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The Effect Of Educational Intervention Of Infant Massage Through Android Application On The Growth And Development Of Infants Aged 6 To 12 Months At Anny Rahardjo Main Clinic In 2022

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ABSTRAK

Optimal growth and development is the result of the interaction of various interrelated factors, namely genetic, environmental and behavioral factors, as well as useful stimulation or stimulation. One form of stimulation that can be done is baby massage. Baby massage provides many benefits if done regularly and purposefully, so this baby massage is better done by parents who are always close to the baby. In order for parents to be able to do baby massage correctly, education is needed. With the development of technology, Android can be used as a medium for health education information. Various studies have shown that the use of mobile application-based technology and the internet has proven effective in improving people's knowledge and behavior. This study was conducted by taking data from postpartum mothers who visited the Anny Rahardjo Main Clinic who were given baby massage education through an android-based application for the Intervention group and the control group through baby massage guidelines. The research design used a quasi-experimental group and pretest-Pottest control design. The intervention group received treatment for a predetermined period of time. After the treatment was completed, measurements were taken in both groups. The number of respondents was 60 people consisting of 30 control groups and 30 intervention groups. The conclusion of the research on the use of this baby massage android application shows positive results, with the existence of guidelines that can be accessed anytime and anywhere to make parents do baby massage regularly and purposefully, so that there is a significant increase in the average baby weight and baby development, and there is an effect of Baby Massage Educational Intervention through android application on baby development.

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Introduction

Infancy is a very special period known as the Golden age, which is a golden period and a crisis period of 0-12 months of human development. Babies are very sensitive to their environment, therefore babies need adaptation to their surroundings by providing good nutrition and stimulation (Adriana, 2013). The achievement of optimal growth and development is the result of the interaction of various interrelated factors, namely genetic, environmental and behavioral factors, as well as beneficial stimuli or stimuli. One of the suggested stimuli is baby massage (Harahap, 2019).

What is happening in today's society is that there are still many children who are stunted (Mildiana & Eka, 2019). This phenomenon occurs because many parents do not understand the importance of the process and stages of child development. This situation can be seen, for example, the mother does not talk to the baby during treatment, or does not give the baby hand and foot exercises. so they do not equip and stimulate their babies from an early age (Damayanti et al., 2019).

Baby massage that is done regularly can produce many benefits, per several research results including, The results of the study stated that premature babies after being massaged significantly increased their body weight and increased their motor development (Hutasuhut, 2019). In addition, massage will also make the baby hungry quickly, so the baby can suck more milk so that milk production increases (Rokayah & Nurlatifah, 2018).

Baby massage provides many benefits if the baby massage is done with the right technique, but currently, traditional baby massage performed by traditional birth attendants is still common in many areas. Parents or other family members take their baby to a massage therapist, believing that baby massage is an alternative treatment for ailments (Harahap, 2019). This is due to low awareness of the benefits of baby massage, they only do it empirically and there is no scientific explanation about how to do baby massage properly (Suharto & Suriani, 2018).

To reduce the bad effects of improper baby massage, it would be better if the baby massage is done by the mother herself, who is always near the baby. But for the most part, the mother is unable to care for the newborn. Postpartum mothers still look very stiff, afraid of being hugged, bathing, and doing baby massages. Baby massage requires sufficient knowledge and skills. Health education is an attempt to assist postpartum mothers in increasing knowledge, motivation, and skills for optimal health. It is very important to use the right method in the educational process (Suliha, 2002).

Health education can be communicated in various ways and media depending on the purpose. Several studies have shown that the use of mobile and internet application-based technologies has proven effective in increasing people's knowledge and behavior (Sitorus, 2020). With the development of technology, Android can be used as a medium of health education information. Especially during this pandemic, people are more interested in making use of or buying something from inside the house only via cell phones, according to Net Applications research, the level of use of smartphones and tablets that use the Android platform has continued to grow globally in the last three months, 37.75% in April 2014, 41.58% in May 2014, and 43.75% in June 2014%. Then according to the latest data released by APJII (Association of Indonesian Internet Service Providers) at the end of 2013, the number of internet users in Indonesia

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reached 63 million, while Bappenas data is expected to increase to 130 million in 2014 (Auliasari & Orisa, 2015).

So that parents can carry out optimal stimulation of baby massage regularly and direct from home, also seeing the potential for using Android smartphones and internet access. Researchers are interested in developing baby massage applications using the Android platform which can be accessed anytime and anywhere.

