

The Effect of Baby Massage on Baby Weight

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ABSTRACT

Baby massage is a massage that is done closer to fine strokes or tactile stimulation done on the surface of the skin. Data from a preliminary survey conducted in Tunjung Village, Udanawu District, Kabupaen, Blitar stated that out of 10 infants aged 0-6 months, 6 of them (60%) did not experience weight gain. And 3 of them who did not gain weight said their children had never been in a baby massage. This type of research is a pre-experimental study with a two-group posttest with control design The population to be used in this study is all infants in Tunjung Village with the age of < 1 year in January 2023. The sampling technique uses Simple Random sampling. The samples in this study were 32.16 for the control group and 16 for the treatment group. Treatment by giving baby massage is done 2x a week for 15 minutes within 4 weeks. The statistical test used the Mann Whitney. Based on the statistical test carried out obtained by Asymp. Sig (2-tailed) of $0.007 < (\alpha = 0.05)$, then H_0 was rejected and H_1 was accepted meaning that there was a difference in baby weight after baby massage between the control group and the treatment group. It is expected that baby massage can be routinely done so that the baby's weight increases and growth runs normally.

Keywords: Baby Massage, Baby Weight, Health Promotion

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INTRODUCTION

1000 HPK is an important period which is the gold period to maximize the growth and development of the baby. In infancy, it is necessary to take action to maximize infant growth (RI 2013). One way used to maximize the growth and development of the baby is by doing baby massage.

Data from the health profile of Blitar Regency shows the nutritional status of toddlers in Blitar Regency in 2019-2021. In 2019, 1,711 malnourished toddlers (4.3%), 5,609 short toddlers (14.1%), and 1,708 underweight toddlers (4.3%). In 2020, the nutritional status of toddlers decreased or it can be said that the nutritional status of toddlers has improved with the number of discoveries of undernourished toddlers 956 (4.5%), short toddlers 2,733 (12.8%),

and underweight toddlers as many as 1,113 (5.2%) toddlers. However, in 2021 there was an increase for undernutrition, short toddlers with the number of numbers found respectively for undernutrition (Blitar District Health Office 2021).

Data from a preliminary survey conducted in Tunjung Village, Udanawu District, Kabupaen, Blitar stated that out of 10 infants aged 0-6 months, 6 of them (60%) did not experience weight gain. And 3 of them who did not experience weight said their children had never been in a baby.

Baby massage is a subtle stroke with tactile stimulation performed on the surface of the skin. There are so many benefits of baby massage that can increase appetite, improve blood circulation, and make the baby's body relax so that the quality of sleep increases. Previous research conducted in 2018 stated that there is an influence of baby massage on growth (Hidayanti 2018), this statement is also supported by research conducted in 2019 which states that there is an effect of baby massage on weight gain in infants (Marni 2019).

From the description above, researchers are interested in researching the Effect of Baby Massage on Baby Weight in Tunjung Village, Udanawu District, Blitar Regency in 2023.

METHODS

This type of research is a pre-experimental study with a two-group posttest with control design The population to be used in this study is all infants in Tunjung Village with the age of < 1 year in January 2023. The sampling technique uses Simple Random sampling. The samples in this study were 32.16 for the control group and 16 for the treatment group. Treatment by giving baby massage is done 2x a week for 15 minutes within 4 weeks. The statistical test used the Mann Whitney.

RESULTS

- 1. General Data
- 1. Age of Respondents

Table 1 Distribution of Respondents Based on Mother Age in Tunjung Village, Udanawu District, Blitar Regency in 2023

		Group		Total
		Treatment	Control	
Age	<2	2	1	3
	0	12.5%	6.3%	9.4%
	20-	12	14	26
	35	75.0%	87.5%	81.3%
	>3	2	1	3
Total	5	12.5%	6.3%	9.4%
		16	16	32
		100.0%	100.0%	100.0%

Based on table 1 above, it is known that most of the in Tunjung Village, Udanawu District, Blitar Regency in 2023 belong to the age group of 20-35 years, namely 12 (75%) of the treatment group and most of them belong to the age group of 20-35 years, namely 14 (87.5%) of the control group.

2. Respondent's Work

Table 2. Distribution of Respondents Based on Mother's Work in Tunjung Village, Udanawu District, Blitar Regency in 2023

		Group		Total
		Treatment	Control	
Work	Housewife	7 21.9%	9 28.1%	16 50.0%
	Privat Employees	5 15.6%	4 12.5%	9 28.1%
	Entrepreneur	3 9.4%	3 9.4%	6 18.8%
	Government Employees	1 3.1%	0 0.0%	1 3.1%
	Total	16 100.0%	16 100.0%	32 100.0%

Based on table 2 above, it is known that almost half of the mothers in Tunjung Village, Udanawu District, Blitar Regency in 2023 work as IRT, namely 7 (21,9%) of the treatment group and more than half of them work as IRT, namely 9 (28,1%) of the control group.

3. Respondent Education

Table 3 Distribution of Respondents Based on Maternal in Tunjung Village, Udanawu District, Blitar Regency in 2023

		Group		Total
		Treatment	Control	
Education	Middle Education	13 40.6%	13 40.6%	26 81.3%
	Higher Education	3 9.4%	3 9.4%	6 18.8%
Total		16 100.0%	16 100.0%	32 100.0%

Based on table 3 above, it is known that almost all mothers in Tunjung Village, Udanawu District, Blitar Regency in 2023 with secondary education, namely there are 13 (40.6%) of the treatment group and almost all in Tunjung Village, Udanawu District, Blitar Regency in 2023 with secondary education, namely there are 13 (40.6%) of the control group.

4. Baby's Gender

Table 4. Distribution of Respondents Based on the Gender in Tunjung Village, Udanawu District, Blitar Regency in 2023

		Group		Total
		Treatment	Control	
Gender	Male	8 25.0%	7 21.9%	15 46.9%
	Female	8 25.0%	9 28.1%	17 53.1%
Total		16 50.0%	16 50.0%	32 100.0%

Based on table 4. above, it is known that most of the mothers in Tunjung Village, Udanawu District, Blitar Regency in 2023 the sex of baby girls and boys was 8 (25%) each in the treatment group and in the control group as many as 9 (28.1%).

2. Special Data

1. Data on Infant Weight in the Treatment Group in Tunjung Village, Udanawu District, Blitar Regency in 2023,

Table 5 Distribution of Data on the Infant Weight in the Treatment Group in Tunjung Village, Udanawu District, Blitar Regency in 2023

			Treatment
Infant Weight	Weight Not Up/Fixed		0 0.0%
	Weight Gain		16 100.0%
Total			16 100.0%

Based on table 5 above, it is known that the baby gained weight all over, namely 16 (100%) of the total 16 respondents.

2. Data on Infant Weight in the Control Group in Tunjung Village, Udanawu District, Blitar Regency in 2023,

Table 5 Distribution of Data on the Infant Weight in the Control Group in Tunjung Village, Udanawu District, Blitar Regency in 2023

		Control
Infant Weight	Weight Not Up/Fixed	6 37.5%
	Weight Gain	10 62.5%
Total		16 100.0%

Based on table 6 above, it is known that most babies gain weight in the control group, namely 10 (62.5%) of a total of 16 respondents.

7. The Effect of baby massage on baby weight Group in Tunjung Village, Udanawu District, Blitar Regency in 2023,

Table 7 The Effect of baby massage on baby weight Group in Tunjung Village, Udanawu District, Blitar Regency in 2023,

		Group		Total
		Treatment	Control	
Infant Weight	Weight Not Up/Fixed	0 0.0%	6 37.5%	6 18.8%
	Weight Gain	16 100.0%	10 62.5%	26 81.3%
Total		16 100.0%	16 100.0%	32 100.0 %

P Value :0,007 $\alpha = 0,05$

Based on table 7 above, it is known that Based on the statistical test carried out obtained by Asymp. Sig (2-tailed) of $0.007 < (\alpha = 0.05)$, then H_0 was rejected and H_1 was accepted meaning that there was a difference in baby weight after baby massage between the control group and the treatment group.

DISCUSSION

Based on table 7 above, it is known that Based on the statistical test carried out obtained by Asymp. Sig (2-tailed) of $0.007 < (\alpha = 0.05)$, then H_0 was rejected and H_1 was accepted meaning that there was a difference in baby weight after baby massage between the control group and the treatment group. This research is in line with research conducted by Irva (2013) which states that based on the Wilcoxon test in the experimental group before and after giving massage therapy, a p-value of $0.000 < \alpha (0.05)$ was obtained, which means an increase in body weight that occurred by 700 grams during two weeks of massage, this is also supported by Syriac research (2017) on the Effect of Baby Massage on Weight Increase at BPS Masnoni obtained the results of giving Massage in infants affects weight gain with a p-value of $0.000 < \alpha (0.05)$. This research is also supported by baby massage research also conducted by Gajah Mada University in 2012, baby massage is an opportunity that affects weight gain by 2.68%. The weight gain of low birth weight babies who were given massage treatment for 10 days was greater than babies who did not do massage (Asmar, 2012).

Baby massage is a massage that is done closer to fine strokes or tactile stimulation carried out on the surface of the skin, manipulation of tissues or organs of the body aims to produce effects on nerves, muscles, and the respiratory system and facilitate blood circulation (Roesli, 2012).

Baby massage can cause a decrease in levels of adrenaline hormones (stress hormones) a decrease in stress hormone levels will increase endurance, especially IgM and IgG, if the baby's immunity increases then the baby does not get sick easily (Syaukani, 2015).

In the baby massage treatment group carried out routinely 2x a week for 4 weeks will have a good effect on babies compared to the control group, baby massage through meridian

points that have many benefits for example in improving the baby's immune system, blood circulation, increasing appetite so that babies who are routinely given baby massage will not be easily affected by pain so that their weight will increase according to their age and growth will run normally.

CONCLUSION

The result of this study there are differences in baby weight after baby massage the control group and the treatment group.

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