

**THE EFFECT OF INFANT MASSAGE ON SLEEP  
DURATION OF INFANTS AGED 6-12 MONTHS AT  
UMMU BABY SPA CLINIC**

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**ABSTRACT**

**Background:** *Infancy is a golden period as well as a critical period of a person's development, infancy lasts very short and cannot be repeated. One of the factors that affect the growth and development of infants is sleep and rest. The growth and development of infants can be achieved maximally in the presence of a good and sufficient length of sleep in infants. One of the efforts to get optimal development is baby massage. Baby massage can help increase serotonin secretion levels. Serotonin is a neurotransmitter hormone or hormone that delivers messages from one part of the brain to another. This serotonin hormone will be converted into melatonin. The function of melatonin is to provide stimulation in the form of drowsiness and provide calmness that helps babies sleep soundly.* **Objective:** *To analyze the effect of infant massage on the length of sleep of infants aged 6-12 months.* **Methods:** *This type of research is pre-experimental with one group pretest-posttest design. This study was located at Ummu Baby Spa Clinic, Bogor Regency in June 2025. Population 72 babies. Sample 20 respondents. The research instrument used a questionnaire. Data processing using Wilcoxon statistical test. The results of the length of infant sleep before being given massage were all less, namely as many as 20 respondents (100.0%) and the length of infant sleep after infant massage was mostly normal as many as 19 respondents (95.0%). Statistical tests show a significant value of  $pvalue = 0.000 < 0.05$ , so  $H_1$  is accepted.* **Conclusion:** *there is an effect of baby massage on the length of sleep of infants aged 6-12 months.*

**Keywords:** *baby, massage, long sleep*