Methods

Design This research is a quasi-experimental study and the design used is the design before and after the test with the control group, named after the first observation (pre-test), the researcher examines the changes that occur after the treatment (post-test) during the intervention group and the control group (Notoatmodjo, 2010). In the intervention/case design, an educational intervention for infant massage was carried out through an android application, while the control group was given an intervention for infant massage which is usually carried out by a midwife. The intervention group provided intervention 3 times in 1 week.

The sampling technique used a purposive sampling technique, namely selecting samples according to their wishes, and the samples in this study were conducted by postpartum mothers visiting the Anny Rahardjo Main Clinic from July to September 2022. Therefore, the range of samples taken using the solving technique is between 10-20% of the study population. For a dropout rate of 10%, the sample is rounded up to 30 respondents in each group with interesting features: Postpartum mothers who make postpartum visits at the Anny Rahardjo clinic, have never been exposed to information on infant loss, do not work in the health sector, and have Android phone. Exclusion criteria: mothers who have problems in childbirth, do not do pre and post-tests, and mothers who stop during the study (dropped out). Ethical clearance was submitted in the first week of July 2022. Ethical Clearance was obtained on 25 July 2022 with Number: 433/SK.KEPK/UNR/VII/2022.

This study was divided into 2 parts, namely (1) initial observation: Before being given an intervention through the android application of baby massage, measurements of the growth and development of the baby were carried out. exist in the application. the mother will continue the baby massage activities at home per the application that has been given by the researcher (carried out in the morning/afternoon for 10-15 minutes). the mother will also do a baby massage at home following the guidelines given by the researcher (carried out in the morning/evening for 10-15 minutes). (2) Final observation: After intervention for 3 months 45 times in the intervention group, a posttest was carried out to assess the growth and development of the baby. Likewise, the group that was not given training in baby control massage applications was given the same posttest as the intervention group when the group the intervention was given a posttest, growth assessment was carried out using scales and meters and development using KPSP. The analysis in this study consists of; (1) Univariate analysis aims to display the characteristics of the postpartum mother respondents which include: parity, age, and education. (2) Conduct a bivariate to find out whether there is a relationship or influence between the independent variables on the dependent variable. The test used is the average comparison of the two unpaired groups, the t-test if the data distribution is normal, or the Mann-Whitney test if the data is not normally distributed. The $p<0.05$ value is used to indicate significance. Meanwhile, the data normality test uses the Shapiro-Wilk test for $n < 50$, provided that the data is normally distributed if $p > 0.05$. (3) Multivariate analysis in this study uses a linear regression test which aims to estimate the relationship between one independent variable and the dependent variable by controlling the confounding variable. If the analysis results show a value of $p> 0.05$, the variable is not confounding and is still worthy of comparison

Result and Discussion

This research was conducted by collecting data on postpartum mothers who visited in June-September 2022 at the Anny Rahardjo Main Clinic. Intervention group and control group that provides education about baby massage through applications & manuals. In this design, there are two groups each chosen at random, with one group as the control group and the other group as the intervention group. The group that received the treatment was called the intervention group. The intervention group was then treated for a predetermined time. After completion, measurements were taken in both groups. A comparison of the results of the two groups shows the effect of the treatment given. The number of respondents was 60 people consisting of 30 control groups and 30 intervention groups.

Table 1
Distribution of Respondent Characteristics by Age, Parity, Education, and Knowledge

Variable	Control		Intervention		Total	
	n	%	n	%	n	%
Age						
20-35 Years	22	73,3	26	86,7	48	80
>35 Years	8	26,7	4	13,3	12	20
Paritas						
Primipara	6	20	7	23,3	13	21,7
Multipara	24	80	23	76,7	47	78,3
Education						
Low	10	33,3	12	40	22	36,7
Tall	20	66,7	18	60	38	63,3
Knowledge						
Not enough	12	40	14	46,7	26	43,3
Good	18	60	16	53,3	34	56,7

Table 1. It can be concluded that in both the control group and the intervention group, the majority of respondents were in the age range of 20-35 years, namely 73.3% in the control group and 86.7% in the intervention group. For parity, most were multiparas with a percentage of 80 % in the control group and 76.7% in the intervention group. The majority of respondents had higher education, namely 66.7% in the control group and 60% in the intervention group. Knowledge of the majority of respondents was in the good category with a percentage of 60% in the control group and 53.3% in the intervention group.

