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**TINGKAT PENGETAHUAN IBU TENTANG PIJAT COMMOND COLD  
SEBELUM DAN SETELAH DIBERIKAN EDUKASI TENTANG PIJAT  
COMMOND COLD DI KLINIK PT. NATURA PASIFIC NUSANTARA  
KABUPATEN BERAU**

**ABSTRAK**

**Latar Belakang:** Di Indonesia kasus Commond cold selalu menempati urutan pertama penyebab kematian bayi di setiap tahunnya. Terapi komplementer tepat untuk menangani Commond cold seperti pijat commond cold dapat mengurangi kongesti dan meningkatkan kenyamanan dan kesembuhan. Kurangnya pengetahuan ibu mengenai pijat commond cold berdampak terhadap penerapan pijat commond pada balita. Pendidikan kesehatan menggunakan metode ceramah dan demonstrasi berperan penting dalam meningkatkan pengetahuan ibu. Penelitian ini bertujuan untuk mengetahui perbedaan pengetahuan ibu balita tentang pijat commond cold sebelum dan sesudah dilakukan edukasi tentang pijat commond cold di Klinik PT. Natura Pacific Nusantara.

**Metode:** Jenis penelitian menggunakan pra-eksperimen dengan pendekatan kuantitatif dengan rancangan *One Group Pre-test Post-test*. Populasi penelitian adalah ibu Balita di Klinik PT. Natura Pacific Nusantara dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 30 orang. Intervensi yang diberikan pada ibu balita adalah edukasi kesehatan tentang pijat commond. Pengumpulan data menggunakan lembar kuesioner pengetahuan. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *Wilcoxon*.

**Hasil:** Gambaran tingkat pengetahuan ibu balita sebelum dilakukan edukasi kesehatan di Klinik PT. Natura Pacific Nusantara didapatkan nilai *Mean* sebesar 8,03. Gambaran tingkat pengetahuan ibu balita setelah edukasi kesehatan di Klinik PT. Natura Pacific Nusantara nilai *Mean* sebesar 13,87. Hasil uji statistik *Wilcoxon* diperoleh  $p \text{ value } (0,000) < \alpha (0,05)$  menunjukkan bahwa  $H_0$  diterima.

**Simpulan:** Terdapat perbedaan pengetahuan ibu balita tentang pijat commond cold sebelum dan sesudah dilakukan edukasi tentang pijat commond cold.

**Kata Kunci:** Pengetahuan, Edukasi, Pijat Commond Cold.

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***MOTHERS' KNOWLEDGE LEVEL ABOUT COMMON COLD MASSAGE  
BEFORE AND AFTER GIVEN EDUCATION ABOUT COMMON COLD  
MASSAGE AT THE PT. NATURA PASIFIC NUSANTARA CLINIC, BERAU  
DISTRICT***

***ABSTRACT***

***Background:*** In Indonesia, the common cold consistently ranks as the number one cause of infant mortality each year. Appropriate complementary therapies for treating the common cold, such as massage, can reduce congestion and promote comfort and healing. Mothers' lack of knowledge about massage for the common cold impacts its application to toddlers. Health education using lectures and demonstrations plays a crucial role in increasing mothers' knowledge. This study aimed to determine differences in mothers' knowledge about common cold massage before and after education about common cold massage was provided at the PT. Natura Pacific Nusantara Clinic.

***Method:*** This study used a pre-experimental quantitative approach with a One Group Pre-test Post-test design. The study population was mothers of toddlers at the PT. Natura Pacific Nusantara Clinic, with a total sampling technique of 30 participants. The intervention provided to mothers of toddlers was health education about common massage. Data collection used a knowledge questionnaire. Data analysis used univariate analysis and bivariate analysis using the Wilcoxon test.

***Results:*** The level of knowledge of mothers of toddlers before health education at the PT. Natura Pacific Nusantara Clinic obtained a mean value of 8.03. The level of knowledge of mothers of toddlers after health education at the PT. Natura Pacific Nusantara's mean value was 13.87. The Wilcoxon statistical test results obtained a  $p$  value ( $0.000 < \alpha (0.05)$ ), indicating that  $H_a$  was accepted.

***Conclusion:*** There is a difference in the knowledge of mothers of toddlers about cold massage before and after education about cold massage.

***Keywords:*** Knowledge, Education, Cold Massage.