

**PENGARUH PENYULUHAN TERHADAP SIKAP IBU DALAM
MELAKUKAN PIJAT BAYI DI DESA TURATEA TIMUR
KECAMATAN TAMALATEA KABUPATEN
JENEPONTO**

INTISARI

Latar Belakang : Stunting merupakan masalah gizi yang masih belum teratasi akibat kekurangan gizi terutama pada saat 1000 Hari Pertama Kehidupan (HPK). Peran orang tua khususnya ibu sangat penting dalam pencegahan stunting yaitu dengan memberikan makanan bergizi dan stimulus untuk meningkatkan nafsu makan anak melalui sentuhan fisik. Pijat bayi sebagai terapi sentuhan taktil/kinestetik dapat meningkatkan kualitas pertumbuhan bayi yang dibuktikan dengan peningkatan massa total dan regional otot serta kepadatan mineral tulang

Tujuan : Penelitian ini bertujuan untuk mengetahui pengaruh penyuluhan terhadap sikap ibu dalam melakukan pijat bayi di Desa Turatea Timur Kecamatan Tamalatea Kabupaten Jeneponto

Metode : Jenis penelitian ini adalah penelitian eksperimental menggunakan desain penelitian *pre-eksperimental* dengan rancangan "*one group pretest-posttest*". Populasi penelitian ini yaitu semua ibu dengan bayi usia 1-12 bulan sebanyak 55 orang dan jumlah sampel yaitu 35 orang dengan teknik pengambilan sampel *purposive sampling*. Instrumen penelitian berupa kuesioner. Analisa univariat dilakukan untuk mengetahui karakteristik responden dan analisa bivariat dilakukan menggunakan *Uji Wilcoxon* untuk mengetahui pengaruh antara dua variabel

Hasil : Hasil uji statistik menunjukkan adanya perbedaan sebelum dan sesudah diberikan penyuluhan pijat bayi dengan nilai *p-value* 0.000, ($\alpha < 0,05$). Sebelum diberikan penyuluhan sebanyak 12 orang (34,3%) bersikap positif dan 23 orang (65,7%) bersikap negatif, sesudah diberikan penyuluhan sebanyak 24 orang (68,6%) bersikap positif dan 11 orang (31,4%) bersikap negatif

Kesimpulan : Terdapat pengaruh penyuluhan terhadap sikap ibu dalam melakukan pijat bayi di Desa Turatea Timur Kecamatan Tamalatea Kabupaten Jeneponto

Kata Kunci : Penyuluhan, Pijat Bayi, Sikap

**THE INFLUENCE OF COUNSELLING ON THE ATTITUDE OF
MOTHERS TOWARDS DOING BABY MASSAGE IN EAST
TURATEA VILLAGE, TAMALATEA DISTRICT,
JENEPONTO REGENCY**

ABSTRACT

Background : Stunting is a nutritional problem that is still not resolved due to malnutrition, especially during the first 1000 days of life. The role of parents, especially mothers, is very important in the Prevention of stunting by providing nutritious food and a stimulus to increase the child's appetite through physical touch. Infant massage as a tactile or kinesthetic touch therapy can improve the quality of infant growth, as evidenced by an increase in total and regional muscle mass and bone mineral density.

Objective : This study aims to determine the influence of counseling on attitude of mothers towards doing baby massage in East Turatea Village, Tamalatea District, Jeneponto Regency.

Method : This type of research is experimental research using a pre-experimental research design with a "one group pretest-posttest" design. The population of this study is all mothers with babies aged 1–12 months, as many as 55 people, and the number of samples is 35 people with the purposive sampling technique. Univariate analysis was conducted to determine the characteristics of respondents, and bivariate analysis was conducted using the Wilcoxon test to determine the effect between two variables.

Result : The results of statistical tests showed a difference before and after infant massage counselling was given with a p-value of 0.000 ($\alpha < 0,05$). Before being given counselling, 12 people (34.3%) were positive and 23 people (65.7%) were negative. After being given counselling, 24 people (68.6%) were positive and 11 people (31.4%) were negative.

Conclusion : There is an influence of counselling on the attitude of mothers towards doing baby massage in in East Turatea Village, Tamalatea District, Jenepoto Regency.

Keywords : *Counseling, Baby Massage, Attitude*