Table 2
Overview of Baby's Weight Gain Before and After Intervention in the Intervention and Control Group

Weight	Intervention Group				Control Group			
	Mean	Min	Maks	SD	Mean	Min	Maks	SD
Before	9,4	6,5	15,3	2,1	9,9	7	15	2,1
After	10	7,5	15,7	2,1	10,4	7,5	15,2	2,0

Based on table 2. shows that the average weight gain in the intervention group before being given the baby massage application to the mother was 9.4 and after being given the baby massage application was 10. These results indicate an increase in weight in the

intervention group before and after being given the baby massage application.

Table 3
Picture of Increase in Baby's Body Length Before and After Intervention in the Intervention and Control Group

Weight	Intervention Group				Control Group			
	Mean	Min	Maks	SD	Mean	Min	Maks	SD
Before	68,1	60	78	5,8	67,0	60	78	5,5
After	69,1	61	78	5,4	68,9	62	79	5,4

Table 3 shows that the mean increase in body length in the intervention group before being given the baby massage application to the mother was 68.1 and after being given the baby massage application it was 69.1. These results indicate an increase in body length in the intervention group before and after being given the baby massage application.

Table 4
Overview of Improved Baby Development Before and After Intervention in the Intervention and Control Group

Weight	Intervention Group				Control Group			
	Mean	Min	Maks	SD	Mean	Min	Maks	SD
Before	8,8	7	9	0,4	8,9	7	9	0,4
After	9,2	9	10	0,4	9	9	9	0,0

Based on table 4. shows that the average increase in development in the intervention group before being given the baby massage application to the mother was 8.8 and after being given the baby massage application it was 9.2. These results indicate an increase in development in the intervention group before and after being given the application of baby massage.

Table 5
Differences in Weight, Length and Infant Development Before and After Intervention in the Intervention and Control Groups

Variable	Group	Mean	SD	Min-Maks	Mean Rank	P value*
Weight	**Group Intervention**					
	Before	9,4	2,19	6,5-15,3	15,5	0.000
	After	10	2.10	7,5-15,7		
	Beda Mean	**0,6**				
	Group Control					
	Before	9,9	2,18	7-15	13	0.000
	After	10,4	2.04	7,5-15,2		
	Beda Mean	**0,5**				
Body Length	**Group Intervention**					
	Before	68,1	5,84	60-78	10	0.000
	After	69,1	5,42	61-78		
	Beda Mean	**1,0**				
	Group Control					
	Before	67	5,50	60-78	15,5	0.000
	After	68,9	5,44	62-79		

	Beda Mean	**1,0**				
Development	**Group Intervention**					
	Before	8,8	0,43	7-9	5,5	0.002
	After	9,2	0,43	9-10		
	Beda Mean	**0.4**				
	Group Kontrol					
	Before	8,9	0,40	7-9	1,5	0.180
	After	0,1	0,00	9-9		
	Beda Mean	**0.88**				

Table 5 explains that there was a significant increase in the average body weight in the intervention group, before and after being given the baby massage application with an average difference of 0.6. In the control group, there was also an increase of 0.5. The value of the Wilcoxon statistical test showed that there was a significant difference in the average body weight before and after being given the baby massage application intervention with a value of p = 0.000.

In the body length variable, the intervention group and the control group before and after being given the baby massage application had the same mean difference of 0.1. Even though the average difference was the same, the Wilcoxon statistical test value showed that there was a significant difference in the average body length before and after the baby, massage application intervention was given with a value of p = 0.000.

The development variable showed a significant increase in the average development in the intervention group before and after being given the application of baby massage with an average difference of 0.4. In the control group, there was also an increase of 0.8. The value of the Wilcoxon statistical test showed that there was a significant difference in the average development before and after being given the baby massage application intervention with a p-value = 0.002.

Table 6
The Effect of Using Baby Massage Applications on Body Weight, Length, and Baby Development in the Intervention and Control Groups

Variable	Mean	SD	P value*
Weight	10,6	2,06	0.367
Body Length	69,0	5,48	0.882
Development	9,1	0.32	0.004

Table 6. Based on the results of data analysis with the Mann-Whitney test, a significance value of 0.004 was obtained. Based on this value, because the p-value <0.005, it can be concluded that the treatment of providing education with the use of the android application infant massage affects the growth and development of the baby. This proves that providing education through an android application has more influence on the growth and development of babies compared to providing education only through baby massage guides. For body weight and length, providing education through this android application has no effect, the significance value is not significant, because the p-value> 0.005.

