

Universitas Ngudi Waluyo
Program Studi Kebidanan, Fakultas Kesehatan
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Yusfani Oktafiana
152201137

Pengaruh Terapi Pijat Bayi Terhadap Kenaikan Berat Badan Pada Bayi Usia 6-12 Bulan Di Wilayah Kerja Puskesmas Margorejo Kabupaten Pati
(15 i, 68 Halaman, 6 Tabel, 11 Lampiran)

ABSTRAK

Latar Belakang : Masa bayi merupakan *golden period* dalam perkembangan seseorang yang sangat peka terhadap lingkungannya dan proses tumbuh kembang. Salah satu penyebab permasalahan berat badan bayi adalah nafsu makan menurun, hal tersebut dapat diatasi dengan memberikan stimulasi sentuhan pijatan yang dapat meningkatkan aktivitas tonus nervus vagus, kadar enzim penyerapan gastrin dan insuli sehingga penyerapan makanan menjadi lebih baik dan pengosongan lambung lebih cepat sehingga merangsang nafsu makan bayi. Tujuan penelitian ini mengetahui Pengaruh Terapi Pijat Bayi Terhadap Kenaikan Berat Badan Bayi Usia 6-12 Bulan Di Wilayah Kerja Puskesmas Margorejo Pati.

Metode : Menggunakan penelitian kuantitatif *pra-ekperimental one group-test pre-post test design*. Populasi seluruh bayi usia 6-12 bulan yang datang penimbangan bulan desember di wilayah kerja puskesmas margorejo sebanyak 194 bayi. Sampel diambil 15 bayi dipilih sesuai kriteria inklusi, menggunakan teknik *purposive sampling*. Variabel independen pijat bayi dan variabel dependen kenaikan BB bayi. Menggunakan instrumen SOP dan timbangan. Analisis yang digunakan analisis univariat dan bivariat dengan statistik uji paried t-test.

Hasil : Rata-rata *pretest* 7.34 kg, BB terendah 6 kg dan BB tertinggi 9.40 kg. Rata-rata *posttest* 7.72 kg, BB terendah 6.10 kg dan BB tertinggi 9.60 kg. Hasil uji statistik *paried T-test* tingkat kesalahan α : 0,05 menunjukkan nilai signifikan p (value) $0.01 < \alpha$ (0.05), sehingga H1 diterima

Simpulan : Terdapat Pengaruh Terapi Pijat Bayi Terhadap Kenaikan BB Bayi Usia 6 – 12 Bulan Di Wilayah Kerja Puskesmas Margorejo Pati.

Kata Kunci : Pijat Bayi, Berat Badan, Usia 6-12 Bulan
Kepustakaan : 38 (2011-2021)

*Ngudi Waluyo University
Midwifery Study Program, Faculty Of Health
Final Project, Junuary 2022
Yusfani Oktafiana
152201137*

*The Effect of Infant Massage Therapy on Weight Gain in Infants Age 6-12 Months in the Working Area of the Margorejo Community Health Center, Pati Regency
(15 i+ 68 pages + 6 tables + 11 attachments)*

ABSTRACT

Background : Infancy is a golden period in the development of a person who is very sensitive to his environment and the process of growth and development. One of the causes of the baby's weight problem is decreased appetite, this can be overcome by providing massage touch stimulation which can increase vagus nerve tone activity, levels of gastrin and insulin absorption enzymes so that food absorption is better and gastric emptying is faster so that it stimulates appetite baby. The purpose of this study was to determine the effect of infant massage therapy on weight gain in infants aged 6-12 months in the working area of the Margorejo Pati Health Center.

Method : Using quantitative research pre-experimental one group-test pre-post test design. The population of all infants aged 6-12 months who came for weighing in December in the working area of the Margorejo Health Center was 194 babies. Samples were taken 15 infants were selected according to the inclusion criteria, using a purposive sampling technique. The independent variable is baby massage and the dependent variable is the increase in the baby's weight. Using SOP instruments and scales. The analysis used univariate and bivariate analysis with paired t-test statistic statistic

Results : The average pretest is 7.34 kg, the lowest weight is 6 kg and the highest weight is 9.40 kg. The average posttest is 7.72 kg, the lowest weight is 6.10 kg and the highest weight is 9.60 kg. The results of the paired T-test statistic with an error rate of : 0.05 showed a significant value of p (value) $0.01 < (0.05)$, so H1 was accepted.

Conclusion: There is an Influence of Infant Massage Therapy on the Weight Gain of Infants Age 6 – 12 Months in the Working Area of the Margorejo Pati Health Center.

Key Words : Baby massage, weight gain, Age 6-12 Months
Literature : 36 (2011-2021)