

THE INFLUENCE OF HEALTH EDUCATION ON MASSAGE FOR BABIES AGED 3-6 MONTH ON MOTHERS' ATTITUDES AT POSYANDU DELIMA

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Abstract

Background: according to data from the World Health Organization (WHO), 200 million children aged under 5 years in the world do not fulfill their developmental potential. The incidence of stunting in Australia is 3.4%, Japan 5%, Saudi Arabia 12.4%, Malaysia 21.9%, and Indonesia 31%. Based on the results of interviews, it was found that there was still a high negative attitude of mothers towards massage for babies aged 3-6 months at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City. The aim of this research is to determine the effect of Health Education regarding massage for babies aged 3-6 months on the attitudes of mothers at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City. Specific objectives identifying maternal characteristics based on age, education, occupation, whether or not they received information and sources of information, attitudes before and after being given Health Education, analyzing the influence of Health Education on maternal attitudes. This research method uses a pre-experimental method with a one group pretest-posttest design. The sample for this research was 60 respondents using purposive sampling. Data collection techniques include editing, coding, processing, cleaning and tabulating. Data processing uses the help of the IBM SPSS Statistics 22.0 for Windows 10 program. The research results showed that of the 52 respondents before being given Health Education about massage for babies aged 3-6 months, almost all of them had a negative attitude, 41 respondents (78.8%), and after being given Health Education, the majority of respondents had a positive attitude, 34 respondents (65.4%). The results of the Mc Nemar Statistical Test obtained a significant number (p value=0.000) which was lower than the standard value ($\alpha=0.05$) or $p < \alpha$. The conclusion in writing this research is that there is an influence of Health Education regarding massage for babies aged 3-6 months on the attitude of mothers at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City.

Keywords: Baby Massage, Health Education, Mother's Attitude

Introduction

According to data from the *World Health Organization (WHO)*, 200 million children under 5 years old in the world do not fulfill their developmental potential. The incidence of stunting in Australia is 3.4%, Japan 5%, Saudi Arabia 12.4%, Malaysia 21.9%, and Indonesia 31% [1].

The Basic Health Survey (Riskesdas, 2018) conducted by the *Ministry of Health*, the proportion of underweight children in Indonesia aged 0-23 months is 3.8% and the proportion of underweight children is 11.4%. In children aged 0-59 months, body weight was 3.9% and weight loss was 13.8% [2]. There were 4,740,342 live births in Indonesia in 2020, including 1.3% at the age of 0-23 months, 1.3% very low birth weight, 5.4% low birth weight, 1.2% malnutrition and 4.1% malnutrition. Meanwhile, at the age of 0-59 months, very low body weight is 1.4%, low weight is 6.7%, malnutrition is 1.1%, malnutrition is 4.3% [3].

Community participation in weighing babies aged 0-59 months (toddlers) in 2020 was 2,459,859 toddlers out of a total target of 4,238,680 toddlers (58.0%). Coverage of infant health services in 2020 was 96.5%, an increase of 4.5 points compared to 2019 of 92%. 2018 Riskesdas data, the prevalence of toddlers in West Java who have a body weight that does not correspond to their height (thin) is 8.4%. The prevalence of underweight toddlers in West Java in 2020 was 3.7% [4].

Based on (Dinkes, 2020) in Bekasi City, the number of births was recorded at 47,338 people, with 25 stillbirths, so the number of live births was 47,313 people [5].

A baby is a person's period between the ages of 0 months to 11 months. During this period, babies will experience various periods, namely the golden period, the window of opportunity and the critical period. To optimize baby's growth and development, parents can stimulate. One form of stimulation that can be done is baby massage stimulation [6].

Baby massage has long been done in various countries, including our country, Indonesia. This massage is the oldest and most popular touch therapy in the world that has been known to humans for a long time. This can be proven by the existence of various findings related to massage. In China, the Yellow Emperor wrote in the oldest written text on medical matters which contains many references to massage for medicinal purposes. In India, Ayurvedic Medicine illustrates that since hundreds of years ago, massage has had an important position in human history. In Rome, Roman Emperors used massage to treat injured gladiators. In Sweden, an expert Henrik Ling in the early 19th century also developed a massage technique called Swedish Massage. Most people in parts of the world such as Asia, Africa, America and Europe practice massage traditionally and have been passed down from generation to generation. The existence of massage in Indonesia can be seen in the stone reliefs at Borobudur Temple. Massage has been an inseparable part of culture for centuries in Indonesia. Nowadays, massage therapy can not only be found in salons, but can also be found in hospitals and other health care centers [6].

In the early 20th century, scientific advances surpassed societal practices such as infant massage. However, currently many modern researchers have carried out their research again and combined it with modern principles. Scientists, doctors, physiologists, child development specialists and health educators are very much exploring infant massage today. Experts have proven that massage produces very beneficial physiological changes in the body such as increased growth, endurance and emotional intelligence [6].

A mother must have good knowledge about baby massage, namely by following the Health Education provided by competent parties so that she can carry out baby massage independently.

Factors that influence maternal behavior in massaging babies apart from education, knowledge are also influenced by experience, information, culture and family support [7].

Minister of Health Decree No.369/MENKES/SK/III/2007 concerning professional standards for midwife states that midwives have the authority to monitor and stimulate the growth and development of babies and children. One form of growth and development stimulus that has been carried out is baby massage.

According to the Minister of Health Regulation. No. 61 of 2016 concerning Empirical Traditional Health Services, baby massage is a traditional health service which is included in the type of skills. This baby massage is in accordance with the Minister of Health Regulation. No. 1109 of 2007 can be categorized as complementary-alternative medicine because it has been obtained through structured education based on biomedical science.

Efforts made by health workers such as midwives, to increase knowledge about massage for babies aged 3-6 months are by providing Health Education to mothers so that mothers understand and know more about the benefits of baby massage with the aim that mothers can massage their babies by holding baby massage classes. to the mother who was held at the posyandu [8].

Posyandu has services that play an important role in society in obtaining or obtaining basic health information and services, especially those related to reducing the Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR), and Under-Five Mortality Rate [9].

Based on the results of a research survey conducted on 10 visitors at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City. Of the 10 visitors before being given Health Education, there were 3 mothers (30%) who had a positive attitude, while 7 mothers had a negative attitude (70%) towards massage for babies 3-6 months. After being given Health Education about massage for babies 3-6 months, all of them had a positive attitude (100%).

With this description, the author wants to know the mother's attitude before and after being given Health Education regarding massage for babies aged 3-6 months. The title of this research is *"The Effect of Health Education About Massage for Babies Aged 3-6 Months on Mothers' Attitudes at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City."*

Methods

This research method uses a *pre-experimental method with a one group pretest-posttest design* with the aim of finding out the effect of Health Education regarding massage for babies aged 3-6 months on mothers' attitudes at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City. The sample for this research was 60 respondents using purposive sampling. Data collection techniques include editing, coding, processing, cleaning and tabulating. Data processing uses the help of the *IBM SPSS Statistics 22.0 for Windows 10 program*.

Results

The research results showed that from 52 respondents before being given Health Education about massage for babies aged 3-6 months, it was found that:

A. Univariate Analysis

1. General Data

a. Respondent Characteristics by Age

Table 5.1. Frequency Distribution Based on Respondent Age

No.	Age (Years)	Frequency	Percentage (%)
1	< 20	17	32,7
2	21– 35	14	26,9
3	> 35	21	40,4
Amount		52	100

From these data it is known that almost half of the respondents were > 35 years old with a total 21 respondents (40.4%).

b. Respondent Characteristics based on Education Level

Table 5.2. Frequency Distribution Based on Education Level

No.	Level of education	Frequency	Percentage (%)
1	Elementary School	4	7,7
2	Junior High School	17	32,7
3	Senior High School	24	46,2
4	College	7	13,3
Amount		52	100

The data shows that almost half of Respondents with high school education were 24 people (46.2%).

c. Characteristics of Respondents Based on Occupation

Table 5.3. Frequency Distribution Based on Job Level

No.	Type of work	Frequency	Percentage (%)
1.	Private Employer	10	19,2
2.	Self-employed	2	3,8
3.	Civil Servants	8	15,4
4.	Housewife	21	40,4
5.	Etc	11	21,2
Amount		52	100

From the data above, it shows that almost half of the respondents have this type of work as Housewives, namely 21 people (40.4%)

d. Characteristics of Respondents Based on Whether or Not They Have Received Information About Massage for Babies Aged 3-6 Years.

Table 5.4. Frequency Distribution Based on Respondents Whether or Not Get Baby Massage Information

No.	Get Information	Frequency	Percentage (%)
1	Once	20	38,5
2	Never	32	61,5
Amount		52	100

From these data it is known that the majority of respondents have never received information about massage for babies aged 3-6 months, namely 32 people (61.5%).

e. Characteristics of Respondents Based on Information Source

Table 5.5. Frequency Distribution of Information Sources

No.	Type of Work	Frequency	Percentage (%)
1	Books/ Magazines	5	9,6
2	TV/ Radio/ Internet	22	42,3
3	Health workers	6	11,5
4	Friends/Family	19	36,5
Amount		52	100

According to the data above, it shows that almost half of the respondents received information sources about massage for babies aged 3-6 months via TV/Radio/Internet 22 people (42.3%).

2. Custom Data

a. Identifying the mother's attitude, before being given Health Education.

Table 5.6. Frequency Distribution Based on Respondents' Prior Attitudes Provided Health Education

No.	Attitude	Frequency	Persentasi (%)
1	Positive	11	21,2
2	Negative	41	78,8
Amount		52	100

According to this data, it shows that before being given Health Education Almost all respondents' attitudes were negative, namely 41 people (78.8%).

- b. Identifying the mother's attitude, after being given Health Education

Table 5.7. Frequency Distribution Based on Respondents' Attitudes Sesedah Provided Health Education

No.	Attitude	Frequency	Persentasi (%)
1	Positive	34	65,4
2	Negative	18	34,6
Amount		52	100

From these data, it is known that after being given Health Education, the majority of respondents' attitudes were positive, 34 people (65.4%).

B. Bivariate Analysis

Table 5.8. Frequency Distribution Based on the Effect of Health Education on Respondent's Attitude.

		Before		
		Positive	Negative	Amount
After	Positive	11 (21,2%)	0 (0.0%)	11 (21,2%)
	Negative	23 (44,2%)	18 (34,6%)	41 (78,8%)
Amount		34 (65,4%)	18 (34,6%)	52 (100%)

Uji Mc Nemar $\alpha = 0,05$; ρ value = 0,000

According to this data, it is known that of the 52 respondents before being given Health Education about massage for babies aged 3-6 months, almost all of them had a negative attitude, 41 respondents (78.8%), and after being given Health Education about massage for babies aged 3-6 months, the majority 34 respondents (65.4%) had a positive attitude.

The Mc Nemar Statistical Test results obtained a significant number (ρ value=0.000) which is lower than the standard value ($\alpha=0.05$) or $\rho < \alpha$, meaning that H_1 is accepted so it can be interpreted that there is an influence of Health Education regarding massage for babies aged 3- 6 months on the attitude of mothers at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City.

Discussion

1. Distribution of Respondents' Attitudes Before Being Given Health Education About Massage for Babies Aged 3-6 Months at Posyandu Delima, Jatiluhur Village, Jatiasih, Bekasi City.

Based on table 5.6. It is known that almost all of the 52 respondents had a negative attitude, 41 respondents (78.8%).

According to the researchers' assumptions, the negative attitude of respondents before being given Health Education was due to the lack of trust and confidence of mothers who had babies regarding baby massage. The mothers believed that without baby massage the baby's growth could proceed normally. Therefore, the positive attitude of mothers who have babies towards giving baby massage needs to be increased by continuously providing information and motivation by explaining the various benefits of baby massage.

Factors that influence respondents' attitudes are based on Table 5.1. that age can influence respondents' attitudes, namely almost half of respondents aged > 35 years have negative attitudes, 21 people (40.4%).

In this case, the researcher believes that a person's age factor can determine whether their attitude is positive or negative. Age over 35 years is a fairly mature age in determining attitudes, but in this study, before being given Health Education, most mothers had a negative attitude. This age factor can also influence a person's mindset. As a person matures, his or her mindset and knowledge become

broader. Thus it can be concluded that increasing age is directly proportional to his life experience. This can be seen from the cultural belief that baby massage is only done by midwives and has made this belief a tradition passed down from generation to generation.

This research is in line with research conducted (Syefira Ayudia Johar, 2020) in Tiyan Village, Bulu District, Sukoharjo Regency which showed that the majority of respondents showed a negative attitude, 30 people (60%) before being given health education. Respondents who had negative attitudes were mostly aged 20-35 years. This is possible because of the influence of other people who are considered important in their daily lives, such as family and work friends, so it will influence their attitudes. One of the factors that influences attitudes is the influence of other people who are considered important [10].

This explanation is in line with theory (Azwar, 2011). Revealing that age is one aspect that plays a role in the formation of a person's maturity, the older one gets, the level of maturity will increase, this will influence thinking patterns. This condition has an impact on mothers' positive and negative attitudes towards massage for babies aged 3-6 months [11].

Based on table 5.2, characteristics of respondents based on education level, almost half of the respondents with high school education had a negative attitude, namely 24 people (46.2%).

With this data, the researcher believes that a person's level of education will influence their attitude towards something that comes from outside. Someone who has higher education will give a more rational response than someone with low education or no education. So the researcher assumes that the existence of Health Education about massage for babies aged 3-6 months can change the respondent's attitude from a negative attitude which influences changes in the respondent's attitude to a positive one.

This is in accordance with the theory (Azwar, 2011) that educational institutions and religious institutions have an influence in forming attitudes, this is because they lay the foundation for understanding and moral concepts in individuals. Education is needed to obtain information, for example things that support health so that it can improve health and quality of life [11].

Based on table 5.3 characteristics of respondents based on occupation, almost half of the housewife respondents had a negative attitude, namely 21 people (40.4%). According to researchers, some mothers do not interact much in society due to their work as housewives, so mothers do not receive enough information about massage for babies aged 3-6 months, which can influence mothers' attitudes towards massaging their babies.

This explanation is supported by theory (Azwar, 2011) that one of the factors that influence attitudes is the work factor, namely the work factor influences a person in receiving information, the busier a person is with his work, the lower the information received, the tendency for a person's actions towards others in a certain environment is called attitude. social. This attitude is the result of a tendency to react to the environment, including the work environment [11].

Based on table 5.4, the characteristics of respondents based on whether or not they have received information, the majority of respondents' sources of information are never/not received information, 32 people (61.5%) have a negative attitude.

According to researchers, information is one of the factors that influences the formation of a person's attitude. If someone does not get enough information about massage for babies aged 3-6 months, a negative attitude towards baby massage will be formed. This is the same as the theory of Azwar, 2011) which states that the presence of new information about something provides a new cognitive basis for forming attitudes towards that thing. If strong enough, suggestive messages will provide an affective basis for assessing something so that a certain attitude direction is formed [11].

Based on table 5.5, characteristics of respondents based on information sources, almost half of the respondents received information sources from TV/Radio/Internet, 22 people (42.3%) had a negative attitude.

According to researchers, information sources are also needed so that mothers understand more about the benefits of massage, when to massage babies, how to massage babies and baby massage techniques. Information greatly influences the formation of a person's attitude because with information a person understands better the actions/attitudes that must be taken according to the source of the information obtained.

This explanation is in line with the theory according to (Azwar, 2011) that the more people explore sources of information, the more knowledge they have. Providing information is to upload a person's awareness of an attitude that will be carried out. Various forms of mass media such as television, radio, newspapers, magazines and others have a huge influence in forming individual opinions and beliefs [11].

2. Distribution of Respondents' Attitudes Regarding Massage for Babies Aged 3-6 Months After Being Given Health Education at Posyandu Delima, Jatiluhur Village, Jatiasih, Bekasi City.

Based on table 5.7, it is known that after being given Health Education about massage for babies aged 3-6 months, the majority of respondents' attitudes were positive, as many as 34 respondents (65.4%).

According to researchers, this is because they have provided Health Education so that mothers understand the meaning of baby massage, the benefits of baby massage, timing of baby massage, preparation for baby massage, how to massage according to the baby's age and baby massage techniques so that the mother's self-confidence begins to emerge so that the mother is motivated. to massage the baby independently.

This can be seen from the tabulation data for each parameter. The largest result was that the respondent's attitude was affective, 3.4 (33.7%). so that in the parameters of mothers' attitudes regarding massage for babies aged 3-6 months, almost the majority of mothers have a positive attitude.

This research is in line with researchers (Syefira Ayudia Johar, 2020) that after being given health education, the majority of respondents had a positive attitude, 35 people (70%). Where before being given health education a positive attitude from 20 people (40%) to 35 people (70%) or as much as 30% [10].

Research (Dewi, 2019) on the relationship between knowledge and attitudes of mothers regarding baby massage in Wadung Getas Village, Klaten, showed that 66.7% of respondents had a positive attitude towards baby massage. The large amount of positive knowledge in this research may also be due to the mother having received counseling about baby massage at the Posyandu [12].

In Girimargo Village, Sragen, (Baroo'ah, 2015) has also researched that the behavior of mothers after being given health education revealed that 15 respondents (71.4%) had positive behavior, while 6 respondents (28.6%) had negative behavior. %). Positive behavior can be seen from observation sheets and home visits carried out by researchers [13].

This is in line with the theory according to (Nugraaheni & Dwijayanti, 2013) which states that access to information is related to the mother's attitude in giving baby massage. The more information the mother gets about baby massage, the higher the mother's self-confidence in massaging her baby independent [14].

A person's age can influence attitudes, according to data on respondent characteristics based on age, it is known that almost half of respondents aged > 35 years, 21 people (40.4%) have a positive attitude. The researcher's assumption is that a person's age factor can determine whether their attitude is positive or negative. Age over 35 years is considered mature, because age can influence a person's way of thinking. With a person's maturity, their thinking patterns and insight become broader.

This is the same as the theory (Azwar, 2011) that age is one of the aspects that plays a role in the formation of a person's maturity. As age increases, the level of maturity will increase, this will influence

thinking patterns. This condition has an impact on the mother's positive or negative attitude towards massage for babies aged 3-6 months [11].

Education can influence attitudes, according to the characteristics of respondents based on education level, almost half of the respondents with a high school education, 24 people (46.2%) have a positive attitude. According to researchers, a person's level of education will influence his perception of things that come from outside. Someone who has a high education will give a more rational response than someone with a low education or no education at all. Health education can change the respondent's attitude from a negative attitude, influencing changes in the respondent's attitude to a positive one.

This is the same as the theory (Azwar, 2011) that educational institutions and religious institutions influence the formation of attitudes, this is because they lay the foundation for understanding and moral concepts within individuals. Education is needed to obtain information, for example things that support health so that it can improve health and quality of life [11].

Based on table 5.4 of the characteristics of respondents based on whether or not they have received information, the majority have a positive attitude and have never received information about massage for babies aged 3-6 months, as many as 32 people (61.5%).

According to researchers, information is one of the factors that influences the formation of a person's attitude, if someone never gets information about massage for babies aged 3-6 months, a negative attitude towards baby massage will be formed and with the Health Education provided by researchers, it will increase the mother's information so that the mother can understand about massage for babies aged 3-6 months and motivate mothers to massage their babies independently.

This information is the same as the theory (Azwar, 2011) that the existence of new information about something provides a new cognitive basis for forming attitudes towards that thing. If strong enough, suggestive messages will provide an affective basis for assessing something so that a certain attitude direction is formed [11].

Based on table 5.5, characteristics of respondents based on information sources, almost half of the respondents received information sources from TV/Radio/Internet, 22 people (42.3%) had a positive attitude.

According to researchers, information sources are also needed for mothers so that mothers understand more about the benefits of massage, when to massage babies, how to massage babies and baby massage techniques. Information greatly influences the formation of a person's attitude because with information a person understands better the actions/attitudes that should be taken or not taken according to the source of the information obtained. And almost half of the respondents previously only got sources of information from TV/Radio/Internet and health workers because almost the majority of respondents were housewives so the sources of information obtained were still lacking because mothers spent more time at home and after being given Health Education about Massage for babies aged 3-6 months adds to mothers' information about baby massage.

This is in line with the theory according to (Machfoedz, I., & Suryani, 2013) which states that providing information through counseling to mothers can increase the mother's information so that increasing the information obtained by the mother can increase her self-confidence, thereby increasing the mother's motivation towards an object [15].

This is the same as the theory according to (Azwar, 2011) that the more people explore sources of information, the more knowledge they have. Providing information is to upload a person's awareness of an attitude that will be carried out revealing that various forms of mass media such as television, radio, newspapers, magazines and others have a very big influence in forming individual opinions and beliefs. [11].

3. Distribution of the Effect of Health Education regarding massage for babies aged 3-6 months, on mothers' attitudes at Posyandu Delima, Jatiluhur Village, Jatiasih, Bekasi City.

Based on table 5.8, almost all of the respondents' attitudes before being given Health Education were positive, namely 11 people (21.2%) and attitudes after being given Health Education were mostly positive, namely 34 people (65.4%).

The results of the Mc Nemar statistical test showed that it was significant at 0.000 which was less than 0.05 so it could be stated that H1 was accepted, meaning that there was an influence of Health Education regarding massage for babies aged 3-6 months on the mother's attitude.

According to researchers, the existence of Health Education about massage for babies aged 3-6 months can actually influence the increase in mothers' attitudes about massage for babies aged 3-6 months, which is influenced by attitudes that have been formed due to socio-cultural factors in the living environment, with the existence of Health Education about Massage for babies aged 3-6 months carried out by researchers can change the mother's opinion that baby massage is only done by dukun so that mothers can be motivated to do baby massage independently.

This explanation is in accordance with the opinion of (Azwar, 2011) that attitudes are not innate but are formed or learned throughout development in relation to the object, the presence of new information about something provides a new cognitive basis for the formation of attitudes towards that thing. If strong enough, suggestive messages will provide an affective basis for assessing something so that a certain attitude direction is formed [11].

The theory according to (Notoatmodjo, 2012) states that attitude is readiness or willingness to act, attitude is influenced, among other things, by experience, culture, sources of information and emotional factors [16].

This is in line with researchers (Andriyani & Beliana Sari, 2015) in their research entitled "*Hubungan Sikap Ibu Tentang Pijat Bayi dengan Perilaku Ibu dalam Memijat Bayi di Posyandu Wilayah Kerja Puskesmas Sidomulyo Pekanbaru*". Based on the results of the analysis of 68 respondents, it is known that of the total number of mothers who did not massage their babies were 29 (70.7%) and 46 (67.6%) were mothers who had a negative attitude. Based on the results of the Chi Square statistical test, the value obtained was $p = 0.002$, this value was smaller than $\alpha = 0.05$, thus there was a relationship between the mother's attitude towards baby massage and massage behavior or the hypothesis (H_a) was accepted. The mother's attitude regarding baby massage is shown by the mother's willingness to massage her baby either independently or with health workers [9].

According to the results of research conducted by (Syefira Ayudia Johar, 2020) with the title "*Pengaruh Pendidikan Kesehatan Terhadap Sikap Ibu Tentang Pijat Bayi Di Kelurahan Tiyan, Kecamatan Bulu, Sukoharjo*", with a sample of 50 people it was concluded that mothers' attitudes before being given health education about baby massage tend to have a negative attitude with a percentage of 60%. The mother's attitude after being given health education about baby massage has a positive attitude with a percentage of 70%. There is an influence of health education on mothers' attitudes about baby massage with a value of $p = 0.000$ and a value of $z = -3.561$ [10].

Researchers (Syamsiah et al., 2022) with the research title "*Pengaruh Pendidikan Kesehatan Tentang Pijat Bayi Usia 3-6 Bulan Terhadap Sikap Ibu*" obtained data that the Pre Test and Post Test at BPM X Tangerang City in 2021. Based on bivariate analysis from 52 respondents before being given health education about massage for babies aged 3-6 months, it showed that the average Pre Test score was 1.210, while the Post Test score obtained an average of 1.630, so it was known that there was an increase in respondents' attitudes about massage for babies aged 3-6 months and could It was concluded that there was a significant influence between the influence of health education on respondents' attitudes about massage for babies aged 3-6 months in BPM X Tangerang City with a mean difference of 0.42. The results of the bivariate analysis showed that the Paired T-Test test results showed that the average Pre Test score was 1.210 with a standard deviation of 0.412. The results of statistical tests obtained a p

value of 0.000, so it can be concluded that there is a significant difference in the mother's attitude before and after treatment because the p -value is 0.000 ($0.000 < 0.005$) [17].

Conclusion

In writing this research, it was concluded that there was an influence of Health Education regarding massage for babies aged 3-6 months on the attitudes of mothers at Posyandu Delima, Jatiluhur Village, Jatiasih District, Bekasi City.

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