

Article

THE INFLUENCE OF BABY SPA ON SLEEP QUALITY IN BANTARJAYA VILLAGE, PEBAYURAN DISTRICT, BEKASI REGENCY IN 2023

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A B S T R A C T

Baby spa is one fun way to relieve tension and feelings of restlessness, especially in babies. The initial survey was conducted by researchers in Bantarjaya Village in October through interviews with 3 mothers who stated that they did not know the benefits of baby spa, babies had not been done baby spa, and experienced sleep disorders. The goal is to determine the effect of baby spa on sleep quality. The research method uses quantitative methods (Quasi-Experiment), Wilcoxon's statistical test. The population is all mothers who have babies aged 3-6 months in Bantarjaya Village as many as 47 people. The sample was mothers who had babies aged 3-6 months in Bantarjaya Village using total sampling techniques, as many as 47 people. Data collection by questionnaire. Data analysis is a univariate, bivariate analysis. The results showed that from 47 babies, after a baby spa the babies experienced an increase in sleep quality (sound) by 29.8%. The results of statistical tests are known to Asymp. Sig is 0.000 ($P < 0.05$), so it can be concluded that there is a difference or influence of baby spa with sleep quality in infants aged 3-6 months.

I. INTRODUCTION

The main need for babies is sleep, because at this time neuro-brain repair occurs and approximately 75% of growth hormone is produced. Babies spend about 60% of the average amount of time sleeping. The pattern of sleep-wake cycles is clearly visible at the age of 3-4 months, where the proportion of sleep begins to be more at night. In general, morning naps stop at the age of 1 year and afternoon naps last at the age of 3 years (Ahmadi A and Widodo S, 2013) Sleep disorders in infants are a form of problems faced by parents. (Sadeh, 2009) Based on WHO data in 2012 in the journal Pediatrics, as many as 33% of babies experience sleep disorders. (Abdurrahman, 2015) In Indonesia, from research conducted

by Sekartini in 2004, as many as 44.2% of children under 3 years old experience sleep disorders. (Nugraheni, 2018) In Yogyakarta in 2018, as many as 13.6% of babies who were not routinely given massage therapy experienced problems in their sleep. (Rohmawati, 2018)

One technique that can support the stimulation of children's growth and development is a touch of love with a baby spa. The benefits of this baby spa can provide a sense of calm, comfort, and freshness. Water blows generated from turbulent water can provide sensations and massages that relieve fatigue, improve blood circulation and create relaxation. Thus the baby's sleep will be more sound so that it can increase the number of hours of sleep day and night.

Where in this baby's sleep there is an increase in growth hormone secretion. (Ahmadi, 2013) The quality of infant sleep is a measure used to assess the ease with which babies start and maintain their bedtime. Good sleep quality if the length of sleep time is balanced between night and day sleep. (Abdurrahman, 2017) Babies with poor sleep quality have a negative impact on their development, such as babies become easily emotional and concentration and immunity decreases. Factors that affect sleep quality in infants include activity or fatigue, environment, health conditions and nutritional fulfillment. (Mardiana, 2014) Environmental conditions greatly affect the baby's sleep process. A safe and comfortable situation for babies can speed up the sleep process. The physical environment in which the baby sleeps has an important effect on the ability to fall asleep and stay asleep. A crowded and not conducive environment can make the baby's sleep quality reduced. (Lee, 2019) Infants aged 6-12 months need enough sleep, so it is necessary to provide external stimuli in the form of massage therapy. Massage therapy that can be done one of them is baby massage. (Nugraheni, 2018) Baby spa is one fun way to relieve tension and feelings of restlessness, especially in babies. A gentle massage will help relax the muscles and lower the adrenaline hormone so that you sleep well. (Roesli, 2013) Age 3-6 months is the right time for babies to start doing baby spa. After the age of 3 months neck control is good so that the baby's head can be upright. Babies also have a pair of reflexes that can make them swim well, namely the diving reflex (dive reflex) and the swimming reflex (swim reflex). (Tim Galinea MCC, 2014) Based on an initial survey conducted by researchers in Bantarjaya Village in October through interviews with 3 mothers who massaged their babies, there were differences in the baby's sleep before and after the massage. Based on the background description above, researchers are interested in conducting research on baby massage and take the title The Effect of Baby Massage Age 3-6 Months on the Quality of Baby Sleep in the Village. Bantarjaya, Pebayuran District, Bekasi Regency in 2023.

