

STIMULATION OF CHILDREN'S GROWTH AND DEVELOPMENT WITH BABY MASSAGE AT UPT PUSKESMAS MEDAN SUNGGAL KOTA MEDAN TAHUN 2025

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Abstrak

Pijat bayi merupakan terapi sentuh paling tua dan paling populer yang dikenal manusia serta salah satu bentuk stimulasi dini yang sangat penting untuk menunjang tumbuh kembang anak. Menurut Kementerian Kesehatan Republik Indonesia, hampir 16 persen bayi di tanah air mengalami gangguan pada perkembangan saraf dan otak, yang bervariasi dari ringan hingga parah. Selama masa bayi dan balita, kemajuan dalam kemampuan berbicara, kreativitas, kesadaran sosial, emosi, dan kecerdasan terjadi dengan sangat pesat dan merupakan dasar bagi perkembangan selanjutnya. Minimnya rangsangan yang diterima oleh bayi dapat memperburuk keterlambatan pertumbuhan mereka. Berbagai penelitian menunjukkan bahwa bayi memerlukan rangsangan awal diberbagai bagian tubuh serta indra untuk membantu mereka beradaptasi dengan lingkungan baru mereka. Metode yang digunakan dalam kegiatan ini adalah pelatihan / demonstrasi/ percontohan untuk melakukan pijat bayi pada ibu-ibu yang memiliki anak/bayi. Kegiatan Pengabdian kepada Masyarakat diselenggarakan di UPT Puskesmas Medan Sunggal Kota Medan pada tanggal 16 April 2025. Responden dalam kegiatan ini berjumlah 15 ibu yang memiliki bayi. Tujuan Kegiatan ini untuk memberikan pemahaman dan praktek tentang pijat bayi kepada masyarakat terkhususnya ibu yang memiliki bayi agar dapat melakukan secara mandiri pijat bayi kepada anaknya. Diharapkan dapat memberikan dampak yang positif bagi pertumbuhan dan perkembangan bayi yang dilakukan pijat bayi oleh ibunya serta ibu dapat melakukan pijat bayi secara mandiri di rumah sebagai bentuk jalinan kasih antara ibu dan anak.

Kata kunci: Stimulasi, Tumbuh, Kembang, Pijat Bayi

Abstract

Infant massage is the oldest and most popular touch therapy known to mankind and a form of early stimulation that is very important to support the growth and development of children. According to the Ministry of Health of the Republic of Indonesia, almost 16 percent of infants in the country experience neurodevelopmental and brain disorders, which vary from mild to severe. During infancy and toddlerhood, progress in speech, creativity, social awareness, emotions, and intelligence occurs at a rapid pace and is the foundation for later development. The lack of stimulation received by infants can exacerbate their developmental delays. Various studies show that infants need early stimulation in various parts of the body and senses to help them adapt to their new environment. The method used in this activity is training / demonstration / pilot to do baby massage to mothers who have children / babies. The community service activity was held at UPT Puskesmas Medan Sunggal Medan City on April 16, 2025. Respondents in this activity amounted to 15 mothers who had babies. The purpose of this activity is to provide understanding and practice of baby massage to the community, especially mothers who have babies so that they can independently do baby massage to their children. It is hoped that it can have a positive impact on the growth and development of babies who are done baby massage by their mothers and mothers can do baby massage independently at home as a form of love between mother and child.

