

# MOTHER'S EXPERIENCE ABOUT BABY MASSAGE IN SUMBEREJO VILLAGE, TRUCUK DISTRICT, BOJONEGORO REGENCY: A QUALITATIVE RESEARCH

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**Original Research Article: Qualitative Research**

**MOTHER'S EXPERIENCE ABOUT BABY MASSAGE IN SUMBEREJO VILLAGE, TRUCUK DISTRICT, BOJONEGORO REGENCY: A QUALITATIVE RESEARCH**

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**Article Info:**

Received: November, 8<sup>th</sup>, 2022

Revised: May, 31<sup>st</sup>, 2023

Accepted: June, 1<sup>st</sup>, 2023

**DOI:**

<https://doi.org/10.36720/nhjk.v12i1.439>

**Abstract**

**Background:** Sage is a form of touch therapy that functions as an important treatment technique that has been known for a long time. In the community, the role of baby massage is still held by traditional birth attendants. Even though baby massage has great benefits for babies, many mothers don't massage their babies independently. The implementation of baby massage is done when their baby is sick or fussy, and as a routine for baby care after birth.

**Objectives:** The purpose of this study was to describe the mother's experience about massaging her baby in Sumberejo Village, Trucuk District, Bojonegoro Regency.

**Methods:** The design in this study uses qualitative research. The selected participants are mothers who have toddlers under the age of 1 year with a total of 10 participants. Participants were taken using purposive sampling technique. Location and Time The research was conducted in the village of Sumberejo, Trucuk District, Bojonegoro Regency. The time of the study was carried out in May-July 2021. The research instrument used in this study was an interview result sheet.

**Results:** Participants in this study amounted to 10 people who were selected based on inclusion criteria. There are 5 themes that have been concluded, namely (1) an overview of baby massage (2) when the baby should be massaged (3) where the mother massages the baby (4) the baby's response after being massaged (5) how often the mother massages her baby.

**Conclusion:** The results showed that more mothers massaged their babies to traditional birth attendants than to professionals and the baby's response after massage was more comfortable and less fussy.

**Keywords:** Mother Experience, Baby Massage, Baby Response

**INTRODUCTION**

A healthy baby will grow up to be a healthy child. It depends on how to care for and pay attention to both physical and emotional development and brain development. That is by

interacting directly such as massaging, stroking, and inviting jokes (Subekti, 2008).

Scientists conclude that gentle touch and massage of the fetus through the mother's abdomen not only increase intelligence but also

affect mental and emotional development (Subakti and Rizky, 2008). The gentle touch of baby massage provides a sense of calm and encourages the baby's self-healing potential (Turner and Nanayakkara, 2010).

Massage is a form of touch therapy that functions as an important treatment technique that has been known for a long time. Massage is useful not only for healthy babies but also sick babies. The meaning of massage in terms of health has many benefits. Traditionally in the villages the massage therapists often massage the baby in different ways and for different purposes. (Rosalina, 2007)

In the community, the role of baby massage is still held by traditional birth attendants. Even though baby massage has great benefits for babies, many mothers don't massage their babies independently. The implementation of baby massage is done when their baby is sick or fussy, and as a routine for baby care after birth. Mothers have an important role in the growth and development of babies, but in society the attitude of mothers in giving baby massage independently has not been carried out. Mothers think baby massage is normal and think that baby massage is not important.

Meanwhile, according to Gatot (2010), baby massage is good to do with a frequent frequency and even can be done every day. Based on the description, it appears that although baby massage has been carried out, the massage is still carried out by other people, namely traditional birth attendants and the frequency of infant massage is relatively low. Based on these circumstances, researchers need to conduct research to find out the experience of mothers about infant massage in Sumberejo village, Trucuk District, Bojonegoro Regency.

## METHODS

### Study Design

The design in this study uses qualitative research.

### Setting

The research was conducted in the village of Sumberejo, Trucuk District, Bojonegoro Regency. The time of the study was carried out in May-July 2021.

### Research Subject

The selected participants are mothers who have toddlers under the age of 1 year with a total of 10 participants, if it has not reached data saturation, the number of participants can be increased until there is repetition of information by participants. Participants were taken using purposive sampling technique. The inclusion criteria in this study were mothers who have children under 5 years old and have experience massaging their babies in Sumberejo Village, Trucuk District, Bojonegoro Regency.

### Data Collection

The research instrument used in this study was an interview result sheet.

In the implementation phase, the researchers conducted interviews with three phases, namely: the orientation phase, the work phase, and the termination phase. The orientation phase of the researcher started by asking about the condition of the participants and the baby/child in general. During the interview process, the researcher tried to create a comfortable atmosphere. The researcher prepared a recorder (Hp) and writing instruments to record the participants' non-verbal language during the interview. Interviews were conducted face-to-face for one time with an average interview time of 60 minutes for each participant. Interviews were conducted in a sitting position with a distance of 0.5 – 1 meter. The place is adjusted to the agreement of the participants. All participants chose home interviews with various times, including morning, afternoon and evening according to the time provided by the participants.

