

ABSTRAK

EFEKTIVITAS PENERAPAN GENTLE TOUCH BABY MESSAGE BERBASIS FAMILY-CENTERED CARE TERHADAP KUALITAS TIDUR DAN CAPAIAN MOTORIK BAYI USIA 3–6 BULAN

Bayi usia 3–6 bulan berada pada periode emas tumbuh kembang yang rentan mengalami gangguan kualitas tidur dan keterlambatan capaian motorik apabila tidak mendapatkan stimulasi yang adekuat. Penelitian ini bertujuan untuk mengetahui efektivitas penerapan Gentle Touch Baby Massage Berbasis Family-Centered Care terhadap kualitas tidur dan capaian motorik bayi usia 3–6 bulan. Desain penelitian adalah quasi eksperimen dengan rancangan pretest-posttest with control group design, melibatkan 50 bayi di PMB Ikli Marisyah Hutagaol yang dibagi menjadi kelompok intervensi ($n=25$) dan kelompok kontrol ($n=25$) melalui teknik purposive sampling. Kelompok intervensi mendapatkan pijat yang dilakukan oleh orang tua setelah pelatihan, dua kali sehari selama 10–15 menit per sesi, selama 14 hari berturut-turut, sedangkan kelompok kontrol hanya mendapatkan asuhan standar/rutin. Kualitas tidur diukur dengan Brief Infant Sleep Questionnaire (BISQ) dan capaian motorik dengan Kuesioner Pra Skrining Perkembangan (KPSP). Analisis data menggunakan uji Wilcoxon Signed Rank Test, Paired t-test, dan Mann-Whitney U Test. Hasil menunjukkan peningkatan bermakna pada skor BISQ ($1,56 \pm 0,92$ menjadi $4,04 \pm 1,14$; $p < 0,001$) dan skor KPSP ($6,16 \pm 0,99$ menjadi $7,88 \pm 1,36$; $p < 0,001$) pada kelompok intervensi, sedangkan kelompok kontrol tidak menunjukkan perubahan bermakna ($p = 0,796$ dan $p = 0,090$). Selisih (delta) skor BISQ dan KPSP pada kelompok intervensi secara bermakna lebih tinggi dibandingkan kelompok kontrol ($p < 0,001$ untuk kedua variabel). Dapat disimpulkan bahwa Gentle Touch Baby Massage Berbasis Family-Centered Care efektif meningkatkan kualitas tidur dan capaian motorik bayi usia 3–6 bulan, sehingga dapat direkomendasikan sebagai intervensi asuhan kebidanan yang aplikatif dan berkelanjutan untuk dilaksanakan secara mandiri oleh orang tua di rumah.

Kata Kunci: *pijat bayi; family-centered care; kualitas tidur; capaian motorik; bayi*

ABSTRACT

THE EFFECTIVENESS OF GENTLE TOUCH BABY MESSAGE BASED ON FAMILY-CENTERED CARE ON SLEEP QUALITY AND MOTOR ACHIEVEMENT OF INFANTS AGED 3–6 MONTHS

Infants aged 3–6 months are in a golden period of growth and development that is vulnerable to sleep disturbances and delayed motor achievement if adequate stimulation is not provided. This study aimed to determine the effectiveness of Gentle Touch Baby Massage based on Family-Centered Care on sleep quality and motor achievement in infants aged 3–6 months. This was a quasi-experimental study with a pretest-posttest with control group design, involving 50 infants at the Independent Midwifery Practice (PMB) of Ikli Marisyah Hutagaol, divided into an intervention group ($n=25$) and a control group ($n=25$) through purposive sampling. The intervention group received massage performed by parents after training, twice daily for 10–15 minutes per session, for 14 consecutive days, while the control group received only standard/routine care. Sleep quality was measured using the Brief Infant Sleep Questionnaire (BISQ) and motor achievement using the Pre-Screening Developmental Questionnaire (KPSP). Data were analyzed using the Wilcoxon Signed Rank Test, Paired t-test, and Mann-Whitney U Test. Results showed a significant increase in BISQ scores (1.56 ± 0.92 to 4.04 ± 1.14 ; $p < 0.001$) and KPSP scores (6.16 ± 0.99 to 7.88 ± 1.36 ; $p < 0.001$) in the intervention group, while the control group showed no significant change ($p = 0.796$ and $p = 0.090$). The delta scores of BISQ and KPSP in the intervention group were significantly higher than in the control group ($p < 0.001$ for both variables). It can be concluded that Gentle Touch Baby Massage based on Family-Centered Care is effective in improving sleep quality and motor achievement in infants aged 3–6 months, and can therefore be recommended as an applicable and sustainable midwifery care intervention to be performed independently by parents at home.

Keywords: *infant massage; family-centered care; sleep quality; motor achievement; infant*