

PENGARUH BABY SPA (SOLUS PER AQUA) TERHADAP PERKEMBANGAN MOTORIK PADA BAYI USIA 3-6 BULAN DI BPM NAIMAH, AMD.KEB KOTA LANGSA

ABSTRAK

Menurut *World Health Organisation* (WHO), secara global sekitar 20-40% bayi usia 0-2 tahun mengalami masalah keterlambatan dalam proses perkembangan. Bayi memerlukan stimulasi dini untuk melakukan pemantauan terhadap gangguan pertumbuhan dan perkembangan. Upaya menstimulasi perkembangan anak, *baby spa* dapat membantu agar anak memperoleh rangsangan yang sesuai. *Baby spa* merupakan perawatan tubuh pada bayi yang dapat dilakukan dengan dua cara, yaitu mandi berendam atau berenang dan pijat bayi. Tujuan penelitian ini adalah untuk mengetahui pengaruh *baby Spa (solus per aqua)* terhadap perkembangan motorik pada bayi Usia 3-6 Bulan di BPM Naimah, AMd.Keb Kota Langsa. Metode penelitian yang digunakan adalah desain *one group pretest-posttest*. Populasi dalam penelitian ini adalah seluruh bayi usia 3-6 bulan di BPM Naimah, AMd.Keb Kota Langsa. Teknik pengambilan sampel dilakukan dengan cara *purposive sampling* sebanyak 15 orang. Analisis data yang digunakan adalah analisis univariat dan bivariat. Hasil penelitian menunjukkan bahwa karakteristik responden bayi berdasarkan jenis kelamin sebagian besar perempuan sebanyak 9 bayi (60%) dan berdasarkan usia sebagian besar berusia 3-4 bulan sebanyak 8 bayi (53,3%). Rata-rata skor perkembangan motorik bayi 3-6 bulan sebelum intervensi adalah 7 dengan standar deviasi 0,756 dan *confidence interval* (6-8) sedangkan rata-rata skor perkembangan motorik sesudah intervensi adalah 8 dengan standar deviasi 1,069 dan *confidence interval* (6-9). Hasil uji *wilcoxon test* didapatkan nilai *p-value* 0,001 ($p < 0,05$) sehingga dapat disimpulkan bahwa ada pengaruh *baby spa (solus per aqua)* terhadap perkembangan motorik pada bayi usia 3-6 Bulan di BPM Bidan Naimah, AMd.Keb Kota Langsa. Diharapkan bagi BPM untuk memberikan pelayanan *baby spa* pada bayi dan memberikan promosi dan edukasi tentang manfaat *baby spa* kepada masyarakat khususnya orang tua bayi untuk meningkatkan perkembangan motorik pada bayi.

Kata Kunci : Baby Spa, Bayi, Perkembangan Motorik

**THE EFFECT OF BABY SPA (SOLUS PER AQUA) ON MOTOR DEVELOPMENT
IN BABY AGE 3-6 MONTHS IN BPM NAIMAH, AMD. KEB
LANGSA CITY**

ABSTRACT

According to the World Health Organization (WHO), globally about 20-40% of infants aged 0-2 years experience delays in the development process. Babies need early stimulation to monitor growth and development disorders. Efforts to stimulate children's development, baby spa can help children get the appropriate stimulation. Baby spa is a body treatment for babies that can be done in two ways, namely bathing or swimming and baby massage. The purpose of this study was to determine the effect of baby spa (solus per aqua) on motor development in infants aged 3-6 months at BPM Naimah, AMd.Keb, Langsa City. The research method used is a one group pretest-posttest design. The population in this study were all infants aged 3-6 months at BMP Naimah, AMd.Keb Langsa City. The sampling technique was done by purposive sampling as many as 15 people. The data analysis used is univariate and bivariate analysis. The results showed that the characteristics of the baby respondents based on gender were mostly women as many as 9 babies (60%) and based on age most of them were 3-4 months old as many as 8 babies (53.3%). The average motor development score of infants 3-6 months before the intervention was 7 with a standard deviation of 0.756 and a confidence interval (6-8) while the average motor development score after the intervention was 8 with a standard deviation of 1.069 and a confidence interval (6-9) . The results of the Wilcoxon test obtained a p-value of 0.001 ($p < 0.05$) so it can be concluded that there is an effect of baby spa (solus per aqua) on motor development in infants aged 3-6 months at BPM Midwife Naimah, AMd.Keb Langsa City. It is hoped that BPM will provide baby spa services for babies and provide promotion and education about the benefits of baby spa to the public, especially parents of babies to improve motor development in babies.

Keywords: *Baby Spa, Baby, Motoric Development*