The working phase is an activity carried out by researchers in semi-structured questions in the form of open-ended questions. Interviews with open-ended questions provide

greater freedom and discretion in answering than other types of interviews. The interview strategy used was an open ended interview, where this method is the main thing in qualitative research, because it gives participants the opportunity to fully explain the mother's experience in massaging her baby. Data collection with this interview was carried out directly by the researcher to the participants until the data saturation was met. Researchers used interview guidelines to guide researchers in asking questions. To obtain interview guidelines that can answer the objectives, confirmation and clarification of the mother who massages the baby is carried out. After completing the interview, an analysis of the results of the interview was carried out, which was then made in the form of verbatim transcripts and themes in the form of textual descriptions.

In the first interview, the researcher explored the mother's knowledge about baby massage. The researcher asked the main question, "How is the mother's experience in massaging the baby?". Furthermore, the researchers dig deeper into the experiences of the participants in accordance with the objectives of the research made. In the interview, the researcher used interview guidelines to guide the researcher in asking the next question. During the interview process, the researcher must pay attention to and record the non-verbal responses of the participants. Participants' non-verbal responses were written using existing writing instruments as field notes.

The termination phase is done when all the questions you want to ask are finished. The researcher closed the interview by thanking him for his cooperation in the research being conducted.

## 2 Data Analysis

Data analysis in this study was carried out by researchers directly after collecting data from each participant, after data was collected as the first step the researchers carried out the intuitive process, namely by means of

researchers listening to explanations from participants carefully, then the recordings were studied over and over again until it was clear the mother's experience in massage the baby.

The second step is analyzing, where the researcher identifies the mother's experience in massaging her baby and explores the relationship or relationship of the data with the existing phenomena, then analyzed carefully. The third step is describing, where the researcher writes a clear verbal description of the essential theme of the mother's experience in massaging her baby.

Data processing is done by documenting the data from interviews and field notes. Documentation is done by playing back the recording, then the researcher writes what it is, then a transcript is made. The collected data is then coded, to make it easier for researchers in data analysis, because the code distinguishes the key from the participants.

## Ethical Consideration

Data collection began with the researcher taking care of a permit to Sumberejo Village, Trucuk District, Bojonegoro Regency. After that, the researcher asked permission from the head of the neighborhood unit to meet the participants. Participants were given an explanation by the researcher about the research objectives, research procedures and participant rights. Initial contact was made by the researcher by visiting participants to build mutual trust. After that, participants were asked to sign a form of willingness to be a participant. When collecting data, the researcher looked at the social and cultural aspects of the participants and modified the environment during the interview so as not to be disturbed by these aspects.

## RESULTS

Participants in this study amounted to 10 people who were selected based on inclusion criteria. All participants live in the area of Sumberejo Village, Trucuk District, Bojonegoro Regency. The complete

characteristics of the participants are presented in the following table:

**Table 1.** Distribution of participant characteristics

Participant	Age (Years)	Gender	Profession	Last Education	Last Child Age
P1	30	Woman	IRT	SMP	12 months
P2	22	Woman	IRT	SMK	16 months
P3	37	Woman	IRT	SMP	12 months
P4	19	Woman	IRT	SMK	12 months
P5	40	Woman	IRT	SMA	18 months
P6	24	Woman	IRT	SMK	15 months
P7	31	Woman	IRT	SD	19 months
P8	26	Woman	private sector employee	D3	10 month
P9	28	Woman	IRT	SMA	5 month
P10	28	Woman	private sector employee	S1	6 month

Source: Primary Data of Questionnaire, 2021

Table 1 explains that all participants' ages varied from the youngest age 19 years and the oldest age 40 years. The education level of the participants is one elementary school graduate, two junior high school graduates, two high school graduates, three vocational high school graduates, one doctoral graduate participant, and one undergraduate graduate participant. Most of the participants did not work or were housewives, only 2 participants worked as private employees. The age of the child participants varied, namely three participants with children aged 12 months, one participant with children aged 5 months, 6 months, 10 months, 15 months, 16 months, 18 months and 19 months.

**DISCUSSION**

The themes identified from the interviews were 5 (five) main themes that explained how the mother's experience in massaging the baby was. The themes are: (1) An overview of baby massage, (2) when is the mother doing baby massage, (3) Where is the mother doing baby massage, (4) How is the baby's response after

the baby is massaged by the baby, (5) how often is the mother massaging the baby.

