

THE EFFECT OF INFANT MASSAGE ON IMPROVING THE QUALITY OF SLEEP OF INFANTS AGED 3-6 MONTHS AT BPM SAGITA DARMA SARI PALEMBANG

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ABSTRACT

Background: Babies who get enough sleep will be fresher and less fussy. A baby is said to have sleep disorders if the sleep duration is less than 9 hours at night, the frequency of waking up is more than 3 times and the length of time awake is more than 1 hour. During sleep the baby appears fussy, has difficulty falling back asleep and cries. **Purpose:** To analyze the difference in the improvement of infant sleep quality before and after infant massage aged 3-6 months at PMB Sagita Darma Sari Palembang. **Method:** This type of research is pre-experimental with a one group pretest-posttest design. The sampling technique used in this study was "non probability sampling" with random sampling method with a total sample size of 20 babies. Data collection using a questionnaire sheet with 1x massage treatment and observed after 24 hours. **Result:** Based on the results of the Wilcoxon test, the value of $p = 0.000$ ($p < 0.05$) means that there is an effect of baby massage on improving the quality of infant sleep before and after baby massage. **Conclusion:** There is an effect of baby massage on improving the quality of sleep of infants aged 3-6 months at PMB Sagita Darma Sari Palembang.

Keywords: Baby, Baby Massage, Quality Of Baby Sleeping