



The Effect Of Baby Spa Education On Mothers' Interest In Implementing Baby Spa At Pmd Ida Laina Bengkulu City In 2023

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Abstract. Infants are children aged 0-12 months. The infant period is the first critical stage of life. The purpose of this study was to determine the effect of baby spa counseling on mothers' interest in implementing baby spa at PMB Ida Laina, Bengkulu City, in 2023. The research method used was a pre-experimental design with a one-group pre-test post-test design. The sampling technique used in this study was purposive sampling with a sample size of 32 respondents. Data collection involved the entire population of mothers with infants aged 0-12 months at PMB Ida Laina Bengkulu City. Data collection included editing, scoring, coding, and tabulating. The instrument used was a questionnaire. The results of the study on mothers' interest in the implementation of Baby Spa at PMB Ida Laina in Bengkulu City showed that 32 respondents indicated a high level of interest. High 22 (68.7%), moderate 6 (18.7%), low 4 (12.5%). And mothers' interest in implementing Baby Spa after counseling was high 31 (96.9%), moderate 1 (3.1%). Conclusion: There is an effect of Baby Spa counseling on mothers' interest in the implementation of Baby Spa at PMB Ida Laina in Bengkulu City.

Keywords: *Counseling, Baby Spa, Interest.*

INTRODUCTION

Infants are children aged 0-12 months. Infancy is the first critical period of life. During this period, infants adapt to their environment, undergo changes in blood circulation, and their organs begin to function (Perry & Potter, 2018). Infancy is the period when the foundations are laid for a child's extrauterine life, so it is considered a critical period. Infants will continue to experience physical, psychological, and social growth and development, such as adaptation to the environment, changes in blood circulation, and the beginning of organ function (Nasrah 2018). Infants will carry out their developmental tasks and quickly adapt to their environment. Infants need favourable physical and psychological conditions as a foundation for their growth and development (Rokayah and Nurlatifah 2018).

Infants can be grouped into three categories: full-term infants, premature infants, and low birth weight infants (Hayati, 2009). Infancy (0-11 months) is a period of rapid growth and development that peaks at 24 months, so it is often referred to as the golden period as well as the critical period (Goi, 2020). Baby Spa originates from the Latin words 'baby' and 'spa' (solus per aqua), meaning treatment with water. Baby Spa can be interpreted as treatment for babies using water. The basic elements of spa consist of water therapy (swimming) and massage. Swimming is very effective in relieving fatigue and boredom in babies. Swimming stimulates motor skills in babies because their muscles develop very well, their bodies function optimally, their growth increases, and their bodies become more flexible. Massage is the oldest form of

touch therapy, using techniques that involve movements of the body parts (hands, fingers, elbows, feet) or other tools on soft tissues (skin, muscles, nerves) to produce stimulating, relaxing effects and improve blood circulation (Yahya, 2018).

Baby Spa can actually be done easily at home without incurring significant costs, provided that parents understand how to perform Baby Spa (Aditya, 2019). A lack of knowledge among mothers about Baby Spa, particularly its purpose, benefits, and proper techniques, can deter mothers from performing Baby Spa. Currently, many new methods are used to stimulate muscle movement in babies, one of which is Baby Spa. Many mothers with babies are still unfamiliar with the term Baby Spa and unaware of the techniques involved in performing Baby Spa. Knowledge about Baby Spa in the community is very limited, especially among lower-middle-class communities. Meanwhile, in Indonesia, only a few parents provide Baby Spa treatments for their babies, due to the high cost and lack of knowledge among parents. This results in a lack of interest among mothers in performing Baby Spa themselves at home or at a Baby Spa centre.

Several factors influence the lack of interest among mothers in performing Baby Spa, one of which is the high cost, the time-consuming nature of the procedure, a lack of understanding about Baby Spa and its benefits. Baby Spa is very effective in relieving fatigue and boredom in babies. Swimming stimulates motor skills in babies because their muscles develop very well, their joints work optimally, their growth increases and their bodies become more flexible. (Yahya, 2019). To encourage the community to be interested in Baby Spa, health workers need to conduct Baby Spa education. One of the education methods is the demonstration method because this method is one of the good and effective ways to approach the community. The target of the education is mothers, with the hope of increasing their understanding of Baby Spa. This study examines the effect of Baby Spa education on mothers' interest in doing Baby Spa.

