



**THE RELATIONSHIP OF KNOWLEDGE LEVEL TO POSYANDU CADRES THROUGH INFANT MASSAGE PRACTICES ON CHILDREN'S GROWTH IN BALUWARTI WARD**

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**ABSTRACT**

Posyandu health cadres of toddlers who give provide counseling to mothers and children must have sufficient knowledge about growth and development and how to achieve optimal growth and development. Parents, especially mothers, should create a safe and comfortable environment for their children, by doing the right baby massage. Massage is a form of touch therapy that serves as an important treatment technique. Since a newborn is born, parents must full fill the needs of the given to their children, the physical-biological needs for brain growth, the needs of the sensory system, the needs of the motor. Massage given to the babies from birth can provide an inner contact relationship between parents and children giving a feeling of security to babies, massage given to the babies is a very close communication and must be established between mother and baby (Roesli, 2016). The purpose of this study is to determine whether there is a relationship between the knowledge level of Posyandu cadres through the practice of infant massage on the growth and development of children in Baluwarti Village. This type of research is quantitative with this research design using cross sectional. The sample in this study are 30 people. The results showed that the frequency distribution of knowledge is good for 10 (33.3%) people. There is a relationship of knowledge with the implementation of infant massage practice with a p value of 0.000. Based on the results of the study, it is recommended for cadres to be able to practice baby massage, because baby massage have benefits for both the health and the baby's body.

**Keywords:** infant massage; knowledge level; posyandu cadres

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**INTRODUCTION**

People often do baby massage if their baby is sick to a traditional birth attendant, even though baby massage will be optimal as a growth and development stimulation if it is done regularly. Lack of knowledge about baby massage makes health cadres not provide information about baby massage. Infant massage training given to posyandu cadres aims to transfer back to the community, especially mothers who have babies and toddlers, transfer knowledge and skills from cadres to pregnant women or family members, support the implementation of posyandu especially in increasing the growth and development of infants and toddlers (Didah Didah, A. Susanti, Fardila Elba. 2019).

Massage for babies is also useful for boosting the immune system, improving blood circulation and breathing, babies who are massaged experience increased vagus nerve tone

(10th brain nerve) and increased levels of gastrin and insulin absorption enzymes. Thus the absorption of food will be better. That is why the weight of babies who are massaged can increase body weight than babies who are not massaged (Fauziyatun & Aamliyah, 2017).

Baby massage is very useful in optimizing the growth and development of children, including increasing the absorption of food so that the baby is hungry faster and the baby will feed his mother more often, so that it can increase the baby's weight. In addition, babies who are routinely massaged will also increase their sleep quality, namely babies sleep more soundly and increase alertness, as a result of changes in brain waves. Babies will also have a stronger immune system, so it will minimize the occurrence of illness. Research related to the benefits of baby massage is that baby massage can increase body weight and growth, increase endurance and make babies sleep soundly (Cahyaningrum and Sulistyorini, 2014).

In posyandu activities, cadres play a role in developing a vehicle for community participation as well as empowering all available health facilities, in fact there are still many facilities at the research object, both primary and referral levels that are underutilized by cadres, namely the implementation of five tables at the toddler posyandu in the form of utilizing KMS as a tool. optimal health assistance, filling cohorts, recording immunizations. The state of utilization of facilities by cadres is influenced by several factors related to individual characteristics including education, age and occupation (Depkes RI, 2011).

## METHOD

The type of research used is observational which describes the statistics of a study and looks for a positive relationship between variables, namely analyzing the relationship between cadres' knowledge through the practice of baby massage. The research approach used is a cross sectional design, which is a study in which the independent and dependent variables are measured simultaneously. The population in this study were all posyandu cadres Rw 3 and Rw 4 in Baluwarti Village with a total of 30 people, which number became the number of samples studied. The data collection method in this study used a questionnaire containing 27 questions to measure the level of knowledge of cadres through practice. baby massage.

## RESULTS

Table 1.  
Characteristics of posyandu cadres based on age, education, and occupation (n=30)

Characteristics	f	%
Age		
<40 years old	4	13,3
40-55 years old	12	40
>55 years old	14	46,7
Education		
Primary school	0	0
Junior High School	4	13,3
Senior High School	11	36,7
Higher Education	15	50
Work		
Doesn't work	11	36,7
Private sector employee	8	26,7
Farmer	0	0
Laborer	6	20
Retired civil servants	5	16,6

Based on the table 1, it is seen from the average age of cadres aged >55 years with a percentage obtained of 46.7%. In terms of education, the average posyandu cadre is a college graduate with a percentage value of 50%. Meanwhile, in terms of employment, the average posyandu cadre has a job as a private employee with a percentage of 26.7%.

Table 2.  
Value distribution of cadre knowledge level (n=30)

Knowledge	f	%
Well	10	33,3
Enough	12	40
Not enough	8	26,7

Based on the table 2, the results obtained from the level of knowledge of cadres, namely with an average enough with the acquisition of a percentage of 40%.

## DISCUSSION

the results obtained from the level of knowledge of cadres, namely with an average enough with the acquisition of a percentage of 40%. This states that the level of education will affect the acceptance of incoming information, especially information that is new, including knowledge about baby massage. A person's education will affect a person's knowledge, the lower a person's education, the more difficult it is to receive information and the knowledge he has. Less education is needed to obtain information, for example, that supports health so that it can increase the knowledge received, the higher a person's education, the easier it is to accept the knowledge given. Wawan & Dewi, (2011).

Given that the role of cadres is very important in distributing health information to the community, it is hoped that the cadres will also understand the benefits of baby massage, one of which is through the practice of baby massage. Based on the results of Ani Kristenningsih's 2017 research, it can be assumed that baby massage has good benefits for baby's health, so baby massage is important and must be done by mothers who have babies to maintain baby's health, provide comfort, increase affection, and provide warmth to babies. Mothers who give baby massage to their babies will affect the baby's health to be healthier and closer to their parents, because it can foster a baby's affection for parents.

## CONCLUSION

Based on the results of the research that has been carried out, it can be concluded that 30 knowledge of posyandu cadres through the practice of baby massage in Baluwarti Village Rw 3 and 4, as many as 10 respondents (33.3%) who have good knowledge in other words the better the level of knowledge of a cadre, the faster they understand about the information obtained. From this it can be concluded that there is a relationship between the level of knowledge of cadres through the practice of baby massage in Baluwarti Village.

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