

Pengaruh Pendidikan Kesehatan Video Pijat Bayi Terhadap Pengetahuan Ibu Di Posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya Tahun 2024

Suci Pitri Linawati¹, Nur Rahmawati Sholihah²
Email : sucipitri25@gmail.com

INTISARI

Latar belakang Kondisi kesehatan bayi sejak lahir berperan penting dalam menentukan pertumbuhan dan perkembangan. Berdasarkan data dari *World Health Organization* (WHO) pada tahun 2020, sekitar 28,7% bayi mengalami gangguan pertumbuhan dan perkembangan, Indonesia menempati posisi ketiga tertinggi di kawasan Asia Tenggara akibat kurangnya stimulasi pada bayi. Hasil studi pendahuluan didapatkan 10 (83%) ibu belum mengetahui manfaat lebih jauh dari pijat bayi dan belum memahami bagaimana memijat bayi yang benar. Pijat bayi adalah salah satu bentuk stimulasi yang diberikan melalui sentuhan lembut di seluruh tubuh. Keberhasilan stimulasi dipengaruhi oleh pola asuh orang tua. Penting bagi ibu untuk memperdalam pengetahuan mengenai pijat bayi. Tujuan mengetahui pengaruh Pendidikan Kesehatan Video Pijat Bayi terhadap pengetahuan ibu di posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya. Metode Penelitian kuantitatif dengan jenis penelitian *Pre-Experimental Design* menggunakan pendekatan *one group pretest-posttest*. Sampel adalah ibu yang mempunyai bayi usia 1-6 bulan di posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya sebanyak 32 yang memenuhi kriteria inklusi dengan teknik pengambilan sampel *simple random sampling*. Analisis univariat menggunakan distribusi frekuensi. Analisis bivariat menggunakan uji *wilcoxon*. Uji analisis menggunakan *Microsoft Excel* dan aplikasi SPSS 27. Hasil Penelitian diperoleh sebelum dilakukan intervensi sebagian besar ibu memiliki pengetahuan kurang 43,8 %. Sesudah dilakukan intervensi mengalami peningkatan menjadi baik 62,5%. Dari hasil uji statistik *Wilcoxon* didapatkan nilai *p value* 0,001 ($p < 0,05$) yang artinya ada pengaruh pendidikan kesehatan video pijat bayi terhadap pengetahuan ibu tentang pijat bayi di Posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya.

Kata Kunci : Pendidikan Kesehatan, Video Pijat Bayi, Pengetahuan Ibu, Pijat Bayi

¹Mahasiswa Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

²Dosen Kebidanan Fkes Universitas Jenderal Achmad Yani Yogyakarta

The Influence of Baby Massage Health Education Videos on Mothers' Knowledge at the Integrated Health Service Post (Posyandu) in Cikubang Village, Taraju District, Tasikmalaya Regency, 2024

Suci Pitri Linawati¹, Nur Rahmawati Sholihah²
Email : sucipitri25@gmail.com

ABSTRACT

A baby's health condition from birth plays a significant part in determining their growth and development. Based on the data from the World Health Organization in 2020, approximately 28.7% of babies experience developmental disorders, with Indonesia ranking third in Southeast Asia due to insufficient stimulation in babies. Previous study revealed that 10 mothers (83%) were unaware of further advantages of baby massage. Therefore, it is essential for mothers to deepen their understanding of baby massage. This study aims to determine the influence of baby massage video health education on mothers' knowledge in the Cikubang Village Posyandu, Taraju District, Tasikmalaya Regency. A quantitative research method with a pre-experimental design was carried out using a one-group pretest-posttest approach. 32 mothers who had babies aged 1-6 months and met the inclusion criteria were chosen as samples through simple random sampling technique. The univariate analysis was conducted using frequency distribution, while bivariate analysis utilized the Wilcoxon test. Then, Microsoft Excel and SPSS 27 application were used to perform the test analysis. The study results showed that before the intervention, 43.8% of mothers had poor knowledge. This improved to 62.5% after the intervention. The Wilcoxon statistical test results exhibited a p-value of 0.001 ($p < 0.05$), indicating that baby massage video health education significantly impacts mothers' knowledge about baby massage at the Cikubang Village Posyandu, Taraju District, Tasikmalaya Regency.

Keywords: *Health Education, Mother's Knowledge, Infant Massage*

¹Student at the Midwifery Study Program, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta

² Lecturer at the Midwifery Study Program, Faculty of Health, Universitas Jenderal Achmad Yani Yogyakarta