Keywords: Stimulation, Growth, Development, Baby Massage

INTRODUCTION

Health efforts for children are regulated in the Minister of Health Regulation No. 25/2014 which states that every child has the right to live, grow, and develop and receive protection from violence and discrimination. Therefore, an integrated, comprehensive, and sustainable approach to child health is needed. The results of child health efforts can be seen in the decline in child mortality rates over time (Parwati & Wulandari, 2017)

Infants can grow and develop optimally if their basic needs are met, which include nurture, love and care. The need for nurture is considered in line with the need for stimulation. Providing

stimulation should be done from the beginning to stimulate and develop the sensory, emotional, and cognitive abilities of the baby or child, one of which is through baby massage. With massage, blood flow will flow well throughout the body, including to the brain. One of the important substances carried by the blood flow is oxygen. Meeting the oxygen needs in the brain effectively improves the baby's concentration and alertness (Hanifa, 2022)

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Every child should receive regular stimulation from the beginning and continuously at every opportunity. Stimulation of a child's development is provided by parents, mothers and fathers, who are the closest people to the child, as well as by surrogate mothers or caregivers, other family members, and the community around the home and in everyday activities. Lack of stimulation can lead to problems in a child's development, even permanent impairment (Nabila, 2023)

The right stimulation for children can be provided by parents to maximize their developmental potential. Aspects that support children's growth include adequate nutrition and a positive family environment, which are important foundations for children's growth and development. In addition, from the individual side, children can also get stimulation, and one form of stimulation that is often given by parents to babies is tactile stimulation through baby massage (Mariana & Sopiatus, 2020)

The infant massage method aims to stimulate the baby's growth and development and provide a relaxing effect, as it not only accelerates the child's physical development but is also a way to express affection and care, and provide calmness for the baby. Only trained people should perform infant massage, as it requires a special understanding of massage techniques that are in accordance with standards to avoid unexpected things. Many mothers after giving birth, do not know the benefits and correct techniques in giving massage to their babies. This is due to a lack of information about the benefits of infant massage and how to perform it, or fear of problems if the massage is done incorrectly (Sartika et al., 2023)

The benefits of infant massage include support in physical (motor) and emotional development, strengthening the bond between mother and baby, increasing the number and cytotoxicity activity of the immune system (natural killer cells), stimulating digestion and elimination, and helping the relaxation process, reducing depression and tension, reducing pain, overcoming flatulence and colic, increasing body weight, improving baby's focus, providing a deeper sleep, and improving blood circulation and breathing (Putri, 2019). In order to get the maximum benefits, baby massage cannot be done carelessly, there are procedures that need to be followed, in infants aged 0-3 years, appropriate movements are such as gentle strokes, minimal and varied pressure, with a recommended massage time of about 15 minutes. The series of baby massages should start from the feet, followed by the abdomen, chest, hands, face and ending on the back (Panglipurwati & Hamim, 2023)

METHODS

Community service activities were held at the UPT Puskesmas Medan Sunggal Medan City on April 16, 2025. Respondents in this activity amounted to 15 mothers who had babies. The method used in this activity is training/demonstration/piloting to do baby massage to mothers who have children/babies.

RESULTS AND DISCUSSION

Baby massage is a way to show love between parent and child through touch on the skin. Touch and cuddles from a mother are a fundamental need for babies. The touch contained in a gentle massage for a baby becomes an important stimulus in the development of the child. Massage is the oldest form of touch therapy known to man. The infant development period is a precious period as well as a crucial time for a child's growth. It is called a precious period because infancy is short and cannot be repeated. It is also called a crucial period because at this stage the baby is very responsive to the environment and needs good nutrition and stimulation for growth and development (Si & Kes, 2024).

Infant development is closely related to the concepts of growth and development. Growth refers to the physical changes and increase in the size of body parts of an individual that are unique, while

development is an increase in the quality of abilities, skills, and body functions that become more complex, including gross motor abilities, fine motor, and aspects of speech and language, as well as the ability to socialize and independence that individuals have to adapt to the environment (Sudiarti et al., 2024).

According to Dr. Frederick Leboyar, physical contact, rubbing, and massage act as a source of nourishment for an infant. These nutrients are of equal importance to minerals, vitamins and proteins. Therefore, tactile interactions are crucial, especially during the golden age period. Babies need the warmth of their mothers, and it is only through the mother's touch that babies can develop a more resilient immune system (Suntin et al., 2022).

