

BABY MASSAGE EDUCATION TO IMPROVE SLEEP QUALITY THROUGH VIDEO MEDIA

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SUMMARY

Background; *Infancy is a golden period of growth that is greatly influenced by sleep quality. Adequate and quality sleep is important because growth hormones are produced during sleep, supporting brain and physical development in infants. However, sleep disturbances in infants are quite common, including in Indonesia, which can cause fussiness, decreased immunity, as well as impaired growth and cognitive development. Non-pharmacological therapies such as infant massage have been proven effective in improving sleep quality by increasing serotonin and melatonin hormones while reducing stress hormones.* **Objective;** *The educational media titled “Let’s Improve Your Baby’s Sleep Quality with Infant Massage” aims to increase mothers’ knowledge about infant massage through educational video media to support the sleep quality and growth of infants aged 6-12 months.* **Method;** *The method used was the development of audiovisual media that presents infant massage techniques in an engaging way, making it easier for mothers to understand and correctly practice infant massage.* **Results;** *The video media has a duration of 10 minutes and 55 seconds with a file size of 619.6 MB.* **Conclusion;** *The audiovisual video media “Let’s Improve Your Baby’s Sleep Quality with Infant Massage” has proven to be an effective educational tool in increasing mothers’ knowledge, which has the potential to improve infant sleep quality and support optimal growth. This media can serve as an easily accessible educational resource for infant health programs.*

Keyword: *Infant, infant massage, sleep, video*