

EFEKTIVITAS PENYULUHAN VIRTUAL TERHADAP TINGKAT PENGETAHUAN IBU TENTANG PIJAT BAYI PADA MASA PANDEMI COVID-19 DI SLEMAN YOGYAKARTA TAHUN 2021

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ABSTRAK

Latar Belakang: Stimulasi dini berupa pijat pada bayi usia 0-6 bulan dapat menguatkan bonding dan menumbuhkan rasa aman bayi kepada orang tuanya. Pandemi covid-19 memaksa pendidikan dan pembelajaran dilakukan secara *daring* termasuk promosi kesehatan yaitu penyuluhan tentang pijat bayi. Alasannya, agar tidak terjadi kontak langsung antara tenaga kesehatan dengan ibu yang termasuk kelompok rentan.

Tujuan Penelitian: Untuk mengetahui perbedaan rerata peningkatan pengetahuan ibu tentang pijat bayi sebelum dan sesudah penyuluhan virtual pada masa pandemi covid -19 di Sleman **Metode Penelitian:**

Penelitian ini adalah penelitian eksperimen dengan desain *quasi experiment* pendekatan *non randomized pre and post test with control group design* yang dilaksanakan 28 November 2021.

Populasi pada penelitian ini adalah semua ibu yang memiliki bayi 0-6 bulan. Teknik sampling menggunakan *simple random sampling* dengan jumlah sampel 126 responden, 63 responden kelompok kontrol dan 63 responden kelompok eksperimen. Kelompok eksperimen diberikan penyuluhan virtual melalui *zoom cloud meeting* sedangkan kelompok kontrol dengan PPT melalui *whatsapp group*.

Analisis data menggunakan uji *Wilcoxon* dan *Mann Whitney*. Alat ukur yang digunakan kuesioner melalui *google form*. **Hasil Penelitian :** Terdapat peningkatan pengetahuan antara dua kelompok dengan $p-value=0.001$.

Kesimpulan: Penyuluhan virtual efektif terhadap peningkatan pengetahuan ibu tentang pijat bayi pada masa pandemi covid-19 di Sleman Yogyakarta.

Kata Kunci : Pijat Bayi, Penyuluhan Virtual, Pengetahuan

**THE EFFICACY OF VIRTUAL COUNSELING ON THE MOTHERS' LEVEL
OF KNOWLEDGE ABOUT BABY MASSAGE DURING THE COVID-19
PANDEMIC IN SLEMAN YOGYAKARTA IN THE YEAR 2021**

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ABSTRACT

Background: early stimulation in the form of massage on baby in the age of 0-6 months can strengthen the bond and create the feeling of secure for the baby towards the parents. Covid-19 pandemic makes teaching and learning process be done by online means, including health promotion in the form of counseling about baby massage to avoid direct contact between health workers and mothers which are within the susceptible group.

Objective: To find out the average difference on mothers' increase of knowledge about baby massage before and after virtual counceling during Covid 19 pandemic in Sleman.

Research method: This was an experimental research using quasi experiment design with non-randomized pre and posttest with control group design approach that was conducted on November 28th 2021. The population of this research are mothers who have babies in the age of 0-6 months. The sampling technique used simple random sampling on 126 respondents, 63 respondents as the control group and 63 respondents as the experiment group. The experiment group was given virtual counseling through zoom cloud meeting, while the control group was given counseling using power point presentation through WhatsApp group. The data analysis used Wilcoxon and Mann Whitney test. The tool that was used was questionnaire through google form.

Result: there was an increase of knowledge within both groups with p -value=0.001.

Conclusion: Virtual counseling on mothers' knowledge on baby massage is effective in the time of Covid-19 pandemic in Sleman Yogyakarta.

Keywords: baby massage, virtual counseling, knowledge