

**APPLICTION OF BABY MASSAGE THERAPY TO INCREASE THE
WEIGHT OF INFANTS AGED 0-6 MONTHS IN THE
VILLAGE OF MLOWO KARANGTALUN**

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ABSTRACT

Background : growth is a physical change and an increase in quantity and size quantitatively which will later increase such as increasing age, height, weight and teething. One thing that can be done in optimizing the baby's weight in addition to the nutrition provided by the mother and one other way is the need for stimulation, namely baby massage. One of the non-pharmacological measures to increase body weight is by giving baby massage. Baby massage is a slow and gentle stroke throughout the baby's body starting from the feet, stomach, chest, hands, face, and back of the baby. **Objective :** To determine the results of the application of infant massage therapy on increasing the weight of infants aged 0-6 months in Mlowo Karangtalun Village. **Methods :** This type of research is a case study using descriptive research methods. **Results :** The increase in body weight before baby massage was performed on the second respondent with an average of 280 grams and 345 grams. The body weight after baby massage was performed on both respondents with an average of 305 grams and 360 grams. There are differences in the development of weight gain in the two respondents with weight gain before and before baby massage. **Conclusion :** There was an increase in body weight before and before baby massage therapy was carried out to increase the weight of infants aged 0-6 months.

Keywords : *Baby, Weight Body, Baby Massage*