

**Pengaruh Pengaruh Pijat Bayi Terhadap Kualitas Tidur Bayi Usia 1-6 Bulan
Di Posyandu Desa Cikubang Kecamatan Taraju Kabupaten
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INTISARI

Latar belakang kualitas tidur bayi penting untuk pertumbuhan bayi karena hormon pertumbuhan dikeluarkan dari tubuh sekitar 75%, hormon pertumbuhan disekresi tiga kali lebih banyak. Hasil studi pendahuluan, didapatkan 12 ibu yang memiliki bayi berusia 1-6 bulan di posyandu desa Cikubang, ditemukan 10 (83%) ibu bayinya mengalami gangguan tidur. Pijat bayi adalah terapi non-farmakologis untuk meningkatkan serotonin dan melatonin, membantu tidur lebih lama dan lelap. Tujuan penelitian ini untuk mengetahui pengaruh pijat bayi terhadap kualitas tidur pada bayi usia 1-6 bulan di Posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya tahun 2024. Metode penelitian ini adalah *Quasi Eksperimental Design* dengan teknik *Nonequivalent Control Group Design*. Jumlah populasi dalam penelitian ini ibu yang mempunyai bayi usia 1-6 bulan, pengambilan sampel diambil secara total sampling sebanyak 30 orang. Analisis univariat menggunakan distribusi frekuensi. Analisis bivariat menggunakan uji *wilcoxon*. Uji analisis menggunakan *Microsoft Excel* dan aplikasi SPSS 27. Hasil Penelitian diperoleh sebelum dilakukan intervensi hasil 14 (93,3%) responden kualitas tidur masalah ringan. Sesudah dilakukan intervensi mengalami peningkatan menjadi 14 (93,3%) responden kualitas tidur tidak ada masalah. Dari hasil uji statistik *Wilcoxon* didapatkan nilai *p value* 0,001 ($p < 0,05$) yang artinya Terdapat pengaruh pijat bayi terhadap peningkatan kualitas tidur bayi usia 1-6 bulan di Posyandu Desa Cikubang Kecamatan Taraju Kabupaten Tasikmalaya tahun 2024.

Kata Kunci: Bayi, Pijat Bayi, Kualitas tidur

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The Influence of Baby Massage on the Sleep Quality of Babies Aged 1-6 Months at the Integrated Health Service Post (Posyandu) in Cikubang Village, Taraju District, Tasikmalaya Regency, 2024

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ABSTRACT

Babies' sleep quality plays an important part for their growth, as approximately 75% of growth hormone is excreted from the body, with secretion occurring at three times the usual rate. Previous studies involved 12 mothers with babies aged 1-6 months at the Posyandu in Cikubang Village and revealed that 10 (83%) of whom had babies with sleep disorders. Baby massage is a non-pharmacological therapy to increase serotonin and melatonin, aiding longer and deeper sleep. This study aims to determine the effect of baby massage on sleep quality of babies aged 1-6 months at the Cikubang Village Posyandu, Taraju District, Tasikmalaya Regency, 2024. The research method utilized was Quasi Experimental Design with Non-equivalent Control Group Design technique. The study population consisted of mothers with babies aged 1-6 months, and 30 participants were selected as samples through total sampling. The univariate analysis was conducted using frequency distribution, while the bivariate analysis was performed by employing the Wilcoxon test. Then, the data analysis was performed utilizing Microsoft Excel and SPSS 27 applications. The results revealed that before the intervention, 14 respondents (93.3%) experienced mild sleep quality problems. After the intervention, sleep quality improved, with 14 respondents (93.3%) having no sleep quality issues. The Wilcoxon statistical test obtained a p value of 0.001 ($p < 0.05$), indicating that there is an effect of baby massage on improving the sleep quality of babies aged 1-6 months at the Cikubang Village Posyandu, Taraju District, Tasikmalaya Regency, 2024.

Keywords: *Baby, Baby Massage, Sleep quality*

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