EFEKTIVITAS METODE 2S (*SWINGING, SUSHING*) TERHADAP PENINGKATAN KUALITAS TIDUR BAYI

DI PMB LILIS SUGIANTI
KOTA PEKANBARU

ABSTRAK

Pertumbuhan bayi dipengaruhi oleh waktu istirahat atau tidur. Tidur lelap lebih utama untuk bertumbuhnya bayi, sebab ketika tidur bertumbuhnya otak bayi menjangkau pusatnya. Disisi lain, ketika tidur tubuh bayi memproses hormon bertumbuhnya tiga kali semakin besar dibandingkannya sesaat bayi terjaga. Metode 2S (*Swinging, Sushing)* ialah model yang dipakai supaya memperbaiki kualitas tidur bayi. Riset ini bertujuan agar mendalami Efektifitas Metode 2S *(Sushing Dan Swinging)* Terhadap Kualitas Tidur Bayi. Skema riset ini didasarkan terhadap strategi *Crosssectional*. Didasarkan riset yang dicermati tersimpulkan tampak ikatan Efektivitas Metode 2S *(Sushing Dan Swinging)* Terhadap Peningkatan Kualitas Tidur Bayi dimana score Chi-Square ρ-value (>0,05) berkisar 0,035, menandakan model 2S *(Sushing Dan Swinging)* efektif dalam peningkatan kualitas tidur bayi.

Kata Kunci : Metode 2S, Kualitas Tidur Bayi

ABSTRACT

The growth of the baby is affected by the time of rest or sleep. Deep sleep is more important for the growth of the baby, because during sleep the baby's brain grows to reach its center. On the other hand, when sleeping, the baby's body processes hormones, which grow three times larger than when the baby is awake. The 2S (Swinging, Sushing) method is a model used to improve the baby's sleep quality. This research aims to investigate the effectiveness of the 2S (Sushing and Swinging) method on infant sleep quality. This research scheme is based on Crosssectional strategies. Based on the examined research, it was concluded that the effectiveness of the 2S (Sushing And Swinging) Method has been linked to the improvement of the quality of sleep of infants where the Chi-Square ρ-value score (0.05) ranges from 0.035, indicating that the 2S (Sushing And Swinging) model is effective in improving the quality of sleep of infants.
Keywords: 2S Method, Baby Sleep Quality