II. METHODS

The research method was carried out using quantitative research methods with a Quasi-Experimental approach using the Wilcoxon statistical test (Abnormally Distributed). The population in this study was all mothers who had babies aged 3-6 months in Bantarjaya Village, which was 47 people. The sample in this study was mothers who had babies aged 3-6 months in Bantarjaya Village using the total sampling technique, the number of samples was 47 people. Data collection by questionnaire. Data analysis is univariate, bivariate and multivariate analysis. The output of this research is published articles in Accredited National Journals and the production of HKi in the form of baby spa pocketbooks.

III. RESULT

Univariate Results

Table 1. Results of Univariate Analysis of the Characteristics of the Research Sample

Characteristic	n	%
Baby's Gender:		
- Man	28	59,6
- Woman	19	40,4
Maternal Education:		
- Low	25	53,2
- High	22	46,8
Mothers Employee :		
- Unemployee	16	34,0
- Employee	31	66,0
Baby's Age :		
- <3 months	26	55,3
- ≥3 months	21	44,7
Total	47	100

Based on table 1 above, the percentage of 47 infants based on the sex of infants aged 3-6 months is the most, namely in the male sex, which is 28 people (59.6%). The percentage of maternal education is highest in iu with low education which is as many as 25 people (53.2%). The percentage of mothers' work is highest in working mothers which is 31 people (66.0%). The percentage at the age of infants <3 months has a value of 26 people (55.3%).

Table 2 Percentage of Baby Sleep Quality Before (Pretest) and After (Posttest) Baby Spa

Sleep Quality	Pretest		Posttest	
	f	%	f	%
No Good	25	62,5	5	12,5
Rest Easy	15	37,5	35	87,5
Total	40	100 %	40	100 %

Based on table 2 above, it shows that the quality of infant sleep during the pretest is most in infants whose sleep quality is not good, which is 51.1% compared to the quality of good baby sleep. After the baby spa, the quality of good baby sleep increased to 37 people (78.7%). Meanwhile, the quality of sleep of babies who are not good is reduced to 10 people (21.3%).

Bivariate Results

Table 3 Statistical Test Results Wilcoxon test The Effect of Baby Massage on the Quality of Baby Spa

Kualitas Tidur	Asymp. Sig	Negative Rank		Positive Rank		Ties
		Rank	N	Mean Rank	Sum of Rank	
Pretest	0,000	0 ^a	21 ^a	11,00	231,00	26 ^a
Posttest						

Based on table 3 above shows that the results of statistical tests are known to Asymp. Sig is 0.000 ($P < 0.05$), so it can be concluded that the hypothesis is accepted. This means that there is a difference between the Pretest and Posttest results, so it can also be concluded that there is an influence on the implementation of baby spa with improving sleep quality in infants aged 3-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2023.

IV. DISCUSSION

The purpose of the discussion is to interpret and describe the significance of your findings in light of what was already known about the research problem being investigated, and to explain any new understanding or insights about the problem after you've taken the findings into consideration. The discussion will always connect to the introduction by way of the research questions or hypotheses you posed and the literature you reviewed, but it

does not simply repeat or rearrange the introduction; the discussion should always explain how your study has moved the reader's understanding of the research problem forward from where you left them at the end of the introduction.

V. CONCLUSION

Based on the results of univariate dan bivariate analysis of research regarding the Effect of Massage for Infants Aged 3-6 Months on Sleep Quality in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2023, the authors conclude as follows:

- a. The influence of baby spa by improving sleep quality for infants aged 3-6 months in Bantarjaya Village, Pebayuran District, Bekasi Regency in 2023. (P value = 0.000)
- b. The quality of infant sleep before baby massage, most in infants who experience poor sleep quality, which is as many as 24 people with a proportion of 51.1% compared to babies who sleep soundly, namely 23 people (48.9%).
- c. The quality of baby's sleep after baby massage, most in babies who experience poor sleep quality, which is as many as 10 people with a proportion of 21.3% compared to babies who sleep soundly, namely 37 people (78.7%)

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BIOGRAPHY

The writer was born in Bekasi, January 17, 1987. The writer is a permanent lecturer at the Midwifery and Midwife Professional Education Undergraduate Study Program, Faculty of Health Sciences, Suherman Medical University (UMS). The author completed Diploma Three Midwifery Education at STIKes Mitra Ria Husada Jakarta, Diploma Four Midwifery at Padjadjaran University Bandung, and Master of Public Health Science at Universitas Respati Indonesia Jakarta. The author pursues the field of midwifery education since 2010 at Suherman Medical University, other activities carried out are as researchers and community service which have been published in accredited journals. Another experience is as Head of the Bureau of Cooperation and Public Relations at Suherman Medical University (UMS) since 2019 until now.