

## **ABSTRACT**

### ***The effect of baby massage application on sleeping time in Baby S in Jajar of Laweyan, Surakarta***

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**Background:** *Sleeping is a relatively unconscious condition replete with composure without activity constituting an order of repeated cycles, each of which represents different brain and body activity phases. Baby massage is a healthcare art through touching therapy in baby, using certain technique so that it is beneficial to medication, health and gives the baby comfort.*

**Objective:** *This research aimed to find out sleeping time in Baby S before and after baby massage application.*

**Method:** *Research design employed was case study method with Baby S as the respondent. The respondent was massaged once a day on the evening after taking a bath for a week in 15-minute duration. Then, cooperating with mothers, the baby's sleeping time was observed using observation sheet.*

**Result:** *Before massage application, Baby S sleeps for 10.5 hours/day fussily and with crying. Meanwhile, after massage application for 7 days with 7 times application, Baby S sleeps for 13.5 hours/day without fussiness and crying.*

**Conclusion:** *There is a difference of sleeping time in Baby S before and after massage application for 7 times.*

**Recommendation:** *For the community, this baby massage can be applied if the baby is fussy and sleeps for less than 10.5 hours/day. Thus, it can increase our insight into the baby's sleeping need.*

**Keywords:** *Baby Massage, Long sleep*