
The Effect Of Mother-Baby Massage On Bounding Attachment

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Abstrak

Baby massage is a touch therapy in infants. It is the simplest and easiest way of communication, which makes contact between mother and her baby. The touch and the view of parental affection on her baby will drain the strength of love between the two. The results showed that the baby massage applied in a structured parenting program could decrease the incidence of post partum blues, the symptoms of mother depression, increasing the interaction between mothers and infants. The research method uses quasyexperimental with non rondon design pretests and posttest with control group design. The population is a pospartum mother and a healthy baby at the age of > 2 weeks-1 month. Sampling techniques use acidental sampling with a large sample of 32 respondents divided into treatment and control groups. The process of data collection is done by giving a pre ters bounding attachment then given the next massage treatment done postest bounding attachment. Data analysis is used in pairs and no paired sample of the normality test. Based on the results of the analysis, there is an effect of a mother-baby massage on bounding attachment in the treatment group, and there is a difference in the result of bounding score attachment between the treatment group and the control group. Parental touches are the fundamental for the development of communication that will lead to reciprocal love. The baby massage will give more benefits to the mother and baby.

Keywords: mother-baby massage; bounding attachment; baby

Pengaruh Pijat Ibu-Bayi Terhadap Lampiran Bounding

Abstract

Pijat bayi adalah terapi sentuhan pada bayi. Ini adalah cara komunikasi yang paling sederhana dan termudah, yang membuat kontak antara ibu dan bayinya. Sentuhan dan pandangan kasih sayang orangtua pada bayinya akan menguras kekuatan cinta di antara keduanya. Hasil penelitian menunjukkan bahwa pijat bayi yang diterapkan dalam program pengasuhan terstruktur dapat mengurangi kejadian post partum blues, gejala depresi ibu, meningkatkan interaksi antara ibu dan bayi. Metode penelitian menggunakan quasyexperimental dengan pretest desain non rondon dan posttest dengan desain kelompok kontrol. Populasi adalah ibu postpartum dan bayi sehat pada usia > 2 minggu-1 bulan. Teknik pengambilan sampel menggunakan acidental sampling dengan sampel besar sebanyak 32 responden dibagi menjadi kelompok perlakuan dan kelompok kontrol. Proses pengumpulan data dilakukan dengan memberikan atachment

bound attachment kemudian diberikan perawatan pijatan berikutnya attachment bounding attachment. Analisis data digunakan secara berpasangan dan tidak ada sampel berpasangan dari uji normalitas. Berdasarkan hasil analisis, ada efek pijatan ibu-bayi pada perlekatan ikatan pada kelompok perlakuan, dan ada perbedaan dalam hasil perlekatan skor ikatan antara kelompok perlakuan dan kelompok kontrol. Sentuhan orang tua adalah dasar untuk perkembangan komunikasi yang akan mengarah pada cinta timbal balik. Pijat bayi akan memberi lebih banyak manfaat bagi ibu dan bayi.

Kata kunci: pijatan ibu-bayi; attachment terikat; bayi

INTRODUCTION

The post partum period is the recovery period from childbirth until her reproductive organs returned into pre-pregnant period (FebiSukma, Elli Hidayati, 2017). During this time there are physical and psychological changes. The psychological condition of the postpartum mother underwent a change or transition role (María et al., 2017). Adaptation as a new mother will allow the occurrence of anxiety, stress, emotional disorders, and anxieties that is so called postpartum Blues (Wahyuningsih, 2018).

Post Partum Blues is a condition that arises in the majority of post partum mother at about 50-48% (FebiSukma, Elli Hidayati, 2017). The mother who experienced post-war depression 23%-70% (according to GraciaEsteve), this incident was due to the lack of bond between the mothers by 5%. Another literature of 42% expressed a depressed mother would have difficulty in improving her mother's and baby's relationship (Chandra et al., 2019).

