

**HUBUNGAN MENGGENDONG POSISI M-SHAPE TERHADAP
BOUNDING ATTACHMENT DAN KUALITAS TIDUR PADA
BAYI BERUSIA 3-6 BULAN DI WILAYAH KERJA
UPTD PUSKESMAS LANGSA KOTA**

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ABSTRAK

Latar Belakang: Pada usia 3–6 bulan, bayi mulai menunjukkan kemampuan berinteraksi, Salah satu bentuk interaksi fisik yang paling mendasar dan memiliki manfaat luas bagi bayi adalah aktivitas menggendong, dalam praktik pengasuhan sehari-hari, terdapat berbagai cara menggendong yang diterapkan oleh orang tua. Salah satu posisi *M-Shape* di mana punggung bayi melengkung alami, lutut lebih tinggi dari pinggul, dan kaki menjuntai bebas ke samping membentuk huruf “M”. **Tujuan:** Penelitian ini bertujuan untuk mengetahui hubungan menggendong posisi *M-Shape* terhadap *bounding attachment* dan kualitas tidur pada bayi berusia 3-6 bulan di Wilayah Kerja UPTD Puskesmas Langsa Kota. **Metode:** Penelitian ini menggunakan jenis analitik dengan rancangan *cross sectional*. Populasi penelitian ini adalah seluruh seluruh ibu yang memiliki bayi usia 3-6 bulan sebanyak 137 orang. Sampel dalam penelitian ini sebanyak 58 responden dengan teknik *purposive sampling*. Analisis data penelitian ini menggunakan analisis univariat dan bivariate menggunakan uji *Chi Square*. **Hasil:** Hasil penelitian menunjukkan bahwa dari 58 responden sebagian besar menggendong posisi *M-Shape* dengan teknik yang kurang baik sebanyak 37 responden (63,8%). Sebagian besar menerapkan *bounding attachment* yang kurang baik sebanyak 36 responden (62,1%). Kualitas tidur bayi sebagian besar buruk sebanyak 30 responden (51,7%). Ada hubungan menggendong posisi *M-Shape* dengan *bounding attachment* dengan *p-value* 0,001 ($p < 0,05$). Ada hubungan menggendong posisi *M-Shape* dengan kualitas tidur bayi dengan *p-value* 0,001 ($p < 0,05$). **Kesimpulan:** Ada hubungan Hubungan Menggendong Posisi *M-Shape* Terhadap *Bounding Attachment* Dan Kualitas Tidur Pada Bayi Berusia 3-6 Bulan Di Wilayah Kerja UPTD Puskesmas Langsa Kota.

Kata Kunci : Menggendong Posisi *M-Shape*, *Bounding Attachment*, Kualitas Tidur Pada Bayi, Usia 3-6 Bulan.

**THE RELATIONSHIP BETWEEN M-SHAPE CARRYING AND BONDING
ATTACHMENT AND SLEEP QUALITY IN INFANTS AGED 3–6 MONTHS
IN THE WORKING AREA OF THE LANGSA KOTA COMMUNITY
HEALTH CENTER (UPTD PUSKESMAS)**

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ABSTRACT

Background: At 3–6 months of age, infants begin to demonstrate interactive capabilities. One of the most fundamental forms of physical interaction—offering extensive benefits for the infant—is the practice of carrying; in daily caregiving, parents employ various carrying methods. One such method is the "M-shape" position, characterized by the infant's back curving naturally, knees positioned higher than the hips, and legs hanging freely to the sides to form the letter "M". **Objective:** This study aimed to determine the relationship between carrying an infant in the M-shape position and both bonding/attachment and sleep quality among infants aged 3–6 months within the working area of the Langsa Kota Community Health Center (UPTD Puskesmas). **Methods:** This study employed an analytical approach with a cross-sectional design. The study population consisted of 137 mothers with infants aged 3–6 months. A sample of 58 respondents was selected using purposive sampling. Data analysis involved univariate and bivariate analyses, utilizing the Chi-Square test. **Results:** The results showed that among the 58 respondents, the majority (37 respondents or 63.8%) practiced the M-shape carrying position using suboptimal techniques. Most respondents (36 or 62.1%) demonstrated suboptimal bonding/attachment practices. The majority of infants (30 or 51.7%) exhibited poor sleep quality. A significant relationship was found between the M-shape carrying position and bonding/attachment ($p\text{-value} = 0.001$; $p < 0.05$), as well as between the M-shape carrying position and infant sleep quality ($p\text{-value} = 0.001$; $p < 0.05$). **Conclusion:** There is a relationship between the M-shape carrying position and both bonding/attachment and sleep quality in infants aged 3–6 months within the working area of the Langsa Kota Community Health Center.

Keywords : M-Shape Carrying Position, Bonding Attachment, and Infant Sleep Quality (Ages 3–6 Months)