This finding is similar to some of the results of previous studies in research

conducted by (Andini et al., 2014) A 2014 study on the effect of infant massage on neonatal development showed a significant increase in motor development after infant massage. It can be concluded that massaging the baby can optimize neonatal development (Andini et al., 2014), with this android application makes it easier for mothers to do baby massage properly regularly 3 times a week, resulting in a significant effect of providing baby massage education on baby development (Khuzaiyah, 2018).

Various stimulation given early on, one of which is baby massage, can accelerate the development of the baby (Pemayun & Winangsih, 2021). The findings show that babies who are massaged regularly and in a targeted way experience better development because baby massage stimulates development because the touching and squeezing movements in baby massage help strengthen baby's muscles (Prianti & Kamaruddin, 2021).

One of the stimuli to optimize the development of newborns is tactile stimulation in the form of massage or touch. Baby massage is an activity carried out by parents or babysitters to stimulate babies and their muscles to develop more by touching and gently massaging the baby's body. Massage also increases the stimulation of the vagus nerve, which increases absorption of food, which increases enzyme levels, and absorbs gastrin and insulin. This will make it easier for cells and tissues to absorb food. If food is properly absorbed by the cells and tissues of the body, then the body's nutrition will be fulfilled, especially the brain which is the central nervous system. Good physical nutrition will accelerate individual social growth and development, verbal fine motor and gross motor (Yunianti & Asi, 2018).

This is also supported by research (Askary & Aliabadi, 2011) about the effect of tactile motor stimulation on the motor development of low birth weight neonates, which showed that the results obtained by infants who received tactile motor stimulation 3 times a day compared to the control group, 10 days continuously showed a significant increase in motor development. It can be concluded that massaging the baby optimizes its development of the baby. This is almost in line with research conducted by (Mariana & Sopiatun, 2020) which shows that massaging babies can influence and stimulate gross motor development processes of crawling, pulling, and rolling abilities, because the experimental group has more developmental control groups. The results of this study are in line with previous research which was also conducted (İnal & Yıldız, 2012) which shows that babies who receive early infant massage develop faster than babies who do not receive massage (İnal & Yıldız, 2012).

Providing education on the android application for a baby massage does not have a significant effect on infant growth, but the results of this study showed increased growth in both the intervention group and the control group. Massage that is done correctly and routinely can increase the baby's weight. This is due to increased absorption of enzymes and insulin levels in babies who receive a massage so that the absorption of nutrients becomes better. As a result, the baby gets hungry faster, so the baby feeds more often, which increases milk production and body weight (Darwati & Christiani, 2022).

This is by other studies show that massage improves the absorption mechanism of food in the vagus nerve, thereby also increasing the baby's appetite, which directly increases the baby's weight (Yunianti & Asi, 2018). This is also supported by the theory proposed (Dana Salsabila Et Al., 2022) that infants who were massaged had greater variability in body weight, which may also be due to the increased release of growth hormone during the massage. Research on infant massage shows that increased catecholamine hormones (epinephrine and norepinephrine) stimulate growth in infants. Stimulation of the vagus nerve also stimulates the absorption of food or absorption hormones such as insulin and gastrin, which increases food absorption and makes the baby hungry quickly, causing

significant weight gain. (Dana Salsabila Et Al., 2022).

According to (Nia Julita Permata Sari, 2020) research on the effect of infant massage on infant growth, seen from infant indicators, infant massage has an impact on the growth and development of infants aged 5-6 months. Weigh the baby. further research (Indrianingrum & Puspitasari, 2021) in infants 0-6 months showed a significant difference after the baby was massaged there was an increase in the baby's weight between the groups of babies who were massaged and not massaged.

Baby massage can also relieve the baby's tension and fussiness because gentle massage will help relax his muscles so that he calms down and falls asleep. Supported by research conducted by experts on mothers who have healthy babies aged 15 days, massage for 4 months on sleep duration, baby growth and development, and mother's anxiety level. The results of the study showed that babies experienced longer sleep duration (Yılmaz & Conk, 2009).

Conclusion

The conclusion of the research using the android application for baby massage shows positive results, with guidelines that can be accessed anytime and anywhere, parents can do baby massage regularly and purposefully, so there is a significant increase in the average baby's weight and baby's development, and there is an influence Infant Massage Education Intervention through an android application on infant development.

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