The effect so falow bounding will affect the lower oxytocin levels and bad let-down reflexes (Galbally et al., 2011). Emotional development disorder in infants (Journal et al., 2018). The need for social, emotional and psychological support is an important aspect of the formation of obstetrics (Wahyuningsih, 2018). The shared time between the baby's mother will improve the love that raises the inner bond/ attachment to strengthen the mother and infant relationship (Wahyuningsih, 2018).

Bounding attachment is an emotional bond between a child and an old participants (María et al., 2017). The emotional connection is in need of a process (Zauderer, 2008). The growing parental and infant bonds are influenced by more frequent parents, especially mothers in interacting with their babies (Sullivan et al., 2011). The touch greatly strengthened the behavior of attachment (Kavlak, 2014). Massage or touch (touch) is the most fundamental thing related to human skin to get a sense of safety, comfort, and loved (Garcia-Esteve et al., 2015).

Based on the research, baby massage therapy has been a focus in growing literature over the last few years (Field, 2017). Massage is the oldest therapeutic technique in the world and it has been carried out for the years, massages are used for treatment and as a routine part of the baby's day-care (Bal, 2009). Research conducted by (Vicente, Veríssimo and Diniz, 2017) mothers who perform baby massage in their infants will improve the success in growing closeness, and

improve the ability of mothers in elevating mother's readiness to nurture their babies.

Based on the literature, some of the touch benefits will improve the relationship between mother and baby earlier, the touch will provide a sense of comfort, soothing, and reduce stress, form-shape touch is important for social welfare, emotional and Physical (Field, 2017). Other benefits derived from baby massage are lowering hyperbilirubinemia, eating intolerance, and reducing the incidence of post partum depression.

Based on the explanation above the baby massage done by her mother gave many benefits to mother and baby. The relationship that was established from the beginning between mother and baby through massage will raise the relation between mother and baby, so that in this study aims to know the influence of mother-baby massage to bounding attachment of postpartum mother in 2019.

METHODOLOGY

This research uses quasy experiment method with two group pre-test and post-test control group design. The population of research is all mothers and infants aged > 2 weeks of months without complications, with a large sample of 34 respondents. Sampling techniques uses incidental sampling. The study was conducted in East Java Indonesia and massage is done by the baby's mother who has been taught the technique of baby massage and it is done at the respondent's house.

The process of collecting direct measurement data on the respondent (pre-test) is by measuring bounding attachment using the observation sheet. At the execution stage, the mother is taught to do a baby massage for 2 times or until the mother can do right. Then the massage is given to her baby for 2x15 minutes in one day (morning and evening) for 2 weeks. At the post-test stage, researchers measured back the bounding attachment in the intervention group after the mother did a massage to her baby for 2 x 15 minutes (morning and evening) for 2 weeks. While the control group after 2 weeks of research, researchers conducted bounding attachment as well as providing education and chase about baby massage using leaflets. The analysis used in this research is a T-test test, which previously saw data normality.

FINDING AND DISCUSSION

Results of the study on the influence of baby massage by the mother of bonding attachmen to postpartum mother in Puskesmas Kabupaten Tulungagung 2019 is presented in the form of frequency distrubution table as follows: it is obtained a large chart of respondents aged 20-25 years. The education rate of respondents was middle educated. Multiple respondents were more than the primipara. Most of respondents did not Work (housewives). The distribution can be seen in the following table 1:

Table1. Frequency distribution of respondents of treatment and control groups

Characteristics	Category	Treatment		Control	
		<i>f</i>	%	<i>f</i>	%
Age	< 20 years old	1	13	0	0
	30-35 years old	14	87,5	15	93,8

	>35 years old	1	6,3	1	6,3
	Total	16	100	16	100
Education	Elementary	4	25	1	6,3
	Middle	9	56,3	13	81,3
	Hign	3	18,8	2	12,5
	Total		100	16	100
Parity	Primipara	3	18,8	6	37,5
	Multipara	13	81,3	10	62,5
	Grandemulti	0	0	0	0
	Total	16	100	16	100
Occupotion	Work	2	12,5	5	31,3
	Housewives	14	87,5	11	68,8
	Total	16	100	16	100

