PENGARUH PEMBERIAN BABY MASSAGE MENGGUNAKAN LAVENDER ESSENTIAL OIL TERHADAP PENINGKATAN KUALITAS TIDUR PADA BAYI USIA 3-12 BULAN DI WILAYAH KERJA UPTD PUSKESMAS LANGSA BARO

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ABSTRAK

Latar Belakang: Kualitas tidur berperan penting dalam mendukung pertumbuhan dan perkembangan bayi. Gangguan kualitas tidur masih ditemukan pada bayi usia 3–12 bulan, sehingga diperlukan intervensi nonfarmakologis seperti *baby massage* menggunakan *lavender essential oil* yang dapat memberikan efek relaksasi dan meningkatkan kenyamanan bayi. **Tujuan:** Mengetahui pengaruh pemberian *baby massage* menggunakan *lavender essential oil* terhadap peningkatan kualitas tidur pada bayi usia 3–12 bulan di Wilayah Kerja UPTD Puskesmas Langsa Baro. **Metode:** Penelitian ini menggunakan metode *quasi experiment* dengan desain *one-group pretest-posttest*. Populasi dalam penelitian ini adalah ibu yang memiliki bayi usia 3–12 bulan di Wilayah Kerja UPTD Puskesmas Langsa Baro sebanyak 154 orang. Sampel penelitian berjumlah 34 responden yang dipilih menggunakan teknik *purposive sampling*. Analisis dilakukan secara univariat dan bivariat menggunakan uji *Wilcoxon Signed Rank Test*. **Hasil:** Sebelum diberikan *baby massage* menggunakan *lavender essential oil*, rata-rata skor kualitas tidur bayi adalah 2,32 dan berada dalam kategori buruk. Setelah diberikan intervensi, rata-rata skor kualitas tidur meningkat menjadi 3,26 dan berada dalam kategori baik. Hasil uji *Wilcoxon Signed Rank Test* diperoleh *p-value* sebesar 0,002 (p<0,05), sehingga terdapat pengaruh pemberian *baby massage* menggunakan *lavender essential oil* terhadap peningkatan kualitas tidur pada bayi usia 3–12 bulan. **Kesimpulan:** Terdapat pengaruh pemberian *baby massage* menggunakan *lavender essential oil* terhadap peningkatan kualitas tidur pada bayi usia 3–12 bulan di Wilayah Kerja UPTD Puskesmas Langsa Baro. Diharapkan orang tua dapat meningkatkan pengetahuan mengenai manfaat dan teknik *baby massage* serta menerapkannya secara rutin di rumah sebagai salah satu upaya untuk meningkatkan kualitas tidur bayi.

Kata Kunci : *Baby Massage, Lavender Essential Oil,* Kualitas Tidur, Bayi Usia 3–12 Bulan.

THE EFFECT OF BABY MASSAGE USING LAVENDER ESSENTIAL OIL ON IMPROVING SLEEP QUALITY IN INFANTS AGED 3–12 MONTHS IN THE WORKING AREA OF UPTD PUSKESMAS LANGSA BARO

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ABSTRACT

Background: *Sleep quality plays an important role in supporting infants' growth and development. Poor sleep quality is still commonly found among infants aged 3–12 months; therefore, non-pharmacological interventions such as baby massage using lavender essential oil are needed to promote relaxation and improve infant comfort.* ***Objective:*** *To determine the effect of baby massage using lavender essential oil on improving sleep quality in infants aged 3–12 months in the working area of UPTD Puskesmas Langsa Baro.* ***Methods:*** *This study employed a quasi-experimental method with a one-group pretest-posttest design. The population consisted of 154 mothers with infants aged 3–12 months in the working area of UPTD Puskesmas Langsa Baro. A total of 34 respondents were selected using purposive sampling. Univariate and bivariate analyses were performed using the Wilcoxon Signed-Rank Test.* ***Results:*** *Before receiving baby massage using lavender essential oil, the mean sleep quality score was 2.32, which was categorized as poor. After the intervention, the mean sleep quality score increased to 3.26, which was categorized as good. The results of the Wilcoxon Signed-Rank Test showed a p-value of 0.002 ($p<0.05$), indicating a significant effect of baby massage using lavender essential oil on improving sleep quality in infants aged 3–12 months.* ***Conclusion:*** *There was a significant effect of baby massage using lavender essential oil on improving sleep quality in infants aged 3–12 months in the working area of UPTD Puskesmas Langsa Baro. Parents are expected to improve their knowledge of the benefits and techniques of baby massage and practice it regularly at home as an effort to improve infant sleep quality.*

Keywords : Baby Massage, Lavender Essential Oil, Sleep Quality, Infants Aged 3–12 Months.