The massage given to babies not only provides comfort and supports their blood circulation, but is also one of the methods to stimulate the development of all the baby's senses, gain weight, and support growth (Aini, 2022).

Preparation Stage

In the preparation stage, activity planning was carried out through the process of observing the implementation of activities and the media to be used. As for some things that are prepared in the implementation of this counseling include:

1. Preparation of a demonstration activity plan carried out at the UPT Puskesmas Medan Sunggal Medan City.
2. Designing baby massage demonstration methods, including tools and media that will be used, namely: Baby oil/lotion, towel, soft and clean cloth mat, and baby clothes/baby diaper, LCD projector and loudspeaker.
3. Identify the target of the activity, namely mothers who have babies 0-12 months.
4. Strategizing in order to involve participants for the effectiveness of the activity

Activity Stage

After the preparation stage is carried out accordingly, the next activity is the activity implementation stage. The main focus in this activity is the opening step, and the Demonstration Implementation Step.

At the time of the opening step, the first activity is to arrange seating that allows all respondents to pay clear attention to the baby massage material. Furthermore, convey the purpose of baby massage, and express what tasks must be carried out by respondents during the demonstration of baby massage.

In the implementation step, the demonstration begins with activities that stimulate respondents to think through riddle questions about baby massage so that respondents are interested in paying attention to the baby massage demonstration modeled by the activity implementer. At this stage, group activities were also formed so that respondents were more focused. Provide an opportunity for respondents to re-demonstrate baby massage to attract attention as well as a way to keep respondents active during the activity.

Overall, this baby massage demonstration proved to be effective in improving the mothers' ability to re-demonstrate massage on their respective babies. This activity is expected to contribute to the mother's ability to perform baby massage to stimulate children's growth and development in UPT Puskesmas Medan Sunggal



Figure 1. Demonstration of Stimulation of Child Growth and Development with Baby Massage at Upt Puskesmas Medan Sunggal Kota Medan

Activity evaluation

The third stage in this series of activities is the evaluation stage, which aims to measure the effectiveness of the Demonstration of Stimulation of Child Growth and Development with Baby Massage.

Based on the results of the implementation of the activity, it was found that all respondents played an active role during the demonstration of baby massage and were able to re-demonstrate baby massage properly and correctly in accordance with the material and methods presented, but there were still respondents who were less confident if they did it individually and more enthusiastic/confident if done in groups. Therefore, it is necessary to do repeated re-demonstrations individually to increase respondents' confidence..

The support of health workers, especially the midwives of Upt Puskesmas Medan Sunggal Medan City was instrumental in the success of this activity. Thus, it is expected that this activity can have a positive impact in Stimulating Children's Growth and Development with Baby Massage. Continuous stimulation activities are expected to be able to support physical (motor) and emotional development, strengthen the bond between mother and baby, increase the number and activity of cytotoxicity of the immune system (natural killer cells), stimulate digestion and elimination, and help the relaxation process, reduce depression and tension, reduce pain, overcome flatulence and colic, increase body weight, improve baby's focus, provide better sleep, and improve blood circulation and breathing at Upt Puskesmas Medan Sunggal Kota Medan.

CONCLUSION

The activity of Stimulating Child Growth and Development with Baby Massage showed maximum results in supporting child development through the demonstration method of baby massage. Through this activity, respondents know what the preparation of tools and materials for baby massage is, and how to do baby massage. Overall this activity has a positive impact and continuous re-demonstration is recommended to be carried out with the assistance of midwives at UPT Puskesmas Medan Sunggal.

SUGGESTIONS

1. This activity should be carried out on an ongoing basis to improve the skills and confidence of mothers who have children in particular.
2. There needs to be cooperation between health workers to improve the skills and confidence of mothers who have children in stimulating bati growth and development with baby massage.
3. Repetition or re-demonstration of baby massage can improve the proficiency of mothers who have children
4. It is necessary to conduct a follow-up evaluation of the impact of stimulating child development with baby massage

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