

**THE INFLUENCE OF BABY MASSAGE TRAINING TOWARD MOTHER'S
BEHAVIOR ON BABY MASSAGE IN WORK AREA
OF PUSKESMAS (PUBLIC HEALTH CENTER) GESI,
SRAGEN, CENTRAL JAVA**

ABSTRACT

Baby massage is a touch therapy which is done on parts of baby's body to keep baby's health, especially among prematurely born babies. Baby will get more advantages when the massage is done everyday since babies born until six or seven months. Nowadays baby massage which is adjusted to the correct technique and procedure has been developed. It is better that the massage is done by the parents not by the baby *dukun* (indigenous medical practitioner) because wrong massage will not give significant benefits but rather will cause the baby to be traumatic. The objective of this research is to find out the influence of baby massage training towards mother's behavior on baby massage in work area of Puskesmas (public health center) Gesi, Sragen, Central Java, in 2006.

The sample of the research are 60 mothers who have zero to seven month old babies. The sample is divided into two group, 30 mothers as the experiment group and the other 30 as the control group. The sampling technique is random, and the instrument is questioners which are used to find out the mother's behavior on baby massage. The analysis to test the hypothesis is t-test with the level of significant 95%, $\alpha : 0.05$, t-table : 1.70.

The finding shows that the experiment group, 30 mothers (100%) have good behavior and the control group, 28 mothers (93.33%) have good behavior. The t-test shows that the t obtained is 4.587 and the significant value (2-tailed) is 0.000. The significance value (2-tailed) $< \alpha$ and the t-obtained $>$ t-table. It means that there is significant influence between baby massage training toward mother's behavior in baby massage.

The conclusion of this research is that after given baby massage training, the mothers have good behavior. The suggestions of this research are addressed to nursing science, nursing practice, Puskesmas (public health center) Gesi, respondents, and other researchers