

**PROGRAM STUDI PROFESI BIDAN FAKULTAS KEBIDANAN
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU**
Evidence Based Practice, Juli 2026

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Asuhan Kebidanan Berkelanjutan Pada Bayi Baru Lahir Melalui Baby Massage sebagai terapi komplementer untuk meningkatkan frekuensi menyusui bayi di Klinik Pratama Arrabih

xii + 136 Halaman + 6 Tabel + 12 Lampiran

ABSTRAK

Pemberian ASI eksklusif merupakan upaya penting dalam mendukung pertumbuhan dan perkembangan bayi. Namun, masih ditemukan bayi dengan frekuensi menyusui yang kurang optimal sehingga berpotensi memengaruhi kecukupan asupan nutrisi dan keberhasilan pemberian ASI. Salah satu intervensi komplementer berbasis Evidence Based Practice yang dapat diterapkan adalah baby massage. Tujuan laporan tugas akhir ini adalah memberikan asuhan kebidanan berkesinambungan (Continuity of Care) pada Ny. P mulai dari kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga keluarga berencana, serta menerapkan baby massage untuk meningkatkan frekuensi menyusui bayi. Metode yang digunakan adalah studi kasus dengan pendekatan Continuity of Care melalui anamnesis, observasi, pemeriksaan fisik, dokumentasi, dan penerapan intervensi baby massage selama empat minggu dengan frekuensi satu kali dalam seminggu. Hasil asuhan menunjukkan bahwa kehamilan, persalinan, nifas, dan pelayanan keluarga berencana berlangsung fisiologis tanpa komplikasi. Pada bayi baru lahir, sebelum intervensi frekuensi menyusui sebanyak 5 kali per hari dengan durasi sekitar 8 menit per sesi dan berat badan 3.000 gram. Setelah dilakukan baby massage, frekuensi menyusui meningkat menjadi 11 kali per hari, durasi menyusui menjadi 20–25 menit per sesi, disertai peningkatan volume ASI perah dan kenaikan berat badan bayi menjadi 3.800 gram. Dapat disimpulkan bahwa penerapan baby massage sebagai terapi komplementer dalam asuhan kebidanan berkesinambungan efektif meningkatkan frekuensi menyusui, mendukung keberhasilan pemberian ASI, serta menunjang pertumbuhan bayi.

Kata Kunci : *Baby Massage, Continuity of Care, Frekuensi Menyusui, ASI Eksklusif, Bayi Baru Lahir.*

Daftar Bacaan : 64 (2020-2025)

**MIDWIFE PROFESSION STUDY PROGRAM FACULTY OF MIDWIFERY
INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU
Evidence Based Practice, July 2026**

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Continuity of Midwifery Care for Newborns Through Baby Massage as a Complementary Therapy to Increase Infant Breastfeeding Frequency at Klinik Pratama Arrabih

xii + 136 schemes+ 6 table + 12 appendixes

ABSTRACT

Exclusive breastfeeding is an important effort in supporting infant growth and development. However, there are still infants with less optimal breastfeeding frequency, which has the potential to affect the adequacy of nutritional intake and the success of breastfeeding. One complementary intervention based on Evidence Based Practice that can be applied is baby massage. The purpose of this final project report is to provide Continuity of Care midwifery care for Mrs. P starting from the third trimester of pregnancy, childbirth, newborn, postpartum, until family planning, and to implement baby massage to increase infant breastfeeding frequency. The method used was a case study with a Continuity of Care approach through anamnesis, observation, physical examination, documentation, and the implementation of baby massage intervention for four weeks with a frequency of once a week. The results of care showed that pregnancy, childbirth, postpartum, and family planning services occurred physiologically without complications. In the newborn, before the intervention, the breastfeeding frequency was 5 times per day with a duration of approximately 8 minutes per session and a body weight of 3,000 grams. After baby massage was performed, the breastfeeding frequency increased to 11 times per day, the breastfeeding duration increased to 20–25 minutes per session, accompanied by an increase in expressed breast milk volume and weight gain to 3,800 grams. It can be concluded that the implementation of baby massage as a complementary therapy in continuity of midwifery care is effective in increasing breastfeeding frequency, supporting the success of breastfeeding, and promoting infant growth.

Keywords : Baby Massage, Continuity of Care, Breastfeeding Frequency, Exclusive Breastfeeding, Newborn.

References: 64 (2020-2025)