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**EFFECT OF GIVING BABY MASSAGE TO SLEEP QUALITY AND
FREQUENCY OF BREASTFEEDING IN INFANTS AGED 3-6 MONTHS IN
THE WORKING AREA OF GAMBIRSARI CLINIC**

ABSTRACT

Background: One of the benefits of a baby massage can affect the level of serotonin secretion, which works in enhancing the quality of baby sleep. Serotonin that is synthesized by tryptophan will be transformed into a Hydroxylythophan (SHTP) then into N-acetyl serotonin which eventually transforms into melatonin which has a role in sleep and makes sleep longer and is more likely to increase the frequency of the infant. **Objective:** To know the effect of giving baby massage to sleep quality and frequency of breastfeeding in infants aged 3-6 months in Gambirsari health care work area. **Method:** The type of research used in research is quantitative analytic experimentation is by statistical data processing pre-post test. Designed using experimental quasi or pseudo-experiments of research draft used one – group Pretest-posttest design. The population in this research is a baby aged 3-6 months in Gambirsari health care work area from January to April 2018 as many as 112 babies can be taken samples of infant age 3-6 months to be given a baby massage treatment is 15. Sampling technique with Purposive Sampling. Data analysis techniques using Wilxocon test. **Result:** The quality of baby's sleep before the average baby massage in a category of 2 respondents (13.3%), and the respondent with a sleep quality of just 13 respondents (86.7%). The quality of the baby's sleep after the average baby massage with the category of 6 respondents (40%), and the respondent with a sleep quality is enough as 9 respondents (60%). The frequency of feeding on infants before the average baby massage with a category of 1 respondent (6.7%), and respondents with frequency was enough as 14 respondents (93.3%). The frequency of breastfeeding after the average baby massage with a category of 8 respondents (53.3%), and respondents with frequencies of enough 7 respondents (46.7%). **Conclusion:** There is a difference in the influence of baby massage therapy on the quality of sleep evidenced by the value of P. Value $0.045 < 0.05$. There is a difference in the effect of infant massage therapy on the frequency of feeding the babies evidenced by the value p. Value of $0.008 < 0.05$.

Keywords: baby massage, sleep quality, frequency of breastfeeding