

ABSTRACT

THE EFFECT OF BABY MASSAGE ON THE SLEEP LENGTH OF BABIES AGED 1-12 MONTHS AT THE DR MICHAEL KIDS MEDICAL CENTER CLINIC

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Background: *Infants are children under one year of age who are just entering the early stages of life characterized by rapid development. One of the factors that influence development in infants is rest or length of sleep. Efforts to get optimal development, one of which is with 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 1-12 months. Methods:* *This type of research is pre-experimental with one group pretest-posttest design. This study was located at the Dr. Michael Kids Medical Center Clinic, Tangerang City Banten in June 2024. Population 537 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 18 respondents (90.0%). Statistical tests show a significant value of pvalue = 0.000 < 0.05, so H1 is accepted. Conclusion:* *there is an effect of baby massage on the length of sleep of infants aged 1-12 months.*

Keywords: *baby, massage, long sleep*