who had a positive response to baby massage, 26 mothers (81.3%) did the baby massage themselves as many as 21 people (65.6%). while those who did not do baby massage were 5 people (15.6%), while people who had a negative response to baby massage were 6 mothers (18.8%) who did baby massage were 5 mothers (15.6%) and those who did not do baby massage as much as 1 person (3.1%).

## CONCLUSION

There is no influence between the mother's education factor on the mother's behavior in doing baby massage independently at the Dian Maternity Clinic in 2022 with a p value of 0.580. There is no influence between the mother's knowledge factor on the mother's behavior in doing baby massage independently at the Dian Maternity Clinic in 2022 with a p value of 0.551. There is an influence between the mother's attitude factor on the mother's behavior in doing baby massage independently at the Dian Maternity Clinic in 2022 with a p value of 0.021.

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