

# Baby Yoga's Effect of Bounding Attachment

1<sup>st</sup> Silvia Ari Agustina  
Universitas Jenderal Achmad Yani  
Yogyakarta, Indonesia  
silvia\_ari99@yahoo.com

2<sup>nd</sup> Reni Merta Kusuma  
Universitas Jenderal Achmad Yani  
Yogyakarta, Indonesia

**Abstract**—Yoga can not only be done by adults, but it can also be done for babies. Yoga is one of the activities that can strengthen the relationship between mother and baby (bonding attachment), and it can stimulate the growth of a baby. There is not much research on the benefits of baby yoga on bonding attachment. The purpose of this study was to determine the effect of baby yoga on bonding attachment. The research method used by quasi-experimental design (quasi experiment) using the Pre Post-test Control Group Design method. This study involved 36 samples which were grouped into 2 groups with 18 samples each. Statistical test results of Pre-Post-Test Test of Baby Yoga Treatment on bonding attachment showed a significant effect with a value of  $p = 0.008$ , while for those given growth and growth stimulation did not show any significant effect with a significant value of  $p > 0.05$  ( $p = 0.317$ ). Difference test results of the difference in the results of treatment development between the baby yoga group with the growth and growth stimulation group with the results of  $p < 0.05$  ( $p = 0.018$ ). Baby yoga is proven to be more effective in increasing the bonding attachment of the mother and baby.

**Keywords**—Baby Yoga, Bounding Attachment

## I. INTRODUCTION

Harmony and harmony in creating parent and child relationships, it is not enough just to understand each other. To strengthen the relationship between parent and child, bonding is also needed. Clinging between parent and child is a relationship of mutual closeness. Both of them need each other, not only physically close but also psychologically. One of the activities that can be done is yoga [1].

Yoga turns out not only to be done by adults. The reality is now developing yoga for babies. The benefits of yoga for babies if done right are very many, one of which is that it can tighten the relationship between mother and baby (bonding attachment). It also can stimulate the growth and development of infants. Yoga is body work by providing a touch that involves the baby holistically, both physically and psychologically. But scientific research on the benefits of baby yoga is still not much done [2].

Baby yoga is performed more gently and more slowly than adult yoga in general. Many movements are adapted to the stage of development of the baby and directly carried out with the baby. Most or all of the movements used in baby yoga classes have been adapted for babies, so they are not strong and not dangerous at all. Baby yoga can be a very valuable experience for parents and a fun activity, because by doing yoga can release endorphins which are hormones that encourage happiness and increase love for babies [3].

The first five years of a child's life is very valuable because it can affect his life later, the great hope of all parents is to expect their children to grow and develop according to their age stages. Child growth is strongly supported by bounding attachments between parents and children. One alternative that has not been much studied is the effect of baby yoga on bounding attachments with

parents. The purpose of this study was to determine the effect of giving baby yoga to bounding attachments with parents.

## II. METHOD

This study uses a quasi-experimental design (quasi experiment) with the Pre Post-test Control Group Design method. In this design the sample was divided into 2 groups namely, group I was treated with baby yoga, and group II as a control was given developmental stimulation. The location of the study was conducted in the area of the Village of Bener, Tegalrejo, Yogyakarta City. The time of the study began in May 2019 until September 2019. The population in this study was infants aged 3-12 months with a total of 36 samples with a purposive sampling technique. Initial data collection techniques by measuring the bounding attachment with Gray Score. Gray Score bounding attachment is a measure of adoption with modification, so that before it is used a validity and reliability test is performed. After knowing the results then the sample was divided into 2 groups, Group I was given baby yoga treatment, and group II as a control was given developmental stimulation. The treatment is carried out for 2 months and every 1 month carried out 4 times the treatment. Check progress for final data. Statistical test Pre test-Post Test Test for the Treatment of Baby Yoga on bounding attachments, data in the form of numerical data, before the parametric test is done a normality and variance test, the results are not normally distributed and heterogeneous data. So that the parametric test Paired sample T-test can not be done, so using an alternative test that is Wilcoxon test. The statistical difference test was also carried out, which was the difference between the results of the bounding attachment. The treatment between the baby yoga group with growth and growth stimulation, because the parametric prerequisite tests were met, namely normal and homogeneous distributed data so that the test used was the independent sample T-Test.

