


# Baby Massage Impact on Quality of Sleep for Bab...

By: Sandra G. J. Tombokan

As of: Jun 8, 2020 9:08:37 AM  
2,674 words - 9 matches - 5 sources

Similarity Index

4%

Mode: Similarity Report 

## paper text:

Baby Massage Impact on Quality of Sleep for Baby Age 0-6 Months in Winenet Poskesdes I Martha D. Korompis\*, Sandra G. J. Tomboka\*, Sandra Cecilia Tendean\* \* Department of Midwifery, Manado Health Polytechnic, Ministry of Health  
Corresponding Author : First Author, Department of Midwifery, Manado Health Polytechnic, Ministry of Health Email: marthadebora@yahoo.com  
ABSTRACT Sleep is a top priority for babies, because at this moment the neuro brain repair happened and more or less than 75% of growth hormone is produced. Babies spends an average amount of sleep time around 60% of their time. Less of sleep in infants will inference with hormone secretion such as growth hormone and body cell regeneration that it will reduce body endurance causing babies to easily get sick and lack of concentration so that babies motoric senses becomes slow or even excessive sleep is a way for babies ro adapt with the surrounding environment, newborn baby usually sleep for 16-20 hours a day (1) . The purpose of this research is to find out the quality of baby's sleep aged 0-6 month at Winenet I Village Community Health Centre Bitung City. Research design using aquas experiments with one group post test – post test design the samples are is babies ased 0-6 month, by assessing the babys sleep before and after the intervention. The analysis data used are univariate analysis in frequency and percentage distribution and bivariate analysis using paired test. The result of research and disscusion shows that there is a difference in baby sleep time before the massage is 12 hours and after the message is 14 hours, which means that there is a difference that the probabilitiy value is smaller than the level of significant at 1 % ( $0.004 < 0.05$ ), thus it can be concluded that baby massage has a significant effect on increasing sleep time and it is recommended to the midfui in Wirenet I Village Health Community Center continue to socialize baby massage to the community especially for mothers. Keywords: baby massage, sleep quality  
INTRODUCTION Babies are a gift from God, raising to adulthood becomes the biggest challenge in the lives of parents. Worry and panic are often experienced by parents in caring for

Entering the age of 2 months the baby starts sleeping more nights than noon. Until the age of 3 months, newborn babies will spend about 15-17 hours of sleep, with the division of time 8 hours for naps and 9 hours for night sleep. As the baby's age increases, his sleep hours also decrease. At the age of 3-6 months the number of naps decreases, about 3 times. The total amount of sleep between infants aged 0-6 months ranges from 13-15 hours / day. In babies 6 months of age sleep patterns begin to look similar to adults (4). One touch that is now known to provide many benefits is baby massage. Baby massage is one of the many touch therapies that provides benefits for both infants and parents (5). Baby massage is the oldest touch therapy known to man. Massage which has long been carried out almost all over the world including in Indonesia and passed down from generation to generation (6). The data in the Tinombala Health Center in Bitung City 2018 there were 858 babies, while in Poskesdes Winenet I as many as 161 toddlers, and 26 babies, the data in January-February 2019 there were 15 infants aged 0-6 months. a short interview was conducted in the city of Bitung with 10 mothers, we found there are still 8 mothers who do not know the benefits of massage and have never done baby massage therapy in Poskesdes Winenet I in February 2019. Research conducted (7), in Kadipiro Banjarsari Sub-District, Surakarta, found that there was a significant influence on the frequency of massage with the quality of infant sleep. In line with research conducted (8) at Posyandu Teratai, it concludes that there is effectiveness

of infant massage on sleep quality of infants aged 3-6 months at

3

Posyandu Teratai in 2018. Based on this background, the authors are interested in conducting research with the title "Baby Massage Impact on Quality of Sleep for Babies in Poskesdes Winenet I Aertembaga Bitung city". MATERIAL AND METHODS

This type of research uses a Quasi Experiment with One of Group Post test design.

