

**GAMBARAN PEMBERIAN PIJAT BAYI DENGAN KELANCARAN  
BUANG AIR BESAR BAYI USIA 1–3 BULAN DI SRIKANDI RUMAH  
BUNDA MOM KIDS AND BABY SPA  
YOGYAKARTA**

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**INTISARI**

**Latar Belakang :** Bayi adalah anak berusia 0–11 bulan. Ketidاكلancaran dalam buang air besar seorang bayi dapat diatasi, salah satunya dengan memberikan pijat bayi. Pijat bayi disebut juga *stimulus touch* atau terapi sentuh yaitu salah satu terapi yang diberikan pada bayi dengan sentuhan lembut sesuai kebutuhan bayi dan banyak memberikan manfaat bagi kesehatan bayi. Berdasarkan studi pendahuluan tanggal 15 Mei 2014, didapatkan 10 ibu memijatkan bayinya di Srikandi Rumah Bunda Yogyakarta karena tradisi, kebiasaan dan dapat membuat bayi jarang rewel dan buang air besarnya lancar.

**Tujuan :** Diketuahuinya gambaran pemberian pijat bayi dengan kelancaran buang air besar bayi usia 1–3 bulan di Srikandi Rumah Bunda Mom Kids and Baby Spa Yogyakarta.

**Metode Penelitian :** Penelitian ini merupakan penelitian survei deskriptif dengan pendekatan *cross sectional*. Populasi penelitian ini adalah 27 bayi usia 1–3 bulan yang dipijat di Srikandi Rumah Bunda Mom Kids and Baby Spa Yogyakarta. Teknik *sampling* yang digunakan *total sampling*. Teknik analisis data menggunakan univariat.

**Hasil Penelitian :** Mayoritas ibu yang memijatkan bayinya di Srikandi Rumah Bunda Mom Kids and Baby Spa Yogyakarta memiliki karakteristik usia 20–35 tahun 25 orang (92.6%), pendidikan perguruan tinggi 19 orang (70.4%), pekerjaan pegawai negeri 11 orang (40.7%), paritas primipara 23 orang (85.2%), dan mayoritas bayi yang dipijat memiliki frekuensi pijat 1 kali/ minggu 16 bayi (59.3%), kategori buang air besar lancar 24 bayi (88,9%), dan kategori buang air besar tidak lancar 3 bayi (11,1%).

**Kesimpulan :** Bayi yang dipijat 1 kali/ minggu sebanyak 16 bayi (59,3%) semuanya memiliki kategori buang air besar lancar, bayi yang dipijat 1 kali/ 2 minggu sebanyak 10 bayi (37,0%), 7 bayi (25,9%) buang air besar lancar, 3 bayi (11,1%) buang air besar tidak lancar, dan bayi yang dipijat 1 kali/ bulan sebanyak 1 bayi (3,7%) dengan buang air besar lancar.

**Kata Kunci :** Pijat Bayi, Kelancaran Buang Air Besar Bayi.

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# **THE DESCRIPTION OF INFANT MASSAGE STIMULATION WITH DEFECATION SMOOTHNESS OF INFANTS AGED BETWEEN 1 – 3 MONTHS AT SRIKANDI RUMAH BUNDA MOMS KIDS AND BABY SPA, YOGYAKARTA**

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## **ABSTRACT**

**Background :** An infant is aged between 0 – 11 months. Digestive system of an infant is not proper yet due to the immaturity of intestine and stomach organs which poses some digestive disorders to an infant such as unsmooth defecation. Unsmooth defecation of an infant can be handled with various ways, one of them is by giving infant massage. Infant massage, which is also called stimulating touch or touch therapy, is one kind of treatments given to an infant with soft touches suitable to the infant's need and may generate many benefits to the infant's health. A preliminary study on 15 May 2014 traced 10 mothers who took their infants to Srikandi Rumah Bunda Mom Kids and Baby Spa for infant massage as it had been a tradition and habit which is believed to be effective in getting an infant rid of fussiness and stimulating smooth defecation.

**Objective :** To know the description of infant massage with smooth defecation of infants aged 1 – 3 months at Srikandi Rumah Bunda Moms Kids And Baby Spa, Yogyakarta.

**Method :** This study design was descriptive survey with cross sectional approach. Samples were 27 infants who were aged between 1 – 3 month and taken to Srikandi Rumah Bunda Mom Kids and Baby Spa for infant massage. Samples were selected through total sampling technique. Data analysis was multivariable.

**Result :** Mothers who took their infants to Srikandi Rumah Bunda Mom Kids and Baby Spa, Yogyakarta, were characterized as follows; aged between 20 – 35 as many as 25 mothers (92,6%), college graduates as many as 19 (70,4%) mothers, civil servants as many as 11 mothers (40,7%), primiparous parity as many as 23 mothers (85,2%), and most infants received infant massage once a week as many as 16 infants (59,3%), infants with smooth defecation were 24 infants (88,9%), and infants with unsmooth defecation were 3 infants (11,1%).

**Conclusion :** Baby that is massaged once a week for 16 infants (59.3%) all have a category of smooth defecation, baby massaged once at 2 weeks as many as 10 infants (37.0%), 7 infants (25.9%) smooth defecation, 3 infants (11.1%) with unsmooth defecation, and the baby is massaged once a month for 1 infant (3.7%) with a smooth defecation.

**Keywords :** Infant Massage, Infant's Defecation Smoothness.

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