

The Effect of Infant Massage on Sleep Quality in 6 Until 12 Month Old Infants at Kasafa Baby Spa Andong Boyolali

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ABSTRACT

Background: Infancy, particularly the 1-12 month period, is a golden period requiring extra attention, especially regarding sleep. Sleep plays a vital role in supporting brain and cognitive development in infants, and directly impacts physical growth, as well as motor and sensory development. A balance between daytime and nighttime sleep indicates good sleep quality. Infant sleep quality is not just about duration, but also comfort and rhythm, all of which contribute to optimal development. One effective way to improve infant sleep quality is through infant massage. The touch in massage stimulates serotonin and melatonin hormones, which play a role in creating calmness and promoting restful sleep. **Objective:** To analyze the effect of infant massage on the sleep quality of 6-12 month old infants. **Methods:** This research is a pre-experimental study using one-group pretest-posttest design. The research was conducted at Kasafa Baby Spa Andong Boyolali, Dukuh Winong RT 09 RW 02, Pelemrejo Village, Andong District, Boyolali Regency in May-June 2025. The population in this study was 55 infants. The sample consisted of 30 infants aged 6-12 months. The research instrument used a questionnaire. **Results:** The results show that the sleep quality of 6-12 month old infants before infant massage was mostly poor, with 30 respondents (100.0%). After infant massage, the sleep quality of 6-12 month old infants was mostly good, with 27 respondents (90%). The Wilcoxon statistical test showed that the p -value was $0.000 < \alpha = 0.05$, so the alternative hypothesis (H_a) was accepted. **Conclusion:** This study indicates that there is an effect of infant massage on the sleep quality of 6 until 12 month old infants at Kasafa Baby Spa Andong Boyolali.

Keywords: Infant, Massage, Sleep Quality