**EFFECT OF BABY SPA ON SLEEP QUALITY OF BABY 3-6 MONTHS**

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**ABSTRACT**

Baby spa is one of the useful non-pharmacological therapies which is to increase the concentration of the baby and make the baby sleep well. The aim of this study was to determine the effect of Baby Spa on sleep quality of infants 3-6 months. The design of this research is pre-experimental, one group pretest-post use a brief infant sleep questionnaire (BISQ). The sampling technique is purposive sampling with a sample of 31 infants. Statistical analysis test uses wilcoxon signed rank test. Results of studies that have been carried out obtained frequency of sleep quality is p=0,001. That suggests baby spas are effective for improving sleep quality.

keyword : baby spa, sleep quality, baby 3-6 months

**Background.**

Infancy is a golden period for children's growth and development, so it needs special attention. One of the factors that influence a baby's growth and development is sleep and rest. Good night's sleep is very important for baby's growth, because during sleep the baby's brain growth reaches its peak. Also during sleep the baby's body produces growth hormone three times more when the baby is sleeping than when the baby woke up (Lilik, 2015).

Infants at the age of 3-6 months the number of naps decreases, about 3 times and continues to decrease. The total amount of sleep between 13-15 hours / day. At the age of 6 months his sleep patterns begin to look similar to adults. After setting a period that generally takes 10 to 20 minutes, the baby's sleep changes in stages, from stage one non-REM to stage three or four. Babies may return to stage one and roll back after one or two NREM sleep cycles, REM begins to occur after 60 to 90 minutes (Lilik, 2015).

If the baby's sleep is disrupted then the child's physical growth will be disrupted, the cognitive and emotional development of the baby will be disrupted and this will affect the development of the brain and the potential that should develop will be lost. . Disturbances will also appear on the baby's own motor, gross motor motion is more developed than fine motoric. And the influence on mental and emotional sleep-deprived babies will be easily fussy (Guyton, 2012).

According to Health Law No. 36/2009, infant massage is a traditional health service that is included in this type of skill. This baby massage in accordance with the Minister of Health Regulation No. 1109 of 2007 can be categorized into alternative complementary medicine because it has been obtained through structured education based on biomedical science. Baby massage is a form of movement play in infants, to stimulate growth and development as well as the ability to move the baby optimally (Sutini, 2008) baby massage is a series of baby spas, health minister regulation number 2014 regarding SPA services (Widodo, 2013)

In 2017, the total number of babies in Tasikmalaya City was 5954 babies in Tasikmalaya City. (City of Health Tasikmalaya, 2017). In 2018 the number of infants 3-6 months 216 babies was recorded at Mangkubumi Health Center (DHO City of Tasikmalaya, 2017)

After conducting a preliminary study in the working area of the Mangkubumi Community Health Center on December 20, 2018. Conducting interviews with questionnaires to 10 mothers of infants aged 3-6 months get the results of these interviews found 2 infants (20%) did not experience sleep disorders and 8 infants (80% ) experiencing sleep quality disorders.

**Purpose.** Know the effect of Baby Spa on sleep quality of infants 3-6 months in the working area of the Mangkubumi Community Health Center in Tasikmalaya City.

**Method.**  Using the pre-experimental method. The research design used was One Group Pretest-Posttest Design. The study was conducted in the Mangkubumi Community Health Center in Tasikmalaya City in January-February 2019. The population in this study was 3-6 Months Infants in the Mangkubumi Community Health Center in Tasikmalaya City, with a sample of 31 infants 3-6 months who disturbed the quality of sleep, taken by purposive sampling. The data collection method was carried out by measuring sleep quality using the A Brief Screaning Qustionare (BISQ) questionnaire. Babies do Baby Spa 4 times a month. After the intervention is complete the baby is re-measured related to sleep quality To find out the relationship between variables using the Wilcoxon test.

**Result and discussion.**

**Sleep quality in infants aged 3-6 months before the Baby SPA procedure.**

There are 29 people (93.75%) have mild problems, and 2 people (2.25%) have severe problems. This is because the findings at the study site found that mothers do not yet know the comfort of baby's sleep so that the quality of baby's sleep is still many who have quality baby sleep that has problems.

According to Lilik (2015) sleep comfort and sleep patterns. infant sleep development is related to age and brain maturity, so the total amount of sleep needed is reduced will be followed by a decrease in the proportion of rapid eyes movement (REM) and non-REM. In the REM phase there is an increase in blood flow to the brain resulting in better brain function, brain cells grow faster, and this will affect the restoration of emotional and cognitive functions.

Based on the description above, it can be harmonized with the results of research that one of the problems in sleep quality is comfort so that it disrupts the quality of baby's sleep.

**Sleep quality in infants aged 3-6 months after the Baby SPA procedure**

Sleep quality in infants aged 3-6 months after the Baby SPA action, as many as 28 (90.32%) did not experience problems in sleep qualit, and 3 (9.68%) experienced mild problems.

This is because with a baby spa the baby feels comfortable and the baby's muscle stretches are very relaxed so that the baby is more comfortable in resting and the quality of sleep is better.

Widodo (2013) said that one technique that is able to support the stimulation of children's growth and development is a touch of love with a baby spa. The benefits of this baby spa can provide a sense of calm, comfort, and fresh. The impact of water generated from turbulent water can provide sensations and massages that eliminate fatigue, improve blood circulation and create relaxation. Thus the baby will sleep more soundly so that it can increase the number of hours of sleep day and night. Where in the baby's sleep there is an increase in hormone expenditure.

**Effects of Baby Spa on Sleep Quality for Babies 3-6 Months**

Perubahan frekuensi rata-rata kualitas tidur bayi sebelum *baby spa* yang memiliki masalah kecil sebanyak 29 orang (93.55%) dan setelah dilakukan tindakan ada kondisi membaik, bayi yang tidak mengalamai masalah tidue yaitu sebanyak 28 orang (90.32%). Hasil pengujian wilcoxon ρvalue bernilai 0,000. Artinya terdapat pengaruh baby Spa terhadap kualitas tidur pada bayi 3-6 bulan.

Spa is a Latin expression of salus per aqua which literally means healthy through water. Baby spa is a series of activities given to babies with the aim of providing relaxation to the baby as well as providing physical needs, useful for brain growth, sