

THE EFFECT OF GIVING BABY MASSAGE ON WEIGHT INCREASE IN BABIES AGED 4-6 MONTHS

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ABSTRACT

Background: The golden age of babies is short, cannot be repeated and is also a critical period where babies are very sensitive to the environment and need the best nutritional intake and stimulation for their growth and development at the age of 0-12 months. The prevalence of babies under five with a BW/U index of poor nutrition is 3.5%, undernutrition is 11.3%, good nutrition is 83.5% and overnutrition is 1.6%. One of the causes of the problem of weight gain is a child's decreased appetite. Thus, one of the recommended incentives and stimuli is baby massage. **Objective:** To determine the effect of baby massage on increasing the weight of babies aged 4-6 months. **Research Method:** This type of research is Pre-Experimental with a One Group Pre-Test Post-Test design. Using a sampling technique in the form of Consecutive sampling, a sample of 21 babies aged 4-6 months. The data analysis used was the Wilcoxon sign rank test. **Research Results:** The average baby's weight before the baby massage was 6948 grams, while the average baby's weight after the baby massage was 7486 grams. The Wilcoxon test results show the Asymp.sig value. (2-tailed) of $0.000 < 0.05$, which means that there is an effect of baby massage on increasing the weight of babies aged 4-6 months. **Conclusion:** Baby massage has an effect on increasing the baby's weight.

Keywords: Weight, Baby Massage, Stimulus