

THE EFFECT OF TODDLER MASSAGE ON THE SLEEP QUALITY OF STUNTED TODDLERS IN THE WORKING AREA OF THE SAPTOSARI GUNUNGKIDUL HEALTH CENTER

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ABSTRACT

Background: Stunting is still a serious health problem facing Indonesia. Gunungkidul's stunting prevalence, which is 23.5%, is still above the target of the Indonesian Minister of Health for 2024, namely 14%. One of the programs that has been implemented by the government is the PMT (Supplemental Food Provision) nutrition program in accordance with a specific nutritional intervention framework. This has not significantly reduced the stunting rate, so the importance of intervention is not only from external facilities but also from within the body. One intervention from within the body is massage intervention, where it is possible that massage can stimulate growth and development and reduce cortisol.

Purpose: To determine the effect of toddler massage on the sleep quality of stunted toddlers in the Saptosari Community Health Center working area

Methods: Type of research is quasi-experimental with pretest-posttest with control group design. The total sample was 32 respondents, namely toddlers in healthy condition who had no history of pneumonia or other chronic diseases and toddlers who did not have the habit of giving toddler massages every week. Univariate and bivariate analysis with Chi-Square statistical test.

Results: There is a statistically significant difference in the level of frequency of sleep quality of stunted toddlers before and after toddler massage, as shown by the result of $p\text{-Value} = 0.021$ ($p < 0.05$).

Conclusion: There is an influence in giving massage to toddlers on the sleep quality of stunted toddlers in the Saptosari Health Center Working Area

Keywords : Stunting, Toddler Massage, Sleep Quality, Cortisol

**PENGARUH PIJAT BALITA TERHADAP KUALITAS TIDUR BALITA
STUNTING DI WILAYAH KERJA PUSKESMAS SAPTOSARI
GUNUNGGKIDUL**

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ABSTRAK

Latar Belakang: *Stunting* masih menjadi masalah kesehatan serius yang di hadapi Indonesia. Prevalensi *stunting* Gunungkidul yaitu 23,5% masih di atas target Menteri Kesehatan Indonesia Tahun 2024 yaitu 14%. Salah satu program yang telah dilaksanakan pemerintah yaitu program gizi PMT (Pemberian Makanan Tambahan) sesuai dengan kerangka intervensi gizi spesifik. Hal tersebut belum signifikan menurunkan angka *stunting*, maka pentingnya intervensi tidak hanya fasilitas dari luar tetapi juga dari dalam tubuh (fisiologis). Salah satu intervensi dari dalam tubuh adalah intervensi pijat dimana dimungkinkan pijat dapat merangsang pertumbuhan dan perkembangan serta menurunkan kortisol.

Tujuan Penelitian: Mengetahui pengaruh pijat balita terhadap kualitas tidur balita pada balita *stunting* di wilayah kerja Puskesmas Saptosari

Metode Penelitian: Jenis penelitian *quasi eksperimen* dengan *pretest-posttest with control group design*. Total sampel sebanyak 32 responden yaitu balita dengan kondisi sehat tidak memiliki riwayat penyakit pneumonia dan penyakit kronis lainnya serta balita yang tidak memiliki kebiasaan pijat balita tiap minggu. Analisis univariat dan bivariat dengan uji statistik *Chi-Square*.

Hasil Penelitian: Terdapat perbedaan yang signifikan terhadap tingkat frekuensi kualitas tidur balita *stunting* sebelum dan sesudah dilakukan pijat balita secara statistik ditunjukkan dengan hasil *p-Value* = 0,021 ($p < 0,05$).

Kesimpulan: Terdapat pengaruh dalam pemberian pijat balita terhadap kualitas tidur balita *stunting* di Wilayah Kerja Puskesmas Saptosari Gunungkidul 2024

Kata Kunci: *Stunting*, Pijat Balita, Kualitas Tidur, Kortisol