

***THE EFFECT OF BABY MASSAGE WITH OLIVE OIL AND AL-QUR'AN
MUROTTAL ON THE SLEEP QUALITY OF STUNTED INFANTS AGED 1-
12 MONTHS IN THE KAYUMAS HEALTH CENTER***

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ABSTRCT

Background: *In the Kayumas Health Center area, the stunting rate is quite high at 24.5%. Stunting can affect a child's physical growth, brain development, and future quality of life. One way to reduce stunting is by helping babies sleep better using infant massage, olive oil, and listening to the Al-Qur'an.* **Objective:** *To determine the effect of infant massage with olive oil and Al-Qur'an murottal therapy on stunted infants aged 1-12 months in the working area of Kayumas Health Center, Klaten.* **Methods:** *This study used a Quasi-Experimental design with a One Group Pretest-Posttest approach. Sampling was done purposively. The total sample consisted of 14 respondents. The research instrument utilized the Brief Infant Sleep Questionnaire (BISQ). Data analysis was performed using the Wilcoxon signed-rank test.* **Results:** *The massage and recitation were found to improve sleep quality in the babies, as shown by a significant test result (p-value 0.003).* **Conclusion:** *There is an effect of infant massage with olive oil and Al-Qur'an murottal therapy on stunted infants aged 1-12 months in the working area of Kayumas Health Center, Klaten.*

Keywords: *Stunting, Sleep Quality, Infant Massage.*