PENGARUH PIJAT BAYI TERHADAP KENAIKAN BERAT BADAN BAYI USIA 6-12 BULAN DI WILAYAH KERJA PUSKESMAS SEKUPANG KOTA BATAM TAHUN 2024

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Kata Kunci : Pijat Bayi, Kenaikan Berat Badan Bayi, Usia 6-12 Bulan

INTISARI

Bayi adalah anak yang baru lahir sampai dengan usia 12 bulan. Pada masa ini, pertumbuhan dan perkembangan terjadi dengan pesat, disertai perubahan kebutuhan gizi. Salah satu penyebab permasalahan berat badan kurang adalah mengatur pola makan atau pemberian gizi dan nafsu makan bayi yang turun. Hal tersebut dapat diatasi dengan memberikan stimulai sentuhan pijatan yang dapat meningkatkan aktivitas tonus nervus vagus, kadar enzim penyerapan gastrin dan insulin sehingga pnyerapan makanan menjadi lebih baik dan pengosongan lambung menjadi lebih cepat sehingga merangsang nafsu makan bayi. Tujuan penelitian ini mengetahui Pengaruh Pijat Bayi Terhadap Kenaikan Berat Badan Bayi Usia 6-12 Bulan di Wilayah Kerja Puskesmas Sekupang Kota Batam. Menggunakan penelitian kuantitatif *pre- eksperimental one group-test pre- post test design.* Populasi seluruh bayi usia 6-12 bulan di Wilayah Kerja Puskesmas Sekupang Kota Batam sebanyak 16 sampel bayi dipilih sesuai kriteria inklusi menggunakan teknik *Purposive Sampling* dilakukan sekali seminggu selama dua minggu .Analisis yang digunakan analisis univariat dan bivariat dengan statistik uji *Chi-Square* didapatkan hasil nilai p value 0,001 ($p<0,005$) sehingga Ho ditolak dan Ha diterima. Dapat disimpulkan dari penelitian bahwa ada Pengaruh Pijat Bayi Terhadap Kenaikan Berat Badan Bayi Usia 6-12 Bulan, diharapkan dapat menambah wawasan bagi peneliti, institusi, pelayanan kesehatan dan keluarga tentang terapi non farmakologis yang dapat meningkatkan kenaikan berat badan pada bayi usia 6-12 bulan.

THE EFFECT OF BABY MASSAGE ON WEIGHT GAIN OF INFANTS AGED 6-12 MONTHS IN THE WORKING AREA OF SEKUPANG COMMUNITY HEALTH CENTER, BATAM CITY IN 2024

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Keywords : Baby massage, weigh gain, Age 6-12 Months

ABSTRACT

Infants are children who are newborns up to 12 months old. During this period, growth and development occur rapidly, accompanied by changes in nutritional needs. One of the causes of underweight problems is regulating diet or providing nutrition and decreased appetite in infants. This can be overcome by providing massage touch stimulation that can increase the activity of vagus nerve tone, levels of gastrin and insulin absorption enzymes so that food absorption is better and gastric emptying is faster, thus stimulating the baby's appetite. The purpose of this study was to determine the Effect of Infant Massage on Weight Gain in Infants Aged 6 -12 Months in the Sekupang Health Center Work Area, Batam City. Using quantitative pre-experimental one group-test pre-post test design research. The population of all infants aged 6-12 months in the Sekupang Health Center Work Area, Batam City, as many as 16 infant samples were selected according to the inclusion criteria using the Purposive Sampling technique carried out once a week for two weeks. The analysis used univariate and bivariate analysis with Chi-Square test statistics obtained a p value of 0.001 ($p < 0.005$) so that Ho was rejected and Ha was accepted. It can be concluded from the study that there is an Effect of Baby Massage on Weight Gain in Babies Aged 6-12 Months, it is expected to increase insight for researchers, institutions, health services and families about non-pharmacological therapy that can increase weight gain in babies aged 6 -12 months.