

**THE EFFECT OF BABY MASSAGE ON SLEEP DURATION BABIES
AGED 3 – 6 MONTHS AT SIBELA HEALTH CENTER,
SURAKARTA**

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ABSTRACT

Background: Sleep is crucial for baby development. Sleep disorders are experienced by 33% in worldwide, 51.3% in Indonesia, and 44% in Central Java. Adequate sleep duration is essential as growth hormones are produced more during sleep. Baby massage is a stimulation that can increase sleep duration by improving blood circulation, making feel comfortable and drowsy. **Objective:** Determine the effect of baby massage on sleep duration babies aged 3-6 months at Sibela Health Center, Surakarta. **Method:** Quantitative research with Quasi-Experiment one group pre-test and post-test design. Sampling used non-probability with purposive sampling. Baby massage done for 15 minutes according to SOP, twice a week for 4 weeks in the morning or evening. **Results:** Pre-test results showed 18 respondents had insufficient sleep duration, Post-test results showed 3 respondents had insufficient sleep duration and 15 respondents had adequate sleep. Wilcoxon Signed Rank Test showed p-value of 0.000 ($p < 0.05$). **Conclusion:** Baby massage has an effect on sleep duration babies aged 3–6 months at Sibela Health Center, Surakarta.

Keywords : Sleep, Sleep Duration, Baby Massage