

ANALISIS PELAKSANAAN *BABY SPA* SECARA MANDIRI DI KLINIK BIDAN SURYANINGSIH DESA LENGKONG KECAMATAN LANGSA BARO

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ABSTRAK

Spa merupakan suatu pelayanan kesehatan yang dilakukan holistik guna mencapai keseimbangan antara tubuh, pikiran, dan jiwa dengan begitu akan tercapai kondisi kesehatan optimal. *Baby spa* merupakan perawatan *spa* tubuh pada bayi yang dapat dilakukan dengan dua cara, yaitu mandi berendam atau berenang dan pijat bayi. Penelitian ini bertujuan untuk mengetahui pelaksanaan *baby spa* secara mandiri di Klinik Bidan Suryaningsih Desa Lengkong Kecamatan Langsa Baro. Jenis penelitian ini adalah *deskriptif*. Populasi dalam penelitian ini adalah seluruh ibu yang memiliki bayi usia 2-12 bulan dan mendapatkan pelayanan *baby spa* di Klinik Bidan Suryaningsih Desa Lengkong Kecamatan Langsa Baro sebanyak 117 orang. Sampel penelitian yang digunakan sebanyak 54 responden dengan teknik *purposive sampling*. Analisa data dilakukan secara univariat. Hasil penelitian menunjukkan bahwa sebagian besar responden kurang baik dalam pelaksanaan *baby SPA* secara mandiri sebanyak 26 responden (51%) dan sebagian kecil baik dalam pelaksanaan *baby SPA* secara mandiri sebanyak 10 responden (19,6%). Kesimpulan penelitian ini adalah pelaksanaan *baby spa* secara mandiri sebagian besar kurang di Klinik Bidan Suryaningsih Desa Lengkong Kecamatan Langsa Baro. Bagi tempat penelitian diharapkan dapat dijadikan sebagai bahan evaluasi dalam asuhan pada bayi dan balita terkait pentingnya *baby spa* yaitu dengan pemberian informasi untuk meningkatkan pengetahuan ibu pentingnya *baby spa* dan mengajarkan ibu agar mampu melakukan *baby spa* secara mandiri.

Kata Kunci : Pelaksanaan, *Baby Spa*, Mandiri

**ANALYSIS OF INDEPENDENT IMPLEMENTATION OF BABY SPA
AT SURYANINGSIH MIDWIFE CLINIC LENGKONG VILLAGE
LANGSA BARO DISTRICT**

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ABSTRACT

Spa is a holistic health service to achieve balance between body, mind, and soul so that optimal health conditions will be achieved. Baby spa is a body spa treatment for babies that can be done in two ways, namely bathing or swimming and baby massage. This study aims to determine the implementation of baby spa independently at the Suryaningsih Midwife Clinic, Lengkong Village, Langsa Baro District. This type of research is descriptive. The population in this study were all mothers who had babies aged 2-12 months and received baby spa services at the Suryaningsih Midwife Clinic, Lengkong Village, Langsa Baro District, totaling 117 people. The research sample used was 54 respondents with a purposive sampling technique. Data analysis was carried out univariately. The results showed that most respondents were not good at implementing baby SPA independently, as many as 26 respondents (51%) and a small portion were good at implementing baby SPA independently, as many as 10 respondents (19.6%). The conclusion of this study is that the implementation of baby spa independently is mostly lacking at the Suryaningsih Midwife Clinic, Lengkong Village, Langsa Baro District. For the research location, it is expected to be used as evaluation material in the care of infants and toddlers related to the importance of baby spa, namely by providing information to increase mothers' knowledge of the importance of baby spa and teaching mothers to be able to do baby spa independently.

Keywords : Implementation, Baby Spa, Independent