The themes resulting from this research are discussed separately to describe the various experiences of mothers in massaging babies. The themes that emerge are related to each other to explain an essence of the mother's experience in massaging the baby. The five themes in the experiences of mothers in massaging babies are as follows:

a. Theme 1: An Overview of Baby Massage

What do you know about baby massage? With that question, the researcher started the interview with the participants in the study. The results of this study found two sub themes, namely the steps of baby massage and the age of the baby being massaged. The sub-theme of baby massage steps is evidenced by the mother's understanding of baby massage from head to toe, massage done when she was a baby and massage done so that babies are not surprised.

All participants gave an overview of baby massage. The description of the participants' understanding of infant massage gets the following interview excerpts:

"...Baby massage is a massage that is applied to the baby from head to toe" (P2)

"...Baby massage is a massage that is carried out on babies so that babies are healthy and not easily startled (P3

The quote above illustrates that participants can describe the description of baby massage. From the above expression it can be seen that baby massage is an act of massaging a baby from head to toe with the aim of making the baby healthy.

b. Theme 2: Baby massage time

The right time to massage the baby there were several answers from the participants. Of the ten participants stated that babies were massaged when they fell, did not sleep well and when the child was fussy.

"The baby's father is fussy, irritated, powdery and doesn't feel good" (P1)

"When it's hot, utowo, let's tibo, it must be frozen" (P3)

"Grandmother when she's sick, she cries a lot" (P4)

"Grandma is cool" (P5)

From the above expression, participants massage their babies when there is a problem with the baby, namely when the baby is fussy, tired, and has fallen or is sick.

c. Theme 3: A place for mothers to massage their babies

The place where the mother massages the baby affects the massage technique obtained by the baby. Of the ten participants stated that the baby was massaged to a traditional birth attendant who according to the participants was experienced.

"Dukuns in the Pagerwesi area" (P2)

"Baby tendon massage shaman" (P5)

"Baby shaman zinc has had training, Mrs. Midwife" (P7)

"Baby dukun seng wes dweni certificate of baby massage" (P8)

From the participants' expressions above, we can see that all of them massage their babies at traditional birth attendants. In the community, public trust in traditional birth attendants is still high because by doing baby massage at the shaman, special prayers are given, besides the cost of massaging at the shaman is cheaper than at a baby spa.

d. Theme 4: Baby's response after being massaged

The baby's response after being massaged was generally positive. Of the ten participants stated that babies sleep soundly, not fussy when they are massaged.

"E tanek powder, wes is not fussy, wes dolanan is normal" (P1)

"Turune luweh tanek, not fussy" (P4)

"Turune tanek is not weak" (P6)

"Derived angkler penak pules" (P9)

The baby's response after being massaged based on the respondent's answer is that the baby becomes more comfortable and this is a positive response

e. Theme 5: how often do mothers massage their babies

Massaging the right baby must be in accordance with the time. Of the ten participants stated that

"I don't have to, sometimes it's too bad, sometimes it's too long" (P3)

"Let's have a baby for 7 days, let's have a baby" (P5)

"It's very pocketful" (P6)

"It doesn't have to depend on my grandmother, my baby is upset" (P10)

From the answers of the participants above, we can see that there is no consistent specific schedule for baby massage. Baby massage should be done on a scheduled basis, not having to wait for the baby to be sick or a certain time so that the effects can be maximized.

## CONCLUSION

The results of the research and discussion carried out, researchers can conclude the results of research related to the experience of mothers about massaging their babies in Sumberejo village<sup>7</sup> Trucuk District, Bojonegoro Regency. From the results of the study, it can be concluded that there are five themes taken by the researchers, namely Theme 1: Mother's description of baby massage, Theme 2: When the baby should be massaged, Theme 3: Where the mother massages the baby, Theme 4: Baby's response after being massaged, Theme 5 : how often the mother massages her baby.

## SUGGESTIONS

For the community, it is hoped that this research can be used, especially regarding baby massage, although there are still many people who use the services of a traditional birth attendant to massage their babies.

For further researchers to further increase their knowledge of qualitative research and ability in in-depth interviews because there<sup>2</sup> are many things that can be developed again in this research.

## DECLARATION OF CONFLICTING INTEREST

There is no conflict of interest in this study

## FUNDING

No funding.

## AUTHOR CONTRIBUTION

**Ainul Mufidah:** Scriptwriter and editor

**Devi Endah Saraswati:** Analysis

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**Cite this article as:** Mufidah, A and Saraswati, D.E. (2023). Mother's Experience About Baby Massage in Sumberejo Village, Trucuk District, Bojonegoro Regency: A Qualitative Research. *Nurse and Health: Jurnal Keperawatan*, 12 (1), 43-48. <https://doi.org/10.36720/nhjk.v12i1.439>

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