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## THE EFFECT OF BABY MASSAGE ON IMPROVING SLEEP QUALITY IN INFANTS AGED 0-6 MONTHS AT THE GORUA PUBLIC HEALTH CENTER IN 2025

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### ABSTRACT

**Background :** Massage baby is beneficial non - pharmacological therapies For increase quality Sleep baby age 0–6 months . Research This aim analyze influence massage baby to improvement quality Sleep baby aged 0–6 months at the Community Health Center Gorua Year 2025. **Research Method :** This type of research uses. One group pretest design and observation were made through pretest first, then given treatment, then given a posttest so that it could find out the changes that occurred before and after giving treatment. **Research Results :** Statistical test results show existence significant influence between massage baby to improvement quality Sleep baby aged 0–6 months at the Community Health Center Gorua In 2025, with The p-value is 0.000 ( $p < 0.05$ ), so can concluded that massage baby effective in increase quality Sleep baby. **Conclusion :** Massage baby proven effective increase quality Sleep baby, marked with baby become more calm down, no easy fussy, sleeping more sleep well, and wake up in condition fresher, so that can used as non- pharmacological therapy in support grow flower baby.

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## PRELIMINARY

Sleep is one of the form adaptation baby to environment. At the time baby has birth, needs sleep in babies usually baby asleep for 16-20 hours a day. Entering 2 months old baby start more Lots sleep at night day compared to Afternoon day. Until 3 months old, new baby born will Sleep for 15-17 hours a day, with distribution 8 hours time for Sleep Afternoon day and 9 hours for Sleep Evening day. Increasingly age baby increase then the hours of sleep also increase decreased. Total amount time Sleep baby age 0-6 months range between 13-15 hours a day. In babies 6 months old pattern his sleep start looks similar to adults.<sup>1</sup>

Baby massage or massage baby is therapy touch in the form of stroking and massaging gently applied to the surface skin baby. Therapy This functioning as form stimulation through stimulation touch with technique *soft and gentle massage* that works on the body's tissues and organs baby thoroughly.<sup>2</sup>

Based on data published by the World Health Organization (WHO) in 2012 in journal *Pediatrics*, about 33% of babies experience problem sleep own a very important role for baby Because contribute to development brain as well as assist in the processing and arrangement process various information received every day. One of the effort non-pharmacological which can done For increase quality Sleep baby is massage baby, namely technique stimulation in the form of swab fine or stimulation the groping that was done in a way soft on the surface skin as well as tissues and organs of the baby's body.<sup>3</sup>

Sleep sleep soundly own a very important role in growth baby, because at the time sleep development process brain ongoing optimally. However, the results study show that as many as 52% of babies experience disturbance sleep, marked with duration Sleep Evening not enough from 9 hours and frequency woke up more from three times with long wakefulness more from one hour. One of the effort non-pharmacological which can done For overcome problem sleep in babies is baby massage.<sup>4</sup>

Massage baby more useful among addition weight , pattern sleep - wake more good, improvement neuromotor development, attachment emotional bond that more good, reduce level infection nosocomial and with thus, reducing number death on baby premature birth. Massage baby proven give significant influence to improvement quality Sleep baby age 0–6 months, marked with increasing duration sleep and decreased frequency woke up at night day after given intervention baby massage.<sup>5</sup>

According to cited reports in Another study, research by Tang & Aras (2018) was conducted in five cities big cities in Indonesia, Jakarta, Bandung, Medan, Palembang, and Batam show that as many as 51.3% of babies experience disturbance sleep, 42% of babies Sleep Evening not enough from 9 hours, as well as baby often woke up more from 3 times with duration woke up about 1 hour (data from 385 respondents).

Data from the visitor register baby Good integrated health post or at the health center gorua recorded for 1 month there are

15 babies and 5 infants among them experience disturbance pattern Sleep and 6 months data final totaling 30 babies So that I take title study at the Community Health Center Gorua.

Based on background back above so researchers interested For research about , Influence Baby Massage Against improvement quality Sleep baby aged 0-6 months at the Community Health Center Gorua .

## METHOD

Study This is studies experimental with design quasi-experimental with test pre-post. Research objectives This is For analyze Influence Baby Massage Against Improvement Quality Sleeping for Babies Aged 0-6 Months at the Community Health Center Gorua 2025 Subdistrict Tobelo, North Halmahera Regency.

Group intervention in study This is patients who will undergo procedure intervention with from June to August 2025. Total population in study This is 15 Babies. Size sample For study This are 15 babies who meet the requirements criteria inclusion.

## RESULTS

In this chapter, the results of research on the influence of baby massage on the quality of Sleep At the Gorua Community Health Center. Data was obtained through a data collection process since June. Year 2025. The number of respondents was 20 babies.

**Table 1. Characteristics Based on Characteristics Respondents baby aged 0-6 months at the Community Health Center Gorua**

| Characteristics           | F  | Percentage % |
|---------------------------|----|--------------|
| <b>Gender baby</b>        |    |              |
| Man                       | 10 | 50%          |
| Woman                     | 10 | 50% 100%     |
| <b>Age Mother</b>         |    |              |
| < 20 years                | 0  | 0            |
| 20-35 years >             | 15 | 75%          |
| > 35 years 0              | 5  | 5% 80%       |
| <b>Mother's education</b> |    |              |
| Elementary School         | 0  | 0            |
| JUNIOR HIGH SCHOOL        | 3  | 15%          |
| SENIOR HIGH SCHOOL        | 8  | 40%          |
| S1                        | 9  | 45% 100%     |
| <b>Work Mother</b>        |    |              |
| housewife                 | 5  | 25%          |
| civil servant             | 10 | 50%          |
| Honorary employee         | 3  | 15%          |
| Self-employed             | 2  | 10% 100%     |
| <b>Parity Mother</b>      |    |              |
| Primipara                 | 7  | 35%          |
| Multipara                 | 8  | 40%          |
| Grandemultipara           | 5  | 25% 100%     |
| <b>Baby's age</b>         |    |              |
| 0 months                  | 2  | 10%          |
| 2 months                  | 8  | 40%          |
| 3 months                  | 4  | 20%          |
| 6 months                  | 6  | 30% 100%     |

