
**THE EFFECT OF INFANT MASSAGE ON IMPROVEMENT DURATION
OF BREASTFEEDING IN BABIES AGED 0 – 3 MONTHS
NURUL HASANAH HOSPITAL 2024**

Eva Nurseptiana ^{1*}, Purnama Sari Cane ² Uci Iestari ³

^{1, 2, 3} Universitas Nurul Hasanah Kutacane

Email: evaseptianagedi@gmail.com, purnamasari.cane@gmail.com
ucilestari0104@gmail.com

ABSTRACT

Baby massage can be a choice of physical activity that functions to increase the duration and frequency of the baby's breastfeeding. Baby Massage is an art of health care and treatment that has been known since the beginning of humans in the world and has been practiced for centuries by traditional birth attendants. Babies quickly become hungry or want to eat because their digestion becomes smoother. Mother's milk (ASI) is the main nutritional intake for babies, especially babies 0-3 months.

Breast milk is produced as a result of the combined work of the hormones Oxytocin, Prolactin and the Let Down Reflex. So maternal psychological factors and baby factors are closely related to breast milk production. This research is an analytical research with the type of research used, namely Quasy experimental (quasi-experiment) which seeks to reveal the causal relationship between the independent variable (predictor) and the dependent variable (effect) within a certain time period. The population in this study were all babies 0-3 months at Nurul Hasanah Hospital. Sampling was taken using Purposive Sampling technique.

The research results showed that there was an influence between baby massage and the frequency of breastfeeding in babies with a P value (0.000) and there was an influence between baby massage and the duration of breastfeeding in babies (P value 0.000). It is hoped that midwives can continue to motivate mothers to do baby massage so that it will increase the frequency of breastfeeding for their babies and motivate them to continue providing exclusive breast milk to their babies.

Keywords: *Baby Massage, Duration of Breastfeeding*

INTRODUCTION

Baby massage is touch after birth, and can guarantee continuous body contact that can maintain a feeling of comfort for the baby. Baby massage is easy to learn and generally with some practice parents will become proficient, besides being cheap because it only requires oil/baby oil, it also has many benefits. The positive impacts of baby

massage include: reducing stress hormone levels, increasing levels of immune substances (immunoglobulin), improving blood circulation (Retnowati, 2010). Stimulates digestive and excretory functions, increases appetite, changes brain waves which can make babies sleep soundly, increases the flow of oxygen and nutrients to cells, increases weight gain and



strengthens the bond between baby and parents (bonding), increases breast milk volume

In Indonesia, baby massage is starting to be permitted by the wider community (Subakti, 2008). In fact, traditional baby massage has been known for a long time, even now it is still carried out by traditional birth attendants in various regions. However, the baby massage referred to here is baby massage carried out by the mother, father or family members of the baby

WHO (2010), exclusive breastfeeding can protect babies and children against dangerous diseases and strengthen the bond of affection between mother and child. To reduce child morbidity and mortality rates, the United

Nations Children's Foundation (UNICEF) and the World Health Organization (WHO) recommend that children should be breastfed only breast milk for at least 6 months. Baby massage is a very special baby care technique, usually for treating babies who have stomach aches, constipation or bloating due to drinking a lot, which makes babies cry continuously because they feel unwell. The pressure point of treatment (acupressure) on babies is different from that of adults, which makes massage so effective. The inner bond between mother and baby is very important considering that the closer the relationship is, the higher the mother's understanding of

her baby's needs, so that the baby has the opportunity to grow well. it's better to be bigger too (Prasetyono, 2017).

Based on interviews conducted with coordinating midwives at Rs Nurul Hasanah, data was obtained that the number of babies aged 0-3 months in general, there are still some mothers who still give their babies formula milk. And most people and breastfeeding mothers have a low level of knowledge about newborn massage therapy, breastfeeding and nutrition for newborn babies. So that various complications often occur in babies which can increase the morbidity and mortality rates for mothers and babies.

Based on the background above, researchers are interested in carrying out research with the aim of finding out "The Effect of Baby Massage on Increasing the Duration of Breastfeeding in Babies Aged 0-3 Months Rs Nurul Hasanah 2024"

METHOD

This research is an analytical research with the type of research used, namely Quasy experimental (quasi-experiment) using two groups, namely the treatment group and the control group. The aim was to determine the effect of baby massage on increasing the frequency and duration of breastfeeding in babies aged 0-3 months. The sample size was 30 people. Data analysis used the T test. Period April to June 2024.

