



Health Education of Parents About Baby Massage for Stunting Toddler in The Working Area of The Sumbergempol Puskesmas 2024



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Abstract

The decline in stunting rates in Indonesia is very slow. Stunting is a condition of failure to thrive in toddlers under 5 years of age which can have a long-term impact on the quality and productivity of the nation's next generation of children. In this era of development, many parents still believe in shamans and lack knowledge about the many benefits of baby massage which can help optimize children's growth and development to prevent stunting. This community service aims to provide health education to parents about baby massage to reduce stunting rates. The results and discussion of this community service were positive responses from 30 parents who had taken part in the activity of providing health education about the benefits of baby massage on children's growth and development. Providing intervention in the form of baby massage can stimulate growth hormones in children so that mothers or parents have the knowledge and motivation to carry out baby massages regularly. The conclusion from this community service is that there is a significant influence of health education about baby massage on mothers' attitudes towards being able to do baby massage as an effort to prevent stunting.

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INTRODUCTION

According to data from the Ministry of Health, Indonesia will experience a decrease in the stunting prevalence rate by 21.5 percent in 2023, a decrease of 0.1 percent from the incidence rate in 2022, which was 21.6 percent. The Minister of Health in 2024 revealed that one of the reasons why the reduction in stunting rates is so slow is that an effective implementation model has not been found for the program being developed. Some obstacles affect the performance of the stunting prevention program so that it cannot run optimally ([Sadikin 2024](#)).

Stunting is a condition of failure to thrive in toddlers (under 5 years) which occurs due to chronic malnutrition, giving rise to growth deviations in toddlers which results in short toddlers not being suitable for their age. Chronic malnutrition can occur from the time the baby is in the womb until the beginning of life after the baby is born (the first 1000 days of life), the occurrence of stunting in toddlers can be known or detected after the baby is over 2 years old ([Mushih, A, Insiyah, M, Uminar 2018](#)).

Several research journals have analyzed the factors causing stunting in various age groups from 0-59 months, namely; 1) maternal factors such as education, occupation, age at first pregnancy, deficiency, chronic energy deficiency (KEK), anemia, and maternal height <150 cm, 2) infant factors such as gender, history of exclusive breastfeeding, MPASI, and parenting style ([Bwalya et al. 2015](#)), ([García Cruz et al. 2017](#)).

The impact that stunted children can experience is the risk of having a weak immune system, and a higher risk of illness and death compared to well-nourished children. Stunting causes cognitive impairment, poor school performance, low income, and productivity, and increases the risk of non-communicable diseases in adulthood (UNICEF and Ministry of Health of the Republic of Indonesia 2023).

Based on research, it is stated that one of the efforts to prevent stunting in children is giving baby massages. Baby massage is an important touch therapy to meet a baby's basic needs. A light touch can provide a feeling of security and comfort to the baby ([Purwanti 2021](#)).

Amid developments in technology and health services that are developing in society, there are still

many parents who do not understand the importance of baby massage and some think that baby massage is only done on sick babies by dukun. Lack of information causes parents to fear touching their babies. Many mothers choose a therapist to massage their babies because they are afraid of making a mistake ([Zaini Miftach 2018](#)).

Jayanti's research results show that health education about massage for babies aged 3-6 months can influence mothers' attitudes ([Jayanti 2017](#)). Meanwhile, Lestari's research shows that understanding the benefits of baby massage needs to be given to mothers so that they are willing to do it. This shows the importance of education in practicing safe baby massage ([Lestari 2020](#)).

The benefits of baby massage include increasing blood circulation, children's cognitive abilities, and preventing stunting. Massage also increases endorphin hormones, makes toddlers comfortable and calm, and improves vagus nerve function which can affect appetite. This can increase the production of breast milk and digestive enzymes, and help increase the baby's weight ([Purwanti 2021](#)).

In community service, the author will teach the community to carry out health education baby massage to prevent stunting in toddlers so that toddler growth and development will be optimal according to age.

METHOD

The targets for this community service activity are 30 parents who have children aged 0-59 months. Methods for implementing this activity include coordination and socialization. Coordination is carried out with the village midwife as well as adjusting the schedule for socialization activities and providing education about stunting and baby massage for parents regarding the meaning of stunting, causes of stunting, the impact of stunting, efforts to prevent stunting and the benefits of doing baby massage for preventing stunting. This community service activity began with a presentation and question and answer activity about stunting and ended with a demonstration of baby massage movements for the head, face, hands, chest, stomach, legs, and back. The aim of the demonstration at the end of the session is to provide knowledge to mothers or parents regarding what movements are made during baby massage, which

points or areas need to be paid attention to when doing baby massage, and the benefits of doing baby massage and its effectiveness in stimulating growth hormone. in children 0-59 months. This community service activity was carried out at the Sumbergempol Community Health Center.

RESULT

This community service activity is carried out as an effort to increase parents' understanding of stunting, the causes of stunting, the impact of stunting, efforts to prevent stunting, and the benefits of giving baby massages. After carrying out this community service activity, understanding of targets related to stunting will increase and it is hoped that parents will have awareness of the benefits of doing baby massage to support children's growth and development as well as efforts to prevent stunting in the future.

Counseling material was carried out to increase parents' knowledge about stunting and baby massage. Starting from knowledge about the meaning of stunting, the causes of stunting, the impact of stunting, efforts to prevent stunting, and the benefits of doing baby massage. Apart from providing material, participants also held discussions and shared experiences related to stunting and baby massage.

DISCUSSION

The implementation of this activity was the result of collaboration with all midwives at the Sumbergempol Community Health Center. The target set for each participant is that at least each participant can understand and know what can be done to prevent stunting and have the awareness to be willing to do baby massage. Parents are a very strategic target for stunting prevention interventions, considering that the decline in the prevalence of stunting is still very slow.

In this community service, midwives provide education regarding baby massage because baby massage has many benefits in stimulating growth hormones in children. By increasing mothers' or parents' knowledge about the benefits of baby massage, many mothers or parents will know about baby massage and be motivated to do baby massage to support children's growth and development as a form of stunting prevention effort as well as focus on providing nutrition for children.



Supported by research conducted by Tri Purwanti which stated that there were significant weight gain results in children receiving baby massage so that it could optimally support children's growth and development ([Purwanti 2021](#)). In research conducted by Yulinda Laska, it was also stated that regular baby massage will be able to influence the child's physical and emotional aspects, where there will be an increase in growth hormones in children which can help increase body weight and prevent stunting ([Lestari, Laska, and Fariningsih 2022](#)).

Looking at the various benefits that can be obtained by doing baby massage on children as an effort to prevent stunting, this requires midwives and other health workers to be able to provide knowledge to parents about baby massage. Supported by research conducted by Maya Saroh regarding the existence of health education about massage for babies aged 3-6 months, it can change mothers' opinions, that baby massage is not only done by health workers so that mothers can be motivated to do baby massage independently ([Syaroh, Jayatmi, and Septiawan 2022](#)).

CONCLUSION

Based on the results of this community service, it can be concluded that there is a significant influence of health education about baby massage on mothers' attitudes towards being able to carry out baby massage independently to support children's optimal growth and development and efforts to prevent stunting.

SUGGESTIONS

Providing health education, and baby massage, is very beneficial for parents, so it is hoped that many parents will be motivated to do baby massage to prevent and reduce stunting.

CONFESSION

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Funding for this research was carried out independently by the research team.

CONFLICT OF INTEREST

The authors declare there is no conflict between the research and the publication.

AUTHOR CONTRIBUTIONS

F, E and H contributed to the implementation and writing of the community service script.

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