Based on table on show that from 20 respondents that is baby age 0-6 months. obtained results almost all over parent respondents aged between 20-35 years namely 15 people (75%), education Mother part big bachelor as many as 9 people (45%), work Civil servants, namely 10

people (50%), parity multiparity as many as 8 people (40%), and age baby part big 2 months old namely 8 babies (40%). Gender baby man namely 11 babies 55%.

**Table 2. Distribution Frequency quality Sleep baby age 0-6 months before done massage baby at the health center gorua 2025 .**

| Quality Sleep | Frequency | Percentage (%) |
|---------------|-----------|----------------|
| Good          | 13        | 65%            |
| Bad           | 7         | 35%            |
| <b>Total</b>  | <b>20</b> | <b>100</b>     |

Based on results questionnaire that has been filled in by respondents obtained results based on table on can seen that from 20 respondents before intervention as many as 7 babies (35%) have quality Sleep impressed bad.

**Table 3. Distribution Frequency quality Sleep baby age 0-6 months after done massage baby at the health center gorua 2025 .**

| Quality Sleep | Frequency | Percentage (%) |
|---------------|-----------|----------------|
| Good          | 20        | 100%           |
| Bad           | 0         | 0              |
| <b>Total</b>  | <b>20</b> | <b>100</b>     |

Based on results questionnaire that has been filled in by respondents obtained results based on table on can seen that from 20 respondents after intervention as many as 20 babies (100%) have quality good and bad anyone has quality Sleep bad.

**Table 4.4. Influence massage baby to quality Sleep baby aged 0-6 months at the health center gorua 2025 .**

| Quality Sleep Pre | Quality sleep post | P value      |
|-------------------|--------------------|--------------|
| Good              | 20                 | 100<br>0,000 |
| Bad               | 0                  | 0            |
| <b>Total</b>      | <b>20</b>          | <b>100</b>   |

Based on table on obtained that of the 7 previous babies own quality Sleep bad after intervened all over baby namely 20 babies (100%) quality Sleep become Good.

## DISCUSSION

### Characteristics Respondents

#### a. Mother's Age

Based on results study show that part big respondents own age between 20-35 years old. This is explain that respondents be at the age reproduction Healthy.

#### b. Mother's Education

Based on results study can seen that part big respondents educated bachelor Where level education bachelor including in level education advanced, where at the level education bachelor somebody Already own ability For examine information with Good.

#### c. Mother's Job

Based on results study can seen that part big respondents is moms Work or as a civil servant, work will influence intensity Mother with baby, on the other hand working mothers will own time more A little with child. Disorder Sleep can happened to the mother who works Because lack of time Mother with child.

#### d. Parity

Based on results study can seen that part big respondents own parity multiparity that is own child more from 1 to Mother own experience previously in nurse baby.

e. Baby Age

Based on results study can seen that part big respondents 2 months old. At the age of the child tend move For do response to voice or the sound heard such as music, singing and sounds others, which can cause baby easy tired of waking up at the time Sleep Afternoon or in Evening day and sleep baby become No sleepy .

f. Baby Gender

Based on results study can seen that part big respondents baby various sex boy . Baby with type sex man more many have experienced disturbance Sleep.

### **Quality Baby Sleep Before Baby Massage**

Research Results show that before done massage baby, some respondents own quality poor sleep (35 %), characterized by with baby fussy, often crying, and hard Sleep return.

Quality Baby Sleep After Baby Massage After done massage baby, whole respondents (100%) indicated quality good sleep .

Influence Baby Massage for Quality Sleep Massage baby influential significant to improvement quality Sleep baby aged 0–6 months ( $p = 0.000$ ). After intervention , baby become more calm, rare fussy, sleeping more sleep well, and wake up fresher, so that massage baby effective as stimulation grow flowers and non-pharmacological therapy For increase quality Sleep baby.

## **CONCLUSION**

### **1. Characteristics Respondents**

Research results show that part big respondents Mother be in range aged 20–35 years (75%), with level education final most is Bachelor's degree (S1) of 45% and work as civil servants (PNS) as much as 50%. Based on characteristics babies, the majority various sex men (55%), with group age most is baby 2 months old (40%).

### **2. Quality Baby Sleep Before Quality Baby**

**Massage** Sleep baby age 0–6 months before done massage babies at the health center Gorua 2025 partly big classified as bad (35%), which is characterized by with baby often woke up, fussy, and experience disturbance Sleep Evening.

### **3. Quality Baby Sleep After Baby**

**Massage** After given intervention massage baby, quality Sleep baby aged 0–6 months at the Community Health Center Gorua The year 2025 experienced improvement in a way comprehensive, where the whole respondents (100%) indicated quality good sleep.

### **4. Influence Baby Massage against Quality Sleep**

Statistical test results show existence significant influence between massage baby to improvement quality Sleep baby aged 0–6 months at the Community Health Center Gorua In 2025, with The p-value is 0.000 ( $p < 0.05$ ), so can concluded

that massage baby effective in increase quality Sleep baby .

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