The results of bivariate analysis obtained an average distribution of the bounding of the attachment of a lower treatment group than the treatment group, while the average after-doing of the average baby massage bounding the treatment group is higher. The statistical result of the bounding of attachments before and after the treatment of treatment group obtained the value of P value .000, while the control group obtained p value .056. T-Test between bounding attachments is obtained p value .002 value that can be concluded there is influence of mother-baby massage on bounding attachment. The distribution can be seen in the following table 2:

Table 2. The difference of bounding attachments in treatment and control groups

Bounding	Treatment Group(n=16)	Control Group (n=16)
Before Treatment		
Mean \pm SD	69,8\pm8,2	73,2 \pm 6,3
Min – Max	53-87	62-84
After treatment		
Mean \pm SD, Median	80,4 \pm 4,2	76,2 \pm 4,8
Min – Max	71-88	70-86
Difference between before-after treatment	,000 ¹	,056 ¹
<i>P value</i>		
The difference of bounding attachment		
Mean \pm SD		10,6 \pm 6,9
Min – Max		-1-24
<i>P value</i>		,002 ²
<i>Paired t test</i> ¹		
<i>Independent t test</i> ²		

The Data obtained in the group that are conducted by the mother-baby massage for 2 weeks received a higher average. This demonstrates that giving a mother-baby massage will be able to increase the bounding of mother's attachment to her baby. This is in accordance with the research conducted by (Vicente, Veríssimo and Diniz, 2017) mothers who perform baby massage in their babies will increase success in growing closeness, and improve the ability of mothers in elevating readiness of mother to nurture her baby. Other studies have shown that baby massage in parenting patterns has a positive effect in reducing parental stress and increasing the relationship between mother and infant (Porter et al., 2015).

Based on the observation done at the time of the mother doing a baby massage, the mother seemed to have a focus on massage while inviting her baby to finish the massage, mother and baby enjoy every touch. Based on the theory, the massage is pressing with fingers, sorting out the body parts to soothe the muscles so that blood circulate smoothly (Wong, 2010).

Bounding attachment is an attempt to give compassion and a process that responds to each other between parents and infants (Porter et al., 2015). The first year of life is crucial in terms of psychological development (R. 2 1 Ays, e Gürol, PhD, RN 1, *, SevinçPolat, PhD, 2012). During thatperiode, the relationship between mother and infant becomes several research subjects (Behrman, Kliengran, 2010). Children who gain affection and attention will fully regrow the positive nature of the child, the loving relationship that is raised through verbal and physical expressions (Sullivan et al., 2011).

To be able to develop normally children need support from parents (Behrman, Kliengran, 2010). The ability of parents to meet basic needs and provide a sensory-motor stimulus is absolutely necessary for neonatal growth and development. This is because neonatal is still totally dependent on the environment, especially the family as the first environment in his life (Behrman, Kliengran, 2010).

The fostering isto validate the mother's bonds by encouraging communication, participation in the treatment and the massage and lactation (María et al., 2017). The baby's mother Bonds disorder is a series of disorders characterized by the lack of emotional response of the mother to her baby (Vengadavaradan, Bharadwaj, and Sathyanarayanan, 2019). This is adelay from the positive relationship between mother and her baby that was felt from the beginning (R. 2Ays , e Gürol, PhD, RN 1, *, Sevinç Polat, PhD, 2012). Ababymassageisapproachinthe relationship of infants and mothers (Vicente, Veríssimo and Diniz, 2017). Based on the explanation above, thereisthe influence of mother-baby massage on bounding attachment.

CONCLUSION

Baby Massage done by mother is beneficial to improve the bonding of mother attachment to her baby. The touch and the view of parental affection on her baby will drain the strength of love between the two.

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