The results of the study by Ike et al. 2021 show that the respondents' knowledge before the education was very poor at 80%. Meanwhile, after the education, the respondents' knowledge improved to 84% (Ike et al. 2021). At PMB Ida Laina, one of the PMBs that has implemented Baby Spa, data obtained from January to April 2023 at PMB Ida Laina shows that there were 32 babies aged 3-12 months.

LITERATURE REVIEW

Health education

Health education is a combination of various activities and opportunities based on learning principles to achieve a state where individuals, families, groups or communities as a whole want to live healthily, know how to do so and do what they can, either individually or in groups, by asking for help (Effendy, 2018).

Interest

Interest is a source of motivation that drives people to do what they want when they are free to choose. When they see that something will be beneficial, they feel interested. This then brings satisfaction. When satisfaction decreases, interest also decreases. Conversely, pleasure is a temporary interest. It differs from interest not in quality but in persistence. As long as the pleasure exists, the intensity may exist, and the intensity and motivation that accompany it may be as high as interest. However, it soon diminishes because the activity it generates only provides temporary satisfaction (Hurlock, 2018).

Baby Spa

Baby Spa originates from the Latin word "baby", meaning infants and toddlers in America, where infant and toddler massage is performed by holding, moving, and applying pressure to

specific points. Baby Spa originates from the Latin word “baby”, meaning infants and toddlers, and “Spa” (solus per aqua), meaning care with water. Baby Spa can be interpreted as care for infants and toddlers using water. Spa elements consist of water therapy (swimming) and massage. Swimming is effective for relieving fatigue and boredom in babies and toddlers. Swimming stimulates motor skills in babies and toddlers because their muscles develop very well, their joints function optimally, and their physical development improves. Massage is the oldest form of touch therapy, using the body's strength (hands, fingers, elbows, feet) to provide stimulating, relaxing effects and improve blood circulation (Handayani & Mallongi, 2020).

METHODS

Research design is a comprehensive research plan that involves all components and steps of research, taking into account research ethics, research sources and research constraints (Husna and Suryana, 2017). This type of research is experimental, which is research that provides treatment to objects that can control variables and explicitly states the existence of a cause-and-effect relationship (Hidayat, 2010). Based on the presence or absence of treatment, this study uses pre-experimental research. This study is pre-experimental, which is research that provides treatment to objects that can control variables and explicitly states the existence of a cause-and-effect relationship (Hidayat, 201). This study uses pre-experimental research. The research design is descriptive analytical, using a ‘one group pre-test post-test design’, which is an experimental study that does not use a control group, but the group has undergone a pre-test observation so that the researcher can compare the changes after the experiment (Notoadmojo, 2012).

RESULTS

Table 1 the Effect of Counselling on Mothers' Interest in Implementing Baby Spa at PMB Ida Laina, Bengkulu City

| Pre-test Interest | Post-test Interest | | | | | | Total | |
|-------------------|--------------------|------|----------|-----|-----|-----|-------|-------|
| | High | | Moderate | | Low | | | |
| | F | (%) | F | (%) | F | (%) | F | (%) |
| High | 22 | 68,8 | 0 | 0 | 0 | 0 | 22 | 68,7 |
| Moderate | 5 | 15,6 | 1 | 3,1 | 0 | 0 | 6 | 18,8 |
| LOW | 4 | 12,5 | 0 | 0 | 0 | 0 | 4 | 12,5 |
| Total | 31 | 96,9 | 1 | 3,1 | 0 | 0 | 32 | 100,0 |

Based on Table 1, it shows that there was a change in respondents' interest in Baby Spa after receiving counselling, with 31 respondents (96.9%) showing high interest. Based on the Wilcoxon statistical test data analysis, a p-value (significance) of $0.006 < \alpha 0.05$ was obtained, so H_0 was rejected and H_1 was accepted. There was a significant difference between the results before and after. Therefore, it can be concluded that the counselling had an effect on mothers' interest in the implementation of Baby Spa at PMB Ida Laina in Bengkulu City.

