

THE INFLUENCE OF BABY MASSAGE ON BABY SLEEP AGE 1-12 MONTHS AT LMOMNBABYSPA WONOGIRI

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ABSTRACT

Background: *Baby's sleep plays a very important role in the growth and development of babies because when they are asleep, growth hormone develops three times more than when they are awake. Babies need enough time for their sleep duration. There are several cases of long sleep babies that are not normal. One of the stimulations that can be given in this case is baby massage. Purpose: This study aims to observe whether or not there is an effect of baby massage on the baby's sleep duration. Research Method: Pre-experimental with the type of one group pretest-posttest design. With a sample of 20 respondents. Inclusion criteria: Mothers who are willing to have their babies as respondents, babies in good health aged 1-12 months, babies sleep less than 12 hours. Exclusion criteria in this study were infants who had congenital abnormalities, infants who had a fever >38 degrees Celsius, infants who were immunized <4 days. The data processing used in this study is the Wilcoxon test. Results: the results of observations in studies that were carried out every day for 7 days with a massage duration of approximately 30 minutes obtained a p value of 0.00. Conclusion: Baby massage affects the baby's sleep duration.*

Key words: *Baby massage, Long Sleep*