

EFFECTIVENESS OF BABY MASSAGE ON SLEEP QUALITY OF BABIES AGED 3-8 MONTHS IN TAMANAN AREA BANGUNTAPAN BANTUL

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ABSTRACT

Background: The World Health Organization (WHO) reports that in 2018, 33% of babies worldwide experience sleep disturbances. Several factors that affect the quality of a baby's sleep include the environment, physical activity, nutrition, illness, and fatigue or stress. Babies who experience sleep disturbances will be more susceptible to illness. In 2024 Tamanan Subdistrict had the highest number of visits from sick babies, totaling 2,036 babies. Efforts that can be made to improve the quality of baby sleep include baby massage, music therapy, storytelling, aromatherapy, sleep hygiene, and kangaroo care.

Objective: to determine the effectiveness of baby massage on the sleep quality of infants age 3-8 months in the Tamanan, Banguntapan, Bantul Area.

Method: The research design is a Quasi Intervention Design with a pretest-posttest design with a control group approach. Sample will be taken using total sampling technique. A total 30 infants will be divided into two groups, with 15 samples in the experimental group and 15 infants in the control group. Data collection technique using A Brief Screening Questionnaire (BISQ). The test conducted in the chi-square test.

Results: In the experimental group, the quality of the babies sleep improved by 86,7% after receiving massage, while in the control group it only improved by 46,7% after receiving classical music therapy. The chi-square test result show that the $p\text{-value} = 0,001$, which means $p < 0,05$. Therefore, it can be concluded baby massage is effective in improving the sleep quality of infants.

Conclusion: Baby massage is effective in improving the sleep quality of infants age 3-8 months.

Key word: Baby massage, Infant Sleep Quality, Baby

EFEKTIVITAS PIJAT BAYI TERHADAP KUALITAS TIDUR BAYI USIA 3 – 8 BULAN DI WILAYAH TAMANAN BANGUNTAPAN BANTUL

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ABSTRAK

Latar Belakang: Kualitas tidur bayi dipengaruhi oleh beberapa faktor seperti lingkungan, latihan fisik, nutrisi, penyakit, dan kelelahan atau stres. Bayi yang mengalami gangguan tidur akan membuat bayi rentan sakit. Upaya yang dapat dilakukan untuk meningkatkan kualitas tidur bayi adalah pijat bayi, terapi musik, *storytelling*, aromaterapi, *sleep hygiene*, dan *kangaroo care*.

Tujuan: mengetahui efektivitas pijat bayi terhadap kualitas tidur bayi usia 3–8 bulan di wilayah Kelurahan Tamanan Banguntapan Bantul.

Metode: desain penelitian ini adalah quasi eksperimen dengan pendekatan *pretest-posttest design with control group*. Teknik sampling menggunakan teknik total sampling sebanyak 30 bayi yang terdiri dari 15 kelompok eksperimen dan 15 kelompok kontrol. Teknik pengumpulan data dengan kuesioner *A Brief Screening Questionnaire (BISQ)*. Uji yang dilakukan menggunakan uji *chi square*.

Hasil : Pada kelompok eksperimen kualitas tidur bayi meningkat dari 20% menjadi 86.7% setelah dilakukan pemijatan sedangkan pada kelompok kontrol meningkat dari 26.7 menjadi 46.7% setelah diberikan terapi musik klasik. Hasil uji *chi square* menunjukkan bahwa nilai *p-value* = 0,001 ($p < 0,05$) yang menunjukkan pijat bayi efektif meningkatkan kualitas tidur bayi.

Kesimpulan: Pijat bayi efektif terhadap peningkatan kualitas tidur bayi usia 3-8 bulan.

Kata kunci: Pijat Bayi, Kualitas Tidur Bayi, Bayi