

# The Effectiveness of Baby Massage to Reduce Cold Cough Symptoms

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## ABSTRACT

Cold cough is an upper respiratory tract disorder that most often affects infants and children. Very young babies will be infected very easily, transmission still occurs for someone who has a cold often hold his nose due to the itch or blow his nose. If you don't wash your hands immediately, it will become a source of infection. Cold cough is a primary infection of the nasopharynx and nose which often affects infants and children (RI Ministry of Health, 2021). Treatment efforts are being made to prevent pneumonia and ISPA (Upper Respiratory Tract Infection) as well as to overcome complaints such as symptoms of cough and cold, namely through medical (conventional) and alternative (traditional) treatment in line with scientific developments (Atmojo, 2012). This was an analytic survey study with a cross sectional approach. The study population was infants aged 0 - 12 months with 28 infants aged 0-12 months as the sample. It used a questionnaire as the instrument. The results showed that baby massage effectively reduced cold cough in 24 respondents (85%) and it was not effective in reducing cough cold symptoms for 4 respondents (15%). The conclusion, Baby massage had an effect on reducing symptoms of cold cough in infants aged 0-12 months in RB Hadijah Medan.

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## INTRODUCTION

Cold cough is an upper respiratory tract disorder that most often affects infants and children. Very young babies will be infected very easily, transmission still occurs because someone who has a cold will often hold his nose because of the itch or blow his nose. If you don't wash your hands immediately, it will become a source of infection. Cold cough is a primary infection of the nasopharynx and nose which often affects infants and children (RI Ministry of Health, 2021). According to WHO, mucus discharge or cold symptoms occur in mild flu caused by an infection with a group of rhinoviruses or coronaviruses. This disease can be accompanied by fever in

children for several to three days. Meanwhile, air pollution is thought to be the trigger for viral infections in the upper respiratory tract (Wiraguna, 2009).

Cold cough disease can also affect adults but has different characteristics. In infants and children, the disease tends to be more severe because the infection covers the paranasal sinuses, middle ear and nasopharynx accompanied by high fever, whereas in adults it is limited and does not cause high fever. Upper Respiratory Tract Infection or what is abbreviated as ISPA (in Indonesia) often occurs in children. Cold cough disease in toddlers in Indonesia. estimated 3-6 times per year (an average of 4 times per year), meaning that an average toddler gets a cold cough attack 3-6 times a year (Akseer, 2020). ISPA is a disease that affects many children. ISPA is an infection of the upper respiratory tract caused by the entry of microorganisms (bacteria and viruses) into the respiratory organs which lasts for 14 days (Depkes RI, 2021). ISPA is very common in infants and children, mostly caused by viruses, and so there is no specific treatment (Alhamda, 2014). The common cold is defined as an ARI which is characterized by a runny nose, mild cough, and low-grade fever (Manal, 2008).

The low level of knowledge is a factor causing mothers' ignorance about ISPA which influences the management of ISPA at home. low knowledge in prevention and treatment of sick toddlers. Economic factors that can influence the incidence of ARI in children under five include mother's education, mother's knowledge and family income. Economy and education are considered as important risk factors for ARI (Golden Age, 2020). The role and involvement of the mother is very influential in reducing the mortality rate of ISPA in toddlers. However, currently the role of the mother is not clearly seen, sometimes the mother is not able to recognize the symptoms of ARI experienced by her child to make optimal use of health services so that ARI is the main cause of death in children with ARI. The severity of the disease can cause parents to worry about the safety of their children (Fitriyani, 2016). Family support and assurance are important elements for the care of children with ARI (Prawirohartono, E.P., 2009).

Treatment efforts are being made so that pneumonia does not occur and also to overcome complaints such as symptoms of cough and cold, namely through medical (conventional) and alternative (traditional) treatment in line with scientific developments (Atmojo, 2012). Public awareness of the dangers of chemical drugs that are consumed continuously will have an impact on health which is currently happening, with the thought of going back to nature being the choice of many people (Kuswari, 2019). Many people are interested in complementary medicine which is believed to be able to overcome health problems (Wong, 2012). Acupressure is a complementary therapy which is a development of massage therapy that goes hand in hand with the development of acupuncture science because acupressure massage techniques are derivatives of acupuncture science (Hartono, 2012). Acupuncture is applied using needles that penetrate the body's skin, while acupressure uses fingers or blunt objects that do not penetrate the skin so that acupressure has become the people's choice because it is easy to do and can be applied independently (Ali, 2010).

