

**PROGRAM STUDI PENDIDIKAN PROFESI BIDAN FAKULTAS  
KEBIDANAN INSTITUT KESEHATAN PAYUNG NEGERI PEKANBARU  
*Evidence Based Practice*, 31 Juli 2026**

**Dewi Sartika**

Asuhan Kebidanan Berkesinambungan Dengan Penerapan pijat Untuk Mencegah  
Konstipasi Pada By. Ny N Di Praktik Mandiri Bidan Hj. Dince Safrina

**xiv + 156 Halaman + 4 Table + 1 Gambar + 4 Tabel + 8 Lampiran**

**ABSTRAK**

Konstipasi merupakan masalah sistem pencernaan yang sering dialami bayi, ditandai dengan gangguan defekasi, perut kembung, serta ketidaknyamanan. Salah satu intervensi non-farmakologis yang aman dan efektif berbasis *Evidence Based Practice* adalah pijat bayi dengan teknik "*I Love You*" (ILU). Pijat bayi merangsang aktivitas nervus vagus dan meningkatkan peristaltik usus. Laporan Tugas Akhir ini bertujuan untuk melaksanakan asuhan kebidanan berkesinambungan (*Continuity of Care/CoC*) dengan penerapan pijat untuk mencegah konstipasi pada By. Ny. N di Praktik Mandiri Bidan Hj. Dince Safrina, Pekanbaru. Metode yang digunakan adalah studi kasus dengan pendekatan quasi-experiment (penilaian sebelum dan sesudah intervensi) yang terintegrasi dalam model asuhan komprehensif mulai dari masa kehamilan trimester III, persalinan, bayi baru lahir, nifas, hingga pelayanan keluarga berencana. Intervensi pijat bayi dilakukan secara berkala dan sistematis selama 15–20 menit setiap sesi. Hasil asuhan menunjukkan seluruh proses kehamilan, persalinan, nifas, dan neonatus berlangsung secara fisiologis tanpa komplikasi. Pemantauan evaluatif pasca-intervensi menunjukkan peningkatan frekuensi defekasi yang konsisten, eliminasi gejala perut kembung, serta peningkatan kualitas tidur dan kenyamanan bayi secara signifikan. Selain itu, asuhan ini berhasil meningkatkan pengetahuan serta kemandirian ibu dalam melakukan pemijatan secara mandiri di rumah. Kesimpulan: Penerapan pijat bayi dalam kerangka asuhan kebidanan berkesinambungan terbukti sangat efektif dalam mencegah konstipasi dan menunjang tumbuh kembang optimal neonatus. Penerapan pijat bayi secara signifikan efektif meningkatkan kelancaran defekasi, mencegah gejala konstipasi, serta meningkatkan kenyamanan bayi dan kemandirian ibu dalam menerapkan pijat.

**Kata Kunci** : Asuhan kebidanan berkesinambungan, pijat bayi, teknik *I Love You*, pencegahan konstipasi, bayi baru lahir.

Daftar Bacaan : 41 (2020–2025)

**MIDWIFERY PROFESSIONAL EDUCATION PROGRAM FACULTY OF  
MIDWIFERY PAYUNG NEGERI INSTITUTE OF HEALTH SCIENCES  
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**Dewi Sartika**

***Continuity of Midwifery Care with the Application of Massage to Prevent Constipation  
in Baby of Mrs. N at Hj. Dince Safrina Independent Midwife Practice***

***xiv + 156 Pages + 1 Figures + 4 Tables + 8 Appendices***

**ABSTRACT**

*Constipation is a common digestive issue in infants, characterized by defecation difficulties, abdominal bloating, and discomfort. An effective and safe non-pharmacological intervention based on Evidence-Based Practice is infant massage using the "I Love You" (ILU) technique. Infant massage stimulates vagus nerve activity and enhances intestinal peristalsis. This final report aims to implement Continuity of Care (CoC) midwifery management integrated with infant massage to prevent constipation in Baby Mrs. N at PMB Hj. Dince Safrina, Pekanbaru. The A case study method with a quasi-experimental approach (pre- and post-intervention assessment) was utilized, integrated within a comprehensive care model spanning the third trimester of pregnancy, labor, newborn care, postpartum, and family planning services. The baby massage intervention was performed systematically for 15–20 minutes per session. A case study method with a quasi-experimental approach (pre- and post-intervention assessment) was utilized, integrated within a comprehensive care model spanning the third trimester of pregnancy, labor, newborn care, postpartum, and family planning services. The baby massage intervention was performed systematically for 15–20 minutes per session.. Results: The findings demonstrated that all stages of pregnancy, delivery, postpartum, and neonatal care progressed physiologically without complications. Post-intervention evaluation revealed a consistent increase in defecation frequency, complete resolution of abdominal bloating, and significant improvements in the infant's sleep quality and overall comfort. Furthermore, the intervention successfully enhanced the mother's knowledge and independence in performing home-based infant massage.. The application of infant massage effectively improved bowel movement frequency, prevented constipation symptoms, and enhanced infant comfort as well as maternal caregiving confidence.*

**Keywords:** *ontinuity of midwifery care, infant massage, I Love You technique, constipation prevention, newborn*

**References** : 41 (2020–2025)