## III. RESULT

Measured things to assess bonding attachments include touch, face to face, say and do something. Changes in Bonding Attachment After giving Baby Yoga Treatment is constant and has increased by 50%. Changes in Bonding Attachment After the granting of Growth and Stimulation Treatment based on table 4.9 the majority remained at 66.7% and up 33.3%.

Comparison before and after baby yoga treatment, there is 1 baby with lower bounding attachment results than before yoga, 4 permanent babies, and 13 babies have better bounding attachments than before yoga. Non-parametric analysis test results using Wilcoxon found that the value of  $p < 0.05$  ( $p = 0.001$ ), means that  $H_0$  is rejected, there is the influence of baby yoga on bounding attachment.

Yoga strengthens the bond between parent and baby [4][5][6]. According to AyahBunda [2], the benefits of yoga bring your emotional relationship closer together (bonding). According to some studies, bonding fosters a sense of

security, self-confidence and even educates children. with themselves, the learning process will be smooth. Because automatically, if children feel safe and comfortable

1) Results of Statistic Difference Test Pre-Post Test Test for Giving Baby Yoga Treatment to Bounding Attachmet.

Table 1 Results of Statistic Difference Test Pre-Post Test Test for Giving Baby Yoga Treatment to Bounding Attachmet

Variabel Dependen	N			Rank Mean		Z	P
	Positive	Negative	Ties	Negative Rank	Positive Rank		
Bounding Attachmet Pre-Post Baby Yoga	13	1	4	2	7,92	-3,97	0,001
Bounding Attachmet Pre-Post Growth stimulation	11	4	3	3,75	9,55	2,56	0,010

Source: Primary Data, 2019

2) Difference Test Results Difference in Bounding Attachment Results Treatment between the group of baby yoga with growth and stimulation

Table 2: Results of Independent T. Different Test Bounding Attachments

	Mean	SE Mean	Prob. Levene Test	CI 95%		T	P
				Lower	Upper		
Bounding Attachmet Baby Yoga	86,32	2,14	0,762	-11,95	-0,22	-2,11	0,043
Bounding Attachmet Growth stimulation	80,24	1,94					

Source: Primary Data, 2019

Proponents of yoga say that classes can help parents and babies bond together, and promote the development of motor skills. Just as yoga helps adults become more aware of their bodies, yoga can help parents become in tune with the wants and needs of babies [7].

Based on the analysis test, because it is known the probability value of the levene test is more than 0.05 so that it can be concluded that it has the same variance. Thus the t-test different analysis uses the assumption of equal variance assumed with a value of  $p = 0.043$ , so that it can be concluded that  $H_0$  is rejected, there is a significant difference between the provision of baby yoga with growth and growth stimulation to the bounding attachment. When viewed from the mean value, the bounding attachment that was given the treatment of baby yoga was higher than the control treatment. This result can be interpreted that baby yoga is more effective in increasing the attachment bounding between mother and baby compared to growth and growth stimulation. Yoga can be a very valuable experience for mother or baby. By doing small exercises like yoga, it is able to release endorphins, which encourage happiness and more love for babies [3].

Yoga also contains touch, in addition to movement and relaxation that allows new and exciting experiences for babies and parents in a quiet and unique environment. Through yoga, relationships and trust between babies and parents are formed, and help babies become self-aware and gain emotional security throughout childhood and later adult life [8].

A healthy inner bond is very important for children especially in the first 2 years of age which will determine the child's subsequent personality development. In addition to the innate factors that were bestowed by God from birth,

external stimulus also plays a role in the physical growth and emotional development of children [9].

Stimulation with touch techniques can stimulate all sensory and motor skills that are useful for brain growth, forming emotional intelligence, interpersonal, intrapersonal and stimulates other intelligence. Children who get targeted and regular stimulation will develop faster than children who lack / do not get stimulation [10].

#### IV. CONCLUSION

Baby yoga has a positive influence on baby bounding attachments especially. Besides yoga has also been proven more effective in increasing bonding attachments between mother and baby. Suggestions for further research is to improve research methods using mix methodology so that the data will be more complete.

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