

IbM baby Massage Training for Cadres in Kiyaran, Bantul

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A B S T R A C T

Baby massage is a unique affection communication between mother and their baby. During the process, ultimately mother and baby have a wonderful an joy moment to established not merely physicaly but also emotionally contact as well as bonding attachment building moment. In fact, many mothers prefer to send their baby to the birth attendance or called traditional birth attendants in Bahasa to get a routine baby massage. However, those who are called traditional birth attendants were obtain sufficient appropriate knowledge on baby massage technique are remain scarce. Thus, this community service is to provide such a training for those who in need, either mother and or traditional birth attendant. This community service were provided in Dusun Kiyaran Bantul, Yogyakarta. Our participants were mothers who have an under five years as well as traditional birth attendants. The methods of implementation include lecturer and sharing session, following conduct the training through small group participation. The participants were excited to practice the skills companied by the facilitators

Keywords: baby massage, training, cadres

INTRODUCTION

The emotional bond or bonding attachment between mother and baby that has been formed since the baby was in the womb or better known as maternal-fetal attachment (Suryaningsih, Gau, & Wantonoro, 2020) can be strengthened by the touch of the mother to her baby through massage. Baby massage is the oldest culture in the world, including in Indonesia. In almost all parts of Indonesia, people have a tradition of massaging their babies up to the age of children to traditional birth attendants as the main service provider of traditional baby massage. (Lestari, Rukmini, Puspita, Puspitasari, & Pranasakti, 2012). However, based on the results of research conducted in Bantul Yogyakarta, that as many as 100% of respondents namely massage shamans did not stretch just before doing the massage, and the implementation of massage was in the poor category (66.7%). (Lestari et al., 2012). Therefore, it is important to have training or training on how to do traditional baby massage techniques in the right way and technique.

Babies experience very rapid growth and development, especially during the first year of life. The effectiveness of baby massage on baby's motor skills has been proven by research in Indonesia (Hidayanti, 2018). Baby massage has also been shown to affect the baby's weight, so babies who are massaged regularly have a stable weight gain

compared to babies who don't get massage regularly. (Harahap, 2019). Baby massage also affects the baby's sleep quality at night. Babies who are given massage stimulation during the day will have a longer duration of sleep at night than babies who are not given massage stimulation during the day. (Permata, 2017). In addition, the benefits of baby massage also affect growth and development in general as reported by several researchers (Dewi, 2016; Harahap, 2019; Hidayanti, 2018; Rokayah & Nurlatifah, 2018).

This is because massage can provide tactile stimulation of physiological and biochemical effects in the body. In addition, the baby's body that is given tactile stimulation will stimulate the vagus nerve which will affect the production of gastrin and insulin enzymes so that the absorption of the gastrointestinal tract becomes more optimal. As a result, the baby's stomach will be empty in a short time, the baby will be hungry more often so it will suckle more often and in the end the baby will experience significant weight. (Harahap, 2019).

From a preliminary study conducted on 26-30 October 2018 in Kiyaran Sumber Agung Jetis Hamlet, Bantul Yogyakarta, it was found that the number of toddlers in Kiyaran Sumber Agung Jetis Hamlet was 69 children with 10 babies aged 0-24 months while the number of toddlers was 15 children. From interviews conducted with posyandu cadres, all infants and toddlers in the village had received massages by traditional birth attendants. Massage to a traditional birth

RESULTS AND DISCUSSION

In general, science and technology activities for the baby massage community have been well organized. A total of 25 cadres and mothers with toddlers attended this training. The duration of the training was carried out for one day effectively covering apperception, presentation of material, discussion sessions and ended with mentoring in the practice of baby massage by resource persons. All participants are residents of Kiyaran Hamlet with an age range of 25-45 years. by

a. Apperception

The activity started with apperception with the head of the Dukuh before the baby massage training event started. It aims to re-explain the aims and objectives of this activity as well as the expected outcomes of the participants later. The meeting lasted for 5-10 minutes at the hamlet's residence. In the adult learning process (andragogy), apperception has a crucial role in uniting understanding between the giver of the material and the recipient of the material before the learning process begins.(Hariyanto, 2017).

b. Material presentation

After the apperception was done, and the participants had gathered, the activity began with the presentation of the material by the resource person using LCD projector media. The resource person provided learning media in addition to using powerpoint, namely a video of the practice of doing baby massage. According to Bandura, one of the sources of human self-efficacy is mastery experience or seeing the experiences of others(Manning & Wright, 1983).

Thus, participants are expected to feel more confident in providing traditional baby massage services to toddlers in Kiyaran hamlet, Bantul Yogyakarta. As part of the Independent Campus Learning Method (MBKM) program, we provide opportunities for students to participate in this community service activity. So that in the material presentation session, students gave an explanation of the baby massage method to the participants (Figure 1). Students who participated in this activity consisted of 2 nursing students and 1 physiotherapy student who had taken semester 5 at the time this activity took place. They have received material about baby massage and have passed the end of semester evaluation.



Figure 1. Submission of material by the resource person



Figure 2. Submission of material by the resource person

Students provide material for a duration of 10 minutes, followed by a question and answer session from the participants. Then continued with material supplementation and discussions from lecturers in this session (Figure 2). In this session, the participants asked questions not only about baby massage, but also related to newborn care, including the care of the baby's umbilical cord both during bathing and during normal days. However, due to time constraints, we will save the unanswered questions from the participants, and then we will provide responses at a later time via short messages or handout materials that we gave to the hamlet head of Kiyaran Village, Bantul.

c. Baby massage practice

The event started with a speech from the Head of Kiyaran Village, followed by a lecturer at the University of 'Aisyiyah. Then enter the main event, namely the material about Swedish and Indian style baby massage (attached material). The material was delivered using an LCD projector for 15 minutes, then followed by a question and

answer session before practice. Then the participants were divided into three small groups with each group consisting of 10-11 participants. The groups were accompanied by presenters and students who had previously received material about Swedish and Indian style baby massage in the classroom. Each companion directly simulates baby massage using pantoms and props that have been prepared previously. Then each participant is required to practice the materials and simulations that have been shown by the facilitator. Furthermore, every cadre who is still not right in carrying out the practice of baby massage is corrected by a companion. This process takes approximately 120 minutes.



Figure 3. Baby massage simulation by resource person

At the end of the practice session, each participant is invited to ask questions and conclusions to review the results of the activities at that time. Some of the participants' questions were about the health of newborns, their problems and their care. In addition, we also held discussions that discussed several myths about infant health that still apply in the community. Due to time constraints, unanswered questions will be answered via short messages and will be conveyed to the Head of Dukuh to be forwarded to the questioners in other forums.



Source: Personal documentation

Figure 4. Massage training practice by participants



Source: Personal documentation

Figure 5. Baby massage simulation by resource person

CONCLUSION

Community service activities Baby massage training has been carried out well and smoothly without significant obstacles. The enthusiasm of the participants, namely cadre mothers and mothers who have children under five, was very high and received very positive responses. In fact, they feel less with the time that has been provided by the speaker. Suggestions for the Kiyaran village head to hold more counseling activities or share health information to cadres and targets in accordance with the expected material and to collaborate more intensely with health institutions, especially Aisyiyah University Yogyakarta which already has access to the village for future activities .

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