1

This reserch use observation study, that is before giving the intervention, massage was done on the baby (Pre test) 4 times for 4 days, and after the intervention given massage therapy to infants (Post test) to find out whether there is an

Poskesdes Winenet I, Aertembaga District, Bitung City. The sample in this study is the total population (total sampling). Researchers used instruments in the form of observation sheets and leaflets. The consent form is a form of agreement between the researcher and the respondent's parents that will be examined. Retrieval of data taken or obtained from primary and secondary data. Primary data is data collected or obtained by the researchers themselves from before there did not exist, while secondary data is data that already existed before. Analysis of the data used is univariate, bivariate using Shaphirowil test. RESULT 1. Description of Respondents a. Age Table 1. Distribution of Respondents by Age at Poskesdes Winenet I in Aertembaga District. Bitung No. Age (Months) f % 1. 2. Jumlah 1 – 3 4 – 6 7 8 15 47 53 100 Based on table 1, it shows that the majority of respondents age 4-6 months were 53%. b. Gender Table 2. Responden Ditribution based on Gender in Poskesdes Winenet I in Aertembaga District, City of Bitung No Gender f 1. 2. Jumlah Female 9 Male 6 15 % 60 40 100 Based on table 2, most of the respondents are female by 60%. 1. Univariate analysis Description of the variables studied include the baby's sleep time before and after the massage, can be seen in the following tables: a. Before intervention. Table 3. Frequency Distribution of Baby Sleep Hours Before Baby Massage in Poskesdes Winenet I Dstric Aertembaga City of Bitung in 2019 No Jam tidur bayi 1 2 3 8-10 jam (Kurang) 11-13 jam (Sedang) 14-16 jam (Baik) Jumlah f % 1 6,7 12 80 2 13,3 15 100 Berdasarkan tabel 3 di atas, dapat diketahui jam tidur bayi awal (Pre-test) sebelum dilakukan pijat pada bayi di Poskes Winenet I Kota Bitung sebanyak 12 (80%) responden mempunyai jam tidur sedang, sebanyak 2 (13,3%) responden jam tidur baik dan 1 (6,7%) responden kurang tidur. b. After the Intervention Table 4. Frequency Distribution of Baby Sleep Hours After Baby Massage in Poskesdes Winenet I Kecamatan Aertembaga Kota Bitung in 2019. No Jam tidur bayi f % 1 8-10 jam (Kurang) 0 0 2 11-13 jam (Sedang) 0 0 3 14-16 jam (Baik) 15 100 Jumlah 15 100 Based on table 4 above, it can be seen the hours of sleep the baby after massaging the baby (post-test) in Poskesdes Winenet I Kota Bitung all respondents are changing after the intervention to 15 respondents (100%). 2. Bivariat Analysis a. Normality Test Table 5. Normality test for quality of sleep in respondent with Shapiro Wilk before and after baby massage Variable  $\rho^*$  Quality of Sleep pre test 0,246 Quality of Sleep post test 0,004 Test results for normality in pre-test and post-test data are not normally distributed, namely the quality of pre-test sleep  $\rho$  value =  $0.246 \leq 0.05$  and the quality of post-test sleep  $\rho$  value =  $0.001 \leq 0.05$ . So the researchers conducted an alternative test of paired samples t which is Wilcoxon test. b. Hypothesis Testing with Non Parametric Wilcoxon Improved Sleep Quality in Respondents Before and After Baby Massage Tabel 6. Sleep Quality Improvement for Respondents Before and After Baby Massage Test Mean SD  $\rho$  Sleep Quality Pre-Test 12,27 1,100 0,001 Post-Test 14,89

find out the number of infants aged 0-6 months and found that there were 15 parents who had babies aged 0-6 months who are willing their babies to be participants in the baby massage research, before being approved by parents the researchers have explained the benefits of baby massages which are not only beneficial for babies but also beneficial for parents and researchers also explain that the research conducted is not dangerous and does not harm the babies and the parents The age group in infants in Poskesdes Winenet I is age 4-6 months 8 participants (53%) and 1-3 months 7 participants (47%) while in the highest sex group there are 9 female babies (60%) and the number of participants the few were male babies with 6 respondents (40%). Research conducted by Dessy Lutfiasari<sup>1</sup> in Posyandu Teratai Kediri aimed at the average age for massaging infants aged 3-6 months. As the baby's age increases, his sleep hours also decrease, at 3-6 months the number of naps decreases, the total amount of sleep time of infants aged 0-6 months ranges from 13-15 hours / day (4). For infants aged 6 months the sleep patterns begin to look similar to adults. Based on the assessment conducted by researchers before massaging infants in Poskesdes Winenet I, Aertembaga District, Bitung City, showed 1 baby with a frequency of sleep deprivation, 12 infants with moderate sleep frequency, and 2 infants with good sleep frequency. From the normality test the average value of sleep hours in infants before massaging the frequency of sleep time is 12 hours. And after massaging for 4 times for 15-20 minutes in 4 days, on the 5th day an assessment was made aimed at the frequency of sleep time in 15 infants (participants) increased by an average value of 14 hours. Thus in this study

