

**PENGARUH PEMBERIAN PENDIDIKAN KESEHATAN TENTANG PIJAT
BAYI DENGAN PRAKTEK PIJAT BAYI SECARA MANDIRI OLEH IBU
DI DESA HARGOSARI GUNUNGKIDUL YOGYAKARTA**

INTISARI

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Latar Belakang: Analisa SDKI pijat bayi di Indonesia diperkirakan 12,4% dari seluruh bayi di dunia. Pijat bayi di masyarakat, umumnya dukun yang masih memegang peranan penting dan pemijatan dilakukan bila bayi sakit atau rewel. Pendidikan kesehatan tentang pijat bayi masih belum banyak diketahui oleh masyarakat sehingga masih jarang pelaksanaan pijat bayi secara mandiri oleh ibu.

Tujuan Penelitian: Diketuinya pengaruh pemberian pendidikan kesehatan tentang pijat bayi dengan praktek pijat bayi secara mandiri oleh ibu di Desa Hargosari Gunungkidul Yogyakarta.

Metode Penelitian: Jenis penelitian *quasy eksperiment* dengan rancangan yang *one group pretest – post test design*. Populasi penelitian adalah ibu yang memiliki bayi usia 0-12 bulan di Desa Hargosari Gunungkidul sebanyak 15 orang. Teknik pengambilan sampel menggunakan *total sampling*. Analisis data yang digunakan adalah *t-test*.

Hasil Penelitian: Praktek pijat bayi sebelum pemberian pendidikan kesehatan adalah kurang sebanyak 11 responden (73,3%) dan cukup sebanyak 4 orang (26,7%), praktek pijat bayi sesudah pemberian pendidikan kesehatan adalah cukup sebanyak 7 responden (46,7%) dan sebagian kecil baik dan kurang masing-masing sebanyak 4 orang (26,7%, nilai $p= 0,000$ berarti ($p < 0,005$) sedangkan nilai uji t hitung sebesar 4,785 dimana nilai t tabel pada df 14 sebesar 2,145 sehingga ($t \text{ hitung} > t \text{ tabel}$).

Kesimpulan: Ada pengaruh pemberian pendidikan kesehatan tentang pijat bayi dengan praktek pijat bayi secara mandiri oleh ibu di Desa Hargosari Gunungkidul Yogyakarta. Tenaga kesehatan sebaiknya meningkatkan penyuluhan mengenai praktek pijat bayi pada ibu yang memiliki bayi.

Kata Kunci: Pendidikan kesehatan, praktek pijat bayi secara mandiri

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THE EFFECT OF HEALTH EDUCATION GIVING ABOUT THE INFANT MASSAGE WITH INFANT MASSAGE PRACTICE INDEPENDENTLY BY MOTHER IN HARGOSARI VILLAGE GUNUNGKIDUL

ABSTRACT

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Background: Analysis of Demographic and Health Survey about the infant massage in Indonesia is estimated at 12.4% of all babies in the world. Shaman still plays an important role on baby massage in the society and the massage done on sick or fussy baby. Health education on infant massage is not widely known by the public so it is still rare in the implementation of independent massage on babies by the mother.

Research Objectives: To reveal the effect of giving health education on infant massage with infant massage practice independently by mothers in Hargosari Village Gunungkidul.

Research Methods: This is a Quasy experiment research with one group pretest-post test design. The study population was mothers with infants aged 0-12 months in Hargosari Village, Gunungkidul as many as 42 people. The sampling technique used is the total sampling. Analysis of the data used are the t-test.

The research results: The practice of infant massage before giving health education on infant massage is low, as much as 11 respondents (73.3%), the practice of infant massage after giving health education on infant massage is medium, as much as seven respondents (46.7%), the value of $p = 0.000$ means ($p < 0.005$) whereas the calculated value of t test is 4.785 where t table value on 14 df is 2.145, so ($t \text{ count} > t \text{ table}$).

conclusion: There is the effect of giving health education on infant massage with infant massage practice independently by mothers in Hargosari Village Gunungkidul Yogyakarta. Health representatives should increase the information giving about baby massage practice to mother with babies.

Keywords: Health education, infant massage practice independently.

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