DISCUSSION

Based on the research results, it shows that the interest of mothers in implementing Baby Spa before being given counselling was mostly high, with 22 respondents (68.8%) tabulated data results in the intrinsic parameter of 52.77% and extrinsic 47.22%. The high interest of respondents in implementing Baby Spa before receiving counselling was due to the high results of respondents' answers in the intrinsic interest parameter found in statement item no. 2, which was a positive statement, namely ‘I want to do Baby Spa so that my baby sleeps soundly’. The

average respondent score was 0.84, meaning that 27 respondents answered 'Yes' and 5 respondents answered 'No' out of 32 respondents.

According to research conducted by Setriani et al. in 2019, Baby Spa can provide stimulation for children's growth through baby gymnastics, swimming, and baby massage treatments. Baby spa can stimulate babies' sensory and motor nerves much earlier by using certain stimulation so that babies can grow actively and optimally, both physically and mentally.

According to research conducted by Setriani et al. in 2019, according to theory (Yahya 2011), spa is a traditional health effort using a holistic approach with comprehensive care using a combination of hydrotherapy and massage skills to balance the body. Regular hydrotherapy can help boost a person's immune system against disease. Bathing can make a baby's body much fresher and cleaner.

According to research conducted by Isy Royhanati et al. in 2022, massage is the oldest form of touch therapy, using techniques that involve movements of the limbs (hands, fingers, elbows, feet) or other tools on soft tissues (skin, muscles, nerves) to provide stimulation, relaxation, and improve blood circulation. Baby Spa is not solely about water-based treatments but also includes other therapies, such as massage and exercise.

According to research conducted by Sifa Altika et al. in 2020, respondents had a high desire to do Baby Spa because the benefits of Baby Spa can affect the release of the sleep hormone (melatonin), which helps babies have regular sleep patterns. Melatonin is the main hormone produced by the pineal gland. Its secretion is stimulated by darkness and inhibited by light. Melatonin increases at night, and its production increases when the receptors in human cells detect that light intensity is decreasing. Other benefits of melatonin include its role as an antioxidant that is soluble in fat and water, boosting the immune system, inducing muscle relaxation, and relieving tension.

According to research conducted by Eka Trilova Candriani et al. in 2019, Baby Spa is a technique that can stimulate the growth and development process in babies, because through touch, babies will feel relaxed and comfortable, allowing them to sleep soundly. Baby Spa is also a form of physiotherapy for babies and can stimulate their motor skills. Playing in water helps muscles develop properly, joints grow optimally, and body growth increase, making babies more flexible. Swimming trains all parts of a baby's body, as all limbs are moved, starting from the feet, hands, and head, even if not yet perfectly. Additionally, the baby's ability to control their movements will improve because when swimming in water, the effect of gravity is very low, allowing the baby to move more and the muscles to work optimally.

CONCLUSION

Based on the results of research on the Effect of Education on Mothers' Interest in Implementing Baby Spa at PMB Ida Laina in Bengkulu City.

1. Mothers' interest in implementing Baby Spa before being given education was mostly high at PMB Ida Laina in Bengkulu City.
2. Mothers' interest in implementing Baby Spa after being given education was mostly high at PMB Ida Laina in Bengkulu City.
3. There is an effect of education on mothers' interest in implementing Baby Spa at PMB Ida Laina in Bengkulu City.

LIMITATION

1. For Respondents

It is hoped that mothers with babies will increase their knowledge about Baby Spa so that they will not be afraid to perform Baby Spa to calm their children, help them sleep soundly, and increase their appetite. Mothers are also expected to be able to perform Baby Spa independently.

2. For Health Workers

It is hoped that health workers, especially midwives, can further improve their skills in midwifery practice. In particular, midwives are encouraged to attend Baby Spa training and become complementary midwives.

4. For Future Researchers

It is hoped that future researchers can develop research related to the influence of Baby Spa counselling on mothers' interest in implementing Baby Spa at PMB Ida Laina. The results of this research can be used as a basis for further research so that researchers in the field of midwifery can develop it further..

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