It can be assessed that there is an influence between the provision of infant massage treatment with the quality of infant sleep. And the provision of

4

massage can affect the improvement of the quality of infant sleep in Poskesdes Winenet I Bitung City. Massage performed on the baby will change the brain waves, namely decrease alpha waves and increase beta waves and tetha so that it will make the baby sleep soundly, increase alertness and concentration (9). Baby massage is one of the important approaches in increasing the closeness of mother and baby. So that mothers who have just had children will be more adaptable to carry out their role as mothers. Research states that by doing baby massage by parents, both father and mother, it will reduce the number of incidents of the role of parenting to the child's presence. In line with the research

Babies whose muscles are stimulated with massage will feel comfortable and sleepy. Most babies will sleep a long time after the massage is done. In addition to sleeping for a long time, babies appear to sleep soundly and not as fussy as before. This shows that the baby feels calm after a massage (10). CONCLUSION 1. Based on the research, the frequency of sleep before being done (pre-test) massage in infants aged 0-6 months in Poskesdes Winenet I, Aertembaga District, Bitung City is 12 hours. 2. Based on the study, the frequency of sleep after being done (post-test) massage for infants aged 0-6 months in Poskesdes Winenet I, Aertembaga District, Bitung City is 14 hours. 3. In the Wilcoxon test the p value is 0.001 <0.05. If seen from the p value

there is a difference between improving the quality of sleep before and after

2

being given baby massage treatment. Thus means there is an influence between the provision

of infant massage treatment with the quality of infant sleep

3

in Posksdes Winenet I, Aertembaga District, Bitung City. SUGGESTION Based on the conclusions, some suggestions can be made as follows: 1. Research Sites It is expected that the Puskesmas and Poskesdes Winenet I can provide information about the benefits of baby massage for mothers who have babies. 2. Educational Institutions The results of this study can be used as reference material in the library. 3. Respondents Can be used as a knowledge that is carried out every day without age restrictions for children and experience about the effects of baby massage which is beneficial for baby's growth and development so that mothers are not worried in caring for their babies. REFERENCES 1. Santi, E. (2012). Buku Pintar Pijat Bayi untuk Tumbuh Kembang Optimal Sehat dan Cerdas. Yogyakarta: Pinang Merah Publiser. 2. 3. 4. 5. 6. 7. Jamaan ,T. (2017). Amasing Moms and Baby . : Onbloss Creative Mndiri Pratyahara, D.( 2012). The Miracle of To your Baby . Jakarta: PT Buku Kita. Chandra, B. (2005). Konsep Kualitas Tidur. Jakarta : Buku kedokteran ECG Riksani. R. (2014). Cara Mudah dan Aman Pijat Bayi . Jakarta : Dunia Sehat. Aminoti, D. (2012). Pijat dan Kesehatan .

- 
- 2 22 words / 1% - Internet from 20-Jan-2018 12:00AM  
[eprints.ners.unair.ac.id](http://eprints.ners.unair.ac.id)
- 
- 3 20 words / 1% - Internet from 28-Sep-2018 12:00AM  
[stikesyahoedsmg.ac.id](http://stikesyahoedsmg.ac.id)
- 
- 4 16 words / 1% - Internet from 08-May-2020 12:00AM  
[jurnal.unitri.ac.id](http://jurnal.unitri.ac.id)
- 
- 5 11 words / < 1% match - Internet from 28-Sep-2018 12:00AM  
[docplayer.info](http://docplayer.info)
-