Cold cough massage is one of the solutions to overcome the problem of cold cough by improving blood circulation and increasing immunity so that children's bodies can be healthy and eliminate viruses or bacteria that cause cold coughs in toddlers. According to the instructor, massage for toddlers will become calmer which can release endorphins so that toddlers become more relaxed and calmer when massaged and blood flow becomes smoother so that their nutritional intake becomes better (Rachmawati, Yulia, 2019).

## RESEARCH METHOD

This study used a descriptive survey with a cross sectional approach, it was used to measure variables at the same time as well. The population in this study were mothers who had babies aged 0-12 months who were coughing up colds who came for treatment at RB Hadijah from July to October 2022 as many as 28 infants. Then after being given a baby massage the researchers made

observations using a questionnaire to ask the respondents whether the baby massage was effective in relieving cough and cold symptoms or not.

## RESULTS AND DISCUSSIONS

**Table 1** Frequency Distribution based on infants aged in RB  
Hadijah Medan 2022

No	Infants Aged	Total	
		F	%
1	0-3 mo	8	28,6
2	4-6 mo	12	42,9
3	7-9 mo	5	17,9
4	10-12 mo	3	10,7
Total		28	100

Based on the table 1, it was known that from 28 respondents, about 8 respondents (28,6%) aged 0-3 months old, 12 respondents (42,9%) aged 4-6 months, 5 respondents (17,9%) aged 7-9 months and 3 respondents (10,7%) aged 10-12 months.

**Table 2.** Frequency Distribution based on Gender in RB  
Hadijah Medan 2022

No	Gender	Total	
		f	%
1	Male	17	60,7
2	Female	11	39,3
Total		28	100

Based on table Tabel 2, it was found that 17 respondents (60,7%) were male infants and 11 respondents (39,3%) were female infants.

**Table 3.** Frequency distribution based on health Status in RB  
Hadijah Medan 2022

No	Health Status	Total	
		F	%
1	Unhealthy	28	100
2	Healthy	0	0
Total		28	100

Based on Table 3, known that 28 respondents (100%) were healthy dan none were unhealthy

**Table 4.** Frequency Distribution based on The Effectiveness of Baby Massage  
in RB Hadijah Medan 2022

No	Implementation of Baby Massage	Total	
		F	%
1	Effective	24	85
2	Ineffective	4	15
Total		28	100

Based on Table 4, it was known that from 28 respondents, about 24 infants (85%) who had had baby massage, their cold cough symptoms relieved and about 4 infants (15%) did not relieve their cold cough symptoms. The findings showed that the results of the Wilcoxon hypothesis test, the

effectiveness of baby massage in reducing cold coughs was proven to be effective, the tests were carried out using the Wilcoxon test. It can be seen that the implementation of baby massage has value of  $z=4,491$  and Asymp Sig of  $0.000 < 0.05$  means there was an effect of baby massage for relieving cold cough symptoms in infants aged 0-12 months at RB Hadijah Medan 2022.

This was in line with research conducted by Mariza Elfira (2017) and in line with the opinion of Roesli (2013) which stated that the benefits of baby massage can increase body weight and growth, increase endurance, relieve cold symptoms, increase the bond of affection between parents and children (bonding) and increase milk production. Baby massage was useful for stimulating motor nerves, improving sleep patterns, helping digestion and increasing children's emotional calm, apart from nourishing the body and muscles. Babies who were massaged properly and regularly can grow healthier and develop better (Soetjiningsih, 2011).

## CONCLUSION

It was concluded that baby massage performed on infants aged 0-12 months is effective in relieving symptoms of cold cough, this is in accordance with the theory that infant massage therapy can increase endurance and relieve symptoms of cold cough in infants.

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