

**Kebidanan Program Sarjana  
Universitas Ngudi Waluyo Ungaran  
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**Pengaruh Pijat Bayi Terhadap Kualitas Tidur Bayi Usia 3-6 Bulan di  
TPMB Herning Wijayanti A.MD. Keb Balikpapan**

**ABSTRAK**

**Latar Belakang :** perubahan siklus tidur pada bayi dapat menyebabkan gangguan tidur. Bayi yang tidur cukup tanpa sering terbangun, akan lebih bugar dan tidak gampang rewel keesokan harinya. Tidur mempunyai efek yang besar terhadap kesehatan mental, emosi dan fisik serta sistem imunitas tubuh. Pijat bayi dapat meningkatkan kualitas tidur bayi. Di TPMB Herning Wijayanti banyak ibu yang membawa bayi karena alasan gangguan tidur sehingga bayi selalu rewel dan kurang menyusu.

**Tujuan Penelitian :** mengetahui pengaruh pijat bayi terhadap kualitas tidur bayi usia 0-6 bulan di PMB Herning Wijayanti A. Md. Keb. Balikpapan.

**Metode :** Penelitian ini termasuk pada penelitian *quasi eksperimen*, dengan pendekatan rancangan desain *one group pretest – posttest design*. Populasi dalam penelitian ini adalah seluruh bayi usia 3-6 bulan yang datang ke PMB Herning Wijayanti A. Md. Keb Balikpapan bulan November 2023. Teknik pengambilan sampel adalah *consecutive Sampling*, sampel sejumlah 18 bayi, alat pengumpulan data menggunakan kuesioner *Brief Infant Sleep Questionnaire (BISQ)*, teknik analisa data bivariat menggunakan uji Mc. Nemar.

**Hasil :** Didapatkan kualitas tidur bayi usia 3-6 bulan sebelum dilakukan pijat bayi seluruhnya buruk yaitu 100%, sedangkan sesudah dilakukan pijat kualitas tidur bayi usia 0-6 bulan seluruhnya menjadi baik yaitu 100%. Ada pengaruh pijat bayi terhadap kualitas tidur bayi usia 3-6 bulan di PMB Herning Wijayanti A. Md. Keb Balikpapan Tahun 2023 dengan nilai p value 0,002

**Kesimpulan :** Ada pengaruh pijat bayi terhadap kualitas tidur bayi usia 0-6 bulan.

**Kata Kunci : Pijat bayi, Kualitas Tidur, Bayi usia 0-6 bulan**

**Kepustakaan : 20 (2017-2020)**

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**The Effect of Baby Massage on the Sleep Quality of Babies Aged 3-6 Months  
at TPMB Herning Wijayanti A.MD. Balikpapan District**

**ABSTRACT**

**Background:** changes in sleep cycles in babies can cause sleep disorders. Babies who sleep enough without waking up often will be fitter and less fussy the next day. Sleep has a big effect on mental, emotional and physical health as well as the body's immune system. Baby massage can improve the quality of baby's sleep. At TPMB Herning Wijayanti, many mothers bring their babies because of sleep disturbances so that the babies are always fussy and don't breastfeed enough.

**Research Objective:** to determine the effect of baby massage on the sleep quality of babies aged 0-6 months at PMB Herning Wijayanti A. Md. Keb. Balikpapan.

**Method:** This research is considered quasi-experimental research, with a one group pretest – posttest design approach. The population in this study were all babies aged 0-6 months who came to PMB Herning Wijayanti A. Md. Keb Balikpapan in November 2023. The sampling technique was consecutive sampling, a sample of 18 babies, the data collection tool used the Brief Infant Sleep Questionnaire (BISQ) questionnaire, the bivariate data analysis technique used the Mc test. Nemar.

**Results:** It was found that the sleep quality of babies aged 0-6 months before the baby massage was completely poor, namely 100%, whereas after the massage, the sleep quality of babies aged 0-6 months was all good, namely 100%. There is an influence of baby massage on the sleep quality of babies aged 0-6 months at PMB Herning Wijayanti A. Md. Balikpapan District in 2023 with a p value of 0.002.

**Conclusion:** There is an effect of baby massage on the sleep quality of babies aged 0-6 months.

**Keywords:** *Baby massage, Sleep Quality, Babies aged 0-6 months*

**Literature :** 20 (2017-2020)