

**PROGRAM STUDI S1 KEBIDANAN FAKULTAS KESEHATAN DAN
INFORMATIKA IKES PAYUNG NEGERI PEKANBARU**

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**PENGARUH *BABY MASSAGE* TERHADAP KUALITAS TIDUR BAYI USIA
3-6 BULAN DI WILAYAH KERJA PMB SITI JULAHA**

xv + 93 Halaman + 11 Tabel + 12 Lampiran

Abstrak

Masalah tidur pada bayi merupakan isu global, termasuk di Indonesia, di mana 44,2% bayi mengalami gangguan tidur seperti sering terbangun malam hari, namun 72% orang tua menganggapnya sebagai masalah kecil. Studi pendahuluan di PMB Siti Juliaha (Januari 2025) menemukan 25 ibu dalam 3 bulan terakhir melaporkan kekhawatiran tentang kualitas tidur bayi mereka. Penelitian ini bertujuan menganalisis efektivitas baby massage sebagai intervensi non-farmakologis untuk meningkatkan kualitas tidur bayi. Penelitian quasi-eksperimen dengan one-group pretest-posttest design melibatkan 25 bayi usia 3-6 bulan. Intervensi baby massage dilakukan 3 kali dalam 1 bulan (durasi 30 menit/sesi) dengan teknik standar mencakup pijatan kaki, perut, dada, tangan, muka, punggung, dan peregang. Data dikumpulkan menggunakan kuesioner kualitas tidur dan dianalisis dengan uji Wilcoxon. Terdapat peningkatan signifikan ($p=0.000$) dari kondisi awal (84% kategori "kurang baik") menjadi 100% "baik/sangat baik" pasca intervensi. Kesimpulan: Baby massage terbukti efektif meningkatkan kualitas tidur bayi usia 3-6 bulan. Bidan disarankan mengembangkan layanan pijat bayi yang disesuaikan dengan kelompok usia untuk meningkatkan standar pelayanan kebidanan komprehensif.

Kata kunci: baby massage, kualitas tidur bayi, intervensi non-farmakologis, usia 3-6 bulan

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THE EFFECT OF BABY MASSAGE ON SLEEP QUALITY IN INFANTS
AGED 3-6 MONTHS IN THE WORKING AREA OF PMB SITI JULAEHA

xv + 93 Pages + 11 Tables + 12 Appendices

Abstract

Sleep problems in infants are a global issue, including in Indonesia, where 44.2% of infants experience sleep disturbances such as frequent nighttime awakenings, yet 72% of parents consider it a minor issue. A preliminary study at PMB Siti Julaeha (January 2025) found that 25 mothers in the last 3 months reported concerns about their baby's sleep quality. This study aims to analyze the effectiveness of baby massage as a non-pharmacological intervention to improve infant sleep quality. A quasi-experimental study with a one-group pretest-posttest design involved 25 infants aged 3-6 months. The baby massage intervention was performed 3 times in 1 month (30 minutes/session) using standard techniques covering foot, abdominal, chest, hand, face, back massages, and stretching movements. Data were collected using a sleep quality questionnaire and analyzed with the Wilcoxon test. Results: There was a significant improvement ($p=0.000$) from the initial condition (84% "poor" category) to 100% "good/very good" post-intervention. Conclusion: Baby massage proved effective in improving sleep quality in infants aged 3-6 months. Midwives are advised to develop baby massage services tailored to infant age groups to enhance comprehensive midwifery care standards.

Keywords: baby massage, infant sleep quality, non-pharmacological intervention, 3-6 months old