RESULT AND DISCUSSION

The research results showed that there was an influence between baby massage

Table 1. Characteristics of Respondents in Sembaha Baru Village

Characteristic of Respondent	n	%
Age		
0-1 month	5	16,7
2 months	18	60
3 months	7	23,3
Gender		
Boys	11	36,7
famele	19	63,3
TOTAL	30	100.0%

In Table 1 it can be seen that of the 30 respondents aged 0-1 months there were 5 people (16.7%) 2 months old 18 people (60%), aged 3 months there were 7 people (23.3%)

In Table 1 it can be seen that of the 30 respondents, 11 were male (36.7%) and 19 were female (63.3)

Table 2. Distribution of Increased Treatment Groups and Control Groups

Increase in average duration of breastfeeding (minutes/day)	Treatment group		Control group	
	Frequency	Kategori	f	%
1.	4	3	2	6,8
2.	3	5	3	10
3.	2	12	14	48,7
4.	1	10	11	36,8
Total		30	100	100

In Table 3 it can be seen that in the treatment group the majority of respondents experienced an increase in the average duration of breastfeeding of 1 minute/day (33.3% or 10 respondents) and this increased to 11 people (36.8). The duration of 2 minutes was increased by 12 people (33.3%) by 14 people (46.7%).

Table 3. The Effect of Baby Massage on Bre in the Treatment and Control

Duration Breastfeeding	Mean	Std.	P
Pretest	12,65	2,41	.000
Posttest	12,3	2.85	

Based on table 8, the results of the T test show that $P = 0.000 < 0.05$, meaning H_0 is rejected and H_a is accepted, meaning there is an effect of baby massage on increasing the duration of breastfeeding at Nurul Hasanah Hospital 2024

The category of Complementary Breastfeeding feeding patterns was good, before nutrition education was given, it was 12.9%, increasing to 29%.

CONCLUSION

The research results showed that in the treatment group the majority of respondents experienced an increase in the average duration of breastfeeding by 1 minute/day (33.3% or 10 respondents) and this increased to 11 people (36.8). The duration of 2 minutes was increased by 12 people (33.3%) by 14 people (46.7%).

The results of this study are in line with the theory which states that baby massage can increase appetite. Baby massage causes the baby to become more relaxed and able to rest effectively so that when the baby wakes up he will have enough energy for activities. With optimal activity, babies become hungry quickly so their appetite increases. This increase in appetite is also

coupled with increased activity of the vagus nerve (a brain-loaded system that works from the neck down to the chest and abdominal cavity) in moving peristaltic cells to push food into the digestive tract. In this way, babies get hungry more quickly or want to eat because their digestion becomes smooth

This is also in line with the results of Fitriani and Nurhidayanti's research which states that there is a relationship between baby massage and increased appetite. Erlan's research states that there is an effect of massage on babies aged 0-4 months on increasing the frequency of breastfeeding. Falikhah and Hidayat's research states that there is (Fitriani, 2010).

This is due to irregularity in carrying out pregnancy exercises or even not doing them well so that the results given to respondents can increase endorphin levels which are useful as pain relievers produced by the body in the blood in the central nervous system. It is best not to schedule breastfeeding for babies because if it is scheduled it will affect the production and subsequent release of breast milk. Give breast milk

Whenever the baby wants to breastfeed. By breastfeeding without a schedule, according to the baby's needs, breastfeeding problems will be prevented. The breast milk produced on days 2 – 4 is colostrum with a volume of 150 – 300 ml/day.

Colostrum has a high content of protein, vitamins, minerals and immunoglobulin. This immunoglobulin is an antibody substance from mother to baby which functions as immunity for the baby.

On days 8 – 20, what is called transitional breast milk is produced after colostrum, where the levels of fat, lactose, water-soluble vitamins are higher and the levels of protein and minerals are lower, and contains more calories. On the 21st day after giving birth, it is called mature breast

milk with a volume varying from 300 – 850 ml/day consisting of water, carbohydrates, proteins and fats which are needed for the baby's life needs and development (Fadilah, 2018).

The results of this study show that baby massage has an effect on increasing the duration of breastfeeding in babies aged 0-3 months.

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