

**THE EFFECT OF BABY MASSAGE ON THE SLEEP QUALITY
IN NABILA'S HEALTHY HOME**

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ABSTRACT

Background: Babies are children under one year old who are just entering the early stages of life, characterized by rapid development. One of the factors that influence the development of babies is rest or the length of time they sleep. The baby's body will produce growth hormones when sleeping, so babies need enough sleep time to get optimal development, one of which is through baby massage. Researchers interviewed 10 mothers of babies, it was found that 7 mothers had never massaged their babies and 3 mothers had never massaged their babies because baby massage can increase levels of serotonin secretion. **Purpose:** This study analyzes the effect of baby massage on the sleep quality of babies aged 3-12 months at Rumah Sehat Nabila Gemolong. **Method:** This type of research is pre-experimental with a one group pretest-posttest design. This research was located at Rumah Sehat Nabila Gemolong, Sidorejo Village RT 02, Jatibatur, Gemolong, Sragen in March-April 2024. The population in this study was 105 babies. The research sample was 30 babies aged 3-12 months, using non-probability sampling using the purposive sampling method. The independent variable is baby massage and the dependent variable is the sleep quality of babies aged 3-12 months. The research instrument uses a questionnaire. Data processing uses the Wilcoxon statistical test. **Research results:** Shows that the sleep quality of babies aged 3-12 months before being given baby massage was mostly poor, namely 30 respondents (100,0%) and the sleep quality of babies aged 3-12 months after baby massage was mostly good, 25 respondents (83.3%). The Wilcoxon statistical test shows that the significant value is pvalue $0.000 < \alpha 0.05$, so H_1 is accepted. **Conclusion:** This research means that there is an effect of baby massage on the sleep quality of babies aged 3-12 months at the Nabila's Healthy Home.

Keyword: baby, massage, sleep quality