

**PENGARUH PIJAT BAYI TERHADAP KENAIKAN BERAT BADAN BAYI
UMUR 0 -3 BULAN DI BPS SARASWATI
SLEMAN YOGYAKARTA
TAHUN 2010**

INTISARI

Latar belakang: Tercapainya pertumbuhan dan perkembangan yang optimal merupakan hasil interaksi berbagai faktor. Tumbuh kembang yang kurang optimal berdampak terhadap kualitas generasi mendatang. Upaya untuk menguranginya salah satunya dengan pijat bayi. Hasil studi pendahuluan 10 orang ibu post partum didapatkan 80% belum mengetahui manfaat pijat bayi.

Tujuan Penelitian : Mengetahui pengaruh pijat bayi terhadap kenaikan berat badan bayi umur 0-3 bulan di BPS Saraswati Sleman tahun 2010.

Metode Penelitian : Jenis penelitian Pre-Eksperimental (Intact-Group Comparison), lokasi penelitian di BPS Sarawati. Subjek penelitian bayi umur 0-3 bulan berjumlah 30 orang dengan sampling purposive. Pada awal & akhir penelitian diukur berat badan tiap kelompok. Perbedaan peningkatan berat badan diuji dengan paired sample t-test pada tingkat kepercayaan 95%.

Hasil penelitian : Terdapat pengaruh pijat bayi terhadap kenaikan berat badan bayi umur 0-3 bulan di BPS Saraswati. Rata-rata berat badan bayi kelompok eksperimen sebelum dipijat adalah 4560 gram dan sesudah dipijat 5350 gram, sedangkan pada kelompok kontrol rata-rata berat badan di awal penelitian adalah 4556 gram dan di akhir penelitian 5170 gram.

Kesimpulan : Terdapat pengaruh pijat bayi terhadap kenaikan berat badan bayi umur 0-3 bulan di BPS Saraswati Sleman tahun 2010.

Kata Kunci : Pijat bayi, kenaikan berat badan, bayi umur 0-3 bulan.

**THE INFLUENCE OF BABY MASSAGE ABOUT BABY WEIGHT GAIN
AGE 0-3 MONTHS IN BPS SARASWATI
SLEMAN YOGYAKARTA
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ABSTRACT

Background: The achieving of optimal growth and development is the result of interaction of various factors. Growth and development are less than optimal impact on the quality of future generations. Efforts required reducing the impact of it with a baby massage. A result of a preliminary study 10 post-partum was found 80% did not know about the benefits of baby massage.

Research purpose: Knowing the influence of baby massage about baby weight gain age 0-3 months in BPS Saraswati Sleman Yogyakarta 2010.

Research method: The type research is the pre-experimental research designs (intact-group comparison), research located in Sleman. Research subjects are 0-3 month's old babies totaling 30 people with purposive sampling. At the beginning & end of the study measured weight of each group. Differences in weight gain both groups were tested by paired sample t-test at 95% accuration level.

Research results: There are the influences of baby massage about baby weight gain age 0-3 months in BPS Saraswati. Average weight babies in the experimental group before a massage is 4560 grams and after massage is 5350 gram (increasing 17.32%). While in the control group baby's average weight at the beginning of the research was 4556 grams and at the end of the research was 5170 grams (increasing13.48%).

Conclusion: There are the influences of baby massage about baby weight gain age 0-3 months in BPS Saraswati Sleman Yogyakarta 2010.

Key words: Baby massage, weight gain, 0-3 months old babies.