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Efektivitas Pijat Bayi Usia 3-12 Bulan Terhadap Kualitas Tidur Bayi Di Kinara Mom and Baby Care Yogyakarta

ABSTRAK

Latar Belakang: Kualitas tidur dapat mempengaruhi tumbuh kembang anak dikarenakan 75% hormon pertumbuhan diekskresikan saat anak tidur. Sedangkan data dari IDAI 2016 angka kejadian bayi yang mengalami gangguan tidur di Indonesia masih tinggi yakni 44,2%. Sehingga, Unit Kerja Koordinasi Tumbuh Kembang IDAI mengembangkan peran pijat sebagai bentuk stimulasi pada bayi. Stimulasi pijat bayi yang diberikan minimal 15 menit secara rutin mampu mengoptimalkan tumbuh kembang bayi serta membuat tidur lebih lelap dan lama di malam hari.

Tujuan: Mengetahui efektivitas pijat bayi usia 3 - 12 bulan terhadap kualitas tidur bayi di Kinara Mom and Baby Care Yogyakarta.

Metode: Desain yang digunakan adalah quasi eksperimental dengan *one group pretest-posttest design*. Populasi dalam penelitian ini adalah semua bayi usia 3-12 bulan yang melakukan pijat bayi di Kinara Mom and Baby Care Yogyakarta pada bulan Desember-Januari sebanyak 40 bayi. Sampel pada penelitian ini sebanyak 20 ibu yang memiliki bayi berusia 3-12 bulan. Teknik pengambilan sampel dengan *Purposive Sampling* yang memenuhi kriteria inklusi. Analisis data menggunakan uji *Wilcoxon* dengan *Software* SPSS.

Hasil: Hasil penelitian ini diperoleh rata-rata kualitas tidur bayi sebelum pemijatan adalah 62,14 dan sesudah pijat adalah 80. Dari hasil uji *Wilcoxon* diperoleh nilai *p-value* < 0,001 yang artinya ada perbedaan kualitas tidur bayi sebelum dan sesudah dipijat.

Kesimpulan: Pijat bayi efektif meningkatkan kualitas tidur bayi usia 3-12 bulan. Pijat bayi sebaiknya diterapkan oleh orang tua di rumah untuk meningkatkan kualitas tidur bayi.

Kata Kunci: Pijat Bayi, Kualitas Tidur Bayi Usia 3-12 Bulan

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Effectivity of Baby Massage 3-12 Months Old on Baby Sleep Quality at Kinara Mom and Baby Care Yogyakarta

ABSTRACT

Background: Sleep quality can affect a child's growth and development because 75% of growth hormone is excreted when a child sleeps. While data from IDAI 2016 the incidence of babies with sleep disorders in Indonesia is still high at 44.2%. Thus, Development Coordination Work Unit of IDAI developed the role of massage as a form of stimulation for infants. Stimulation of baby massage given at least 15 minutes on a regular basis is able to optimize baby's growth and development and make sleep more sound and longer at night.

Objective: Knowing the effecty of baby massage 3 - 12 months old on baby's sleep quality at Kinara Mom and Baby Care Yogyakarta.

Methods: Quasi experimental and one group pretest-posttest design are the methods used in this study. The population in this study were all infants aged 3-12 months who did baby massage at Kinara Mom and Baby Care Yogyakarta in December-January as many as 40 babies. The sample in this study were 20 mothers who had babies 3-12 months old. Purposive sampling is a sampling technique used in this study, where respondents were taken according to the research criteria. Data analysis using Wilcoxon test using SPSS software.

Results: The results of this study obtained that the average sleep quality of infants before massage was 62.14 and after massage was 80. From the Wilcoxon test results obtained *p-value* <0.001 which means that there is a difference in the quality of infant sleep before and after massage.

Conclusion: Baby massage is effective in improving the sleep quality of babies aged 3-12 months. Baby massage should be applied by parents at home to improve the baby's sleep quality.

Keyword: Baby Massage, Sleep quality of babies aged 3-12 months