

Analysis of Mothers' Knowledge Level about Infant Massage: A Descriptive Study

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ABSTRACT

Introduction: Child health starts from the period of pregnancy until adolescence. The first five years are a golden time for children starting from infancy. Infancy is a golden period as well as a critical period of a person's development. It is said to be a critical period because at this time the baby is very sensitive to the environment and is said to be a golden period because infancy lasts very short and cannot be repeated. This period occurs optimal growth and development, including the level of intelligence of children. A comfortable environment, can be applied by parents who have children under five, by doing baby massage. Baby massage is a comfortable touch communication between mother and baby. Massage is a touch therapy that has long been known to people, but is still rarely applied by parents who have children under five. Baby massage is an expression of affection between parents and children through the touch of skin that has a tremendous impact. The positive impact that can be caused by baby massage is an increase in baby weight if done regularly. In addition, baby massage can also increase immunity and improve the quality of baby's sleep.

Objective: The purpose of this study was to determine the description of mothers' knowledge about infant massage.

Methods: This research method uses descriptive. The sample size was 63 mothers who had babies aged 0-12 months.. The instrument used a questionnaire about infant massage. According to the results of interviews in the preliminary study, it was found that mothers rarely do massage to their babies, occasionally taking their babies to massage healers if there are complaints of pain.

Results: The result of this study is the knowledge of mothers in the moderate category as much as 62.19%.

Recommendations: Suggestions for mothers who have babies can do baby massage themselves after getting health education about baby massage.

Keywords: baby massage, knowledge, mother

INTRODUCTION

Child health starts from the period of pregnancy until adolescence. The first five years are a golden time for children starting from infancy. Infancy is a golden period as well as a critical period of a person's development (Ministry of Health of the Republic of Indonesia, 2021). It is said to be a critical period because at this time the baby is very sensitive to the environment and it is said to be a golden period because the infancy period lasts very short and cannot be repeated. This period occurs optimal growth and development, including the level of intelligence of children. To achieve an optimal growth and development process is influenced by several factors, including internal factors and external factors. Internal factors include age, gender and heredity. And external factors such as environment, socioeconomic status, and nutrition. The environment is an important factor because with a good environment, it can support the growth and development of children. A comfortable environment, can be applied by parents who have children under five, by doing baby massage. Baby massage or often called stimulus touch, is a comfortable touch of communication between mother and baby. Massage is a touch therapy that has long been known to people, but is still rarely applied by parents who have children under five. Baby massage is an expression of affection between parents and children through touch on the skin which has a very extraordinary impact (Haryani et al., 2024).

Touch is an expression of parents' affection towards their children. With this touch, parents and children will both feel comfortable, because of the emotional closeness. Infant massage is very beneficial in optimising the growth and development of children, including increasing the absorption of food so that babies are hungry faster and babies will suckle more often to their mothers, so that they can increase body weight in babies (Erçelik ZE, 2023). In addition, babies who are routinely massaged will also improve the quality of their sleep, namely babies sleep more soundly and increase alertness, due to changes in brain waves. Babies will also have a stronger immune system, which will minimise the occurrence of illness. Research related to the benefits of baby massage is that baby massage can increase weight and growth, increase endurance and make babies sleep soundly (Cahyaningrum & Sulistiyani, 2014). The many benefits produced by the touch, so currently there are many studies on infant massage, because it turns out that the benefits of infant massage are enormous, both physically and emotionally (Haryani et al., 2024).

A baby's growth and development can be seen with anthropometric measurements, especially weight measurements. Body weight can be used to diagnose normal newborns or LBW. Babies with low birth weight if the baby's birth weight is < 2500 grams (Lestari et al., 2021). In infancy and toddlerhood, to see the physical growth and nutritional status of babies, namely by looking at weight gain over time. From the results of interviews in the preliminary study with several mothers who have babies, most mothers said that they rarely massage their babies, baby massage is done only once in a while if the child is not feeling well, and even then the one who does the massage is a baby shaman. Mothers said that their baby's weight had increased very little, and there were even 3 children whose weight had not increased. The purpose of this study was to determine the description of mothers' knowledge about infant massage.

MATERIALS AND METHODS

This study used a quantitative descriptive method. Data collection was conducted in December 2024 using a questionnaire of maternal knowledge about infant massage. The research variable was the mother's knowledge about baby massage. The population is mothers who have babies aged 0-12 months. The sample size was 62 respondents. The sampling method is using total sampling. The data analysis method used in this study is univariate analysis, namely analysis that describes the frequency distribution of maternal knowledge about baby massage with 3 categories, namely Good: percentage 76% - 100%, Fair: percentage 56% - 75%, Less: percentage < 56%. This research has been ethically tested with: 90/KEP/EC/UNW/2024 dated November 21th, 2024.

RESULTS

Table 1. Distribution of Demography

Variabels	Frecuency	Persentase (%)
Age of mother, n (years)		
19-25	3	4,84
25,1 – 35	46	74,19
35,1 -45	13	20,97
>45	0	0
Education, n (%)		
Below Elementary School	0	0
Elementary School and above	62	100
Employment, n (%)		
Unemployed	6	9,67
Employed	56	90,33
Age of baby, n (month)		
0-3	14	22,58
3,1 – 6	17	27,42
6 - 9	10	16,13
9 - 12	21	33,87
Sex of baby, n (%)		
Woman	21	33,87
Man	41	66,13

Based on table 1, it is known that the majority of respondents are aged 25-35 years (74.19%), have an elementary school education and above (100%), are employed (90.33%), are 9-12 months old (33.87%) and are male babies (66.13%).

Table 2. Distribution of Mother's Knowledge

Level of knowledge	Frecuency	Persentase (%)
Good	22	35,48
Enough	38	61,29
Less	2	3,23
Quantity	62	100

Based on table 2, it is known that the level of knowledge of mothers is enough (61.29%) and a small portion is less (3.23%).

DISCUSSION

Age

Age is the length of time lived or existed (since birth or held). (KBBI, 2020). Based on the research data, most of the respondents' ages were 25.1- 35 years (74.19%). With increasing age, there will be changes in psychological and psychological (mental) aspects. There are four categories of

physical growth, namely changes in size, changes in proportion, loss of old characteristics and the emergence of new characteristics (Soetjningsih, 2016).

Education Level

Education is the guidance given by someone to the development of others towards certain dreams or ideals that determine humans to act and fill life in order to achieve safety and happiness. Education is needed to get information in the form of things that support health so that it can improve the quality of life. According to YB Mantra quoted by Notoatmodjo, education can influence a person, including the behaviour of lifestyle, especially in motivating for an attitude of advice and in development in general, the higher a person's education, the easier it is to receive information. Based on the results of the study, the education level of the respondents was 100% primary education and above (Notoatmodjo, 2014).

Job level

The work environment can make a person gain experience and knowledge both directly and indirectly. (Notoatmodjo, 2014)

Overview of the level of knowledge of mothers about baby massage

The picture of the mother's knowledge level about baby massage is mostly in the moderate category with a total of 38 respondents or 61.29%. This shows that the mother's knowledge is in the moderate knowledge category (56-75%). Knowledge is a result of curiosity through the sensory process, especially the eyes and ears to certain objects. Knowledge is an important domain in the formation of open behaviour (Notoatmodjo, 2014). Knowledge is the result of human sensing or the result of someone knowing an object through their five senses. The five human senses for sensing objects are sight, hearing, smell, taste and touch. At the time of sensing to produce knowledge is influenced by the intensity of attention and perception of the object. A person's knowledge is mostly obtained through the sense of hearing and the sense of sight (Notoatmodjo, 2014). Knowledge is influenced by formal education factors and is closely related. It is expected that with higher education, the broader the knowledge will be. But people with low education are not necessarily low knowledge either. Increased knowledge is not absolutely obtained from formal education alone, but can also be obtained from non-formal education. Knowledge of an object contains two aspects, namely positive aspects and negative aspects. These two aspects will determine a person's attitude. The more positive aspects and objects known, it will lead to a more positive attitude towards certain objects (Midtsund A, Litland A, 2019).

In this study, it was found that most mothers' knowledge level was sufficient (61.29%) due to the fact that mothers had never received information about baby massage. Level of knowledge According to (Notoatmodjo, 2014) Knowledge or cognitive is a very important domain for the formation of one's actions. Cognitive behaviour is classified in hierarchical order, namely: 1) Know (know) is the lowest level of knowledge, because at this level a person is only able to recall (repeat) memories that have existed before after observing something. 2) Understanding (comprehension) can be interpreted as an ability to explain an object and be able to interpret it correctly. People who already understand must be able to explain, describe, mention examples, and conclude. 3) Application is the ability where a person has understood an object, can explain and can apply known principles even in different situations. 4) Analysis (analysis) is a person's ability to use newly learned abstract ideas to be applied in real situations. So that it can describe or solve a problem. 5) Synthesis is the ability to summarise the components of an existing formulation and put them in a logical relationship, so that a new formula is formed. Evaluation (evaluation) relates to the ability to make an assessment of a material or object, which is based on a criterion that has been made by yourself or using existing criteria. Infant massage is very effective for reducing pain, reducing jaundice and increasing baby weight (Mrljak et al., 2022).

CONCLUSIONS

The conclusion of this study is that the knowledge of mothers about infant massage is in the sufficient category, namely 62.19%. To increase the baby's weight can be done baby massage regularly by mothers who have babies 0-12 months and can be continued until the baby is 2 years old to maximise the growth and development of the baby

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Authors' contributions

The first author's contribution was to prepare the research proposal and draft the article. The other authors contributed to data provision and data processing

Conflict of Interest

This research has no conflict of interest .

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