

**EFFECTS OF BABY MASSAGE USING LAVENDER OIL  
ON IMPROVING THE QUALITY OF BABIES' SLEEP  
AT PT TBSM CLINIC**

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**ABSTRACT**

**Background:** The baby's body and brain can develop well and normally when the baby gets enough sleep. One of the benefits of baby massage is improving sleep quality, the stimulation works by increasing the hormone melatonin, so it can cause drowsiness. Lavender oil contains the main ingredient linalool, with massage or inhaling the aroma it can provide a relaxing and calming effect. So baby massage using lavender oil can provide a feeling of comfort, relaxation and make babies feel sleepy.

**Objective:** To determine the effect of baby massage using lavender oil on improving the quality of baby's sleep. **Method:** Pre-Experimental Research, one group pre test-post test research design, sample of 25 babies. Random sampling technique. Instruments BISQ Questionnaire and Wilcoxon test. Done in the morning/evening for 15 minutes with 1 treatment. 24 hour observation. **Results:** 25 babies before being given a baby massage using lavender oil had mild problems sleeping, after being given a baby massage using lavender oil there was an increase of 21 babies having no problems sleeping. The Wilcoxon test obtained  $p < 0.05$ , which means that there is an effect of baby massage using lavender oil on improving the quality of baby's sleep. **Conclusion:** Baby massage using lavender oil has an effect on improving the quality of baby's sleep.

**Keyword:** Baby Massage, Oil Lavender, Sleep Quality