

ABSTRAK

HUBUNGAN PENGETAHUAN TENTANG PIJAT BAYI DENGAN SIKAP IBU DALAM MELASANKAN PIJAT BAYI SECARA MANDIRI (Di Desa Padang Rubek Kecamatan kuala pesisir Kabupaten Nagan Raya)

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Pijat bayi merupakan teknik relaksasi yang diberikan pada anak bayi dan balita yang memiliki banyak manfaat. Sentuhan pada pijat bayi yang dilakukan oleh ibu akan memberikan stimulasi pada panca indra dan perkembangan otak. Berdasarkan studi pendahuluan tanggal 14 maret 2025 hasil wawancara pada 10 ibu didapatkan 6 ibu yang tidak mengerti pijat bayi dan 4 diantaranya mengerti pijat bayi dan kadang memijatkan bayinya pada dukun. Penelitian ini bertujuan untuk mengetahui hubungan antara pengetahuan ibu tentang pijat bayi terhadap perilaku ibu dalam melakukan pijat bayi di Desa Di Desa Padang Rubek Kecamatan kuala pesisir Kabupaten Nagan Raya

Jenis penelitian ini adalah *analitik correlation* dengan rancangan *cross sectional*. Populasi peneletian ini adalah *semua* ibu yang memilki bayi usia 0-12 bulan sejumlah 75 orang. Sampel penelitian sejumlah 63 orang diambil secara *proportional random sampling*. Variabel independent adalah pengetahuan ibu tentang pijat bayi dan variabel dependent adalah perilaku ibu dalam melakukan pijat bayi secara mandiri. Instrumen penelitian menggunakan kuesioner. Pengolahan data menggunakan *Editing, Coding, Scoring, Tabulating* dan uji statistik *Chi square*.

Hasil penelitian menunjukkan pengetahuan ibu tentang pijat bayi didapatkan 38 responden berpengetahuan cukup (60,3%), sedangkan perilaku ibu dalam melakukan pijat bayi secara mandiri didapatkan 40 responden berperilaku negatif (63,5%). Uji statistik *Chi square* menunjukkan $X^2(0,000) < \alpha(0,05)$, sehingga H_1 diterima.

Kesimpulanya, ada hubungan antara pengetahuan ibu tentang pijat bayi dengan sikap ibu dalam melaksanakan pijat bayi secara mandiri.

Kata kunci : pengetahuan, perilaku, pijat bayi

ABSTRACT

**RELATIONSHIP BETWEEN KNOWLEDGE ABOUT INFANT MASSAGE
AND MOTHER'S ATTITUDE IN PERFORMING INFANT MASSAGE
INDEPENDENTLY
(In Padang Rubek Village, Kuala Pesisir District, Nagan Raya Regency)**

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Infant massage is a relaxation technique given to infants and toddlers that has many benefits. The touch of the infant massage performed by the mother will stimulate the five senses and brain development. Based on a preliminary study on March 14, 2025, the results of interviews with 10 mothers found that 6 mothers did not understand infant massage and 4 of them understood infant massage and sometimes massaged their babies with a shaman. This study aims to determine the relationship between maternal knowledge about infant massage and maternal behavior in performing infant massage in Padang Rubek Village, Kuala Pesisir District, Nagan Raya Regency

This type of research is analytic correlation with a cross-sectional design. The population of this study was all mothers who had babies aged 0-12 months, totaling 75 people. The research sample of 63 people was taken using proportional random sampling. The independent variable is the mother's knowledge about baby massage and the dependent variable is the mother's behavior in performing baby massage independently. The research instrument used a questionnaire. Data processing used Editing, Coding, Scoring, Tabulating and Chi square statistical tests.

The results showed that the mother's knowledge about baby massage was obtained by 38 respondents who had sufficient knowledge (60.3%), while the mother's behavior in performing baby massage independently was obtained by 40 respondents who behaved negatively (63.5%). The Chi square statistical test showed $X^2 (0.000) < \alpha (0.05)$, so H_1 was accepted.

In conclusion, there is a relationship between the mother's knowledge about baby massage and the mother's attitude in performing baby massage independently.

Keywords: knowledge, behavior, baby massage

