
EMPOWERMENT OF POSTPARTUM MOTHERS ABOUT BABY'S MASSAGE AT LINDA SILALAH MIDWIFERY CLINIC OF PANCUR BATU REGION IN 2019

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Introduction

The prevalence of stunting is quite high according to *Riskesdas* (37.2%) compared to countries in Southeast Asia. And Indonesia was ranked fifth in the world for the number of children with stunting conditions. More than a third of toddlers of age in Indonesia are below average.

North Sumatra Province is a province with a stunting prevalence of 28.5% and a district that contributes to the stunting rate in North Sumatra, Langkat Regency by 57.4%. Another contributor to stunting in Langkat Regency is Perlis village.

Stunting occurs due to inadequate nutrition results in 1000 days of life. The main 1000 day nutrition is breast milk which must be given regularly without giving anything, which is often called exclusive breastfeeding.

Exclusive breastfeeding has a major contribution to the development and endurance of children. By giving exclusive breastfeeding, the baby will grow and develop optimally and invest in preventing stunting (*Dirjen Kesmas, 2017*).

The goal of exclusive breastfeeding and commitment to achieve the "Sustainable Development Goals" (SDGs) by 2030. And the SDGs began in 2016, a continuation of the Millennium Development Goals (MDGs) where Indonesia has not achieved its target. The target of exclusive breastfeeding coverage according to the SDGs was 100%. In Indonesia, the target was 80%. It turns out that the achievement of exclusive breastfeeding coverage in Indonesia was only 56%, while in North Sumatra was 30.6% and Langkat was 28.4%.

The cause of not implementing exclusive breastfeeding is the inability of the baby to suck breast milk so that the baby keeps crying so the parents overcome the problem by giving additional milk. Supplement ordinary breastmilk by giving formula milk or feeding rice according to local culture. The inability of the baby to suck one way to overcome was baby massage.

Infant massage stimulates an increase in the activity of the vagus nerves which will lead to better absorption of the digestive system, so that the baby will be hungry faster and the frequency of breastfeeding the baby will be more frequent, which in the end will be more milk production (Roesli, 2013).

Research conducted by Fatima (2014) in Yogyakarta showed that 20 premature babies (body weight 1,280 and 1,176 g), who were massaged 3 x 15 minutes for 10 days, experienced a weight gain of 20% -47% per day compared to those who were not massaged. Medium-term infants aged 1-3 months who were massaged for 15 minutes, twice a week for 6 weeks experienced higher weight gain than the control group

According to research by Cahyani et al (2012), baby massage can be done by mothers themselves at home, the higher the education, the easier it is to receive information, in the end the knowledge they have will increase in supporting the practice of baby massage at home and the baby's weight will increase 37.5-68, 2% after the mother massage the baby 2 times a day

Infant massage can be carried out by the mother of the baby, meaning that the mother becomes proactive and participates in maintaining the health of the baby and the baby's growth and development and does not involve other people to care for the baby so that it can realize the vision and mission of Indonesia's health, namely a healthy Indonesia in 2025 and the vision and mission of health is expected to be community behavior be proactive to improve and maintain their health, prevent the risk of disease and health problems, be aware of the law and actively participate in the public health movement, organize a healthy and safe community and can also realize the health vision and mission of North Sumatra Province, namely realizing the people of North Sumatra province was independent and competitive and the health vision and mission of Langkat Regency encourages people to live healthy independently.

The community knows about baby massage but it is carried out when the child is sick and aken to a traditional birth attendant so that it needs to be given counseling and training for mothers who have babies to be able to independently massage babies so that the health vision and mission of North Sumatra and Langkat can be realized.

Baby massage has been around for a long time and has been practiced and taught from generation to generation in accordance with the local culture, but the actual benefits are not known and it is usually people who are accustomed to doing it or what is often called a massage therapist.

Based on the data above, this community service is empowering postpartum mothers about infant massage using leaflet media so that postpartum mothers are skilled at baby massage and practice it after the baby is born, it is hoped that the baby's height and weight will increase and the baby will drink breast milk exclusively.

DISCUSSION

1. Overview of the Linda Silalahi midwifery clinic at Pancur batu in 2019 (Figure 1)
 - a. In the north, bordered by Kalumpinang Village, Kutalimbaru sub district
 - b. In the south bordered by Lau Bakri
 - c. In the east, bordered by Jambur Pasar IV village, Pancur batu sub-district
 - d. In the west, bordered by Tuntungan 1 Village, Pancur batu sub-district



Figure 1. Linda Silalahi clinic as the place for the community service

1. There are several stages of community service activities, namely exploratory stage and Implementation Stage.

From the results of community service entitled empowerment of postpartum mothers regarding infant massage, counseling and training on infant massage have been carried out. The results found that there was a change in the knowledge of post-partum mothers where when the pre-test was carried out, it was found that of the 30 post-partum mothers there were 15 people (50%) who had less knowledge, while the post-test results found that the majority had good knowledge of 18 people (60%). Empowerment of post-partum mothers through counseling and infant massage training that has been implemented has increased mother's knowledge so that mothers are aware of the importance of doing regular and routine baby massage independently.



Figure 2. Empowerment of post-partum mothers through counseling and infant massage training process.

Baby massage if done regularly, the baby will be more relaxed and rested effectively, when the baby wakes up, it will bring enough energy for activities. Optimally, the baby will be hungry quickly so that appetite increases. Increasing the baby's appetite will increase the weight gain experienced by the baby to be optimal.



Figure 3. Baby's Massage give relaxing condition to baby and mother

This is in line with the opinion of Roesli (2013) which stated that the benefits of baby massage can increase the baby's weight and length. Increase endurance, increase the baby's concentration, and make the baby sleep soundly, build bonds of parent-child affection (bonding) and increase milk production.



Figure 4. Empowerment and training process till mothers can demonstrate it independently

Cultivating awareness of the importance of infant massage is highly expected so that postpartum mothers can do massage independently and continuously so that the provision of stimulus in the form of infant massage from the mother will create smart children and optimal growth and development (Maharani, 2012).

Conclusion

Most of the postpartum mothers at the Linda Silalahi Clinic Pancur Batu, before the community service service, had never heard or done massage on babies. After being given counseling and demonstration of baby massage techniques, the post-partum mother already understands and has practiced massage for babies. Demonstration of massage in infants is carried out well and the postpartum mother is controlled.

It is hoped that the post-partum mother will continue to perform routine massage for her baby. To the Linda Silalahi Pancur Batu clinic to further increase insight and information about massage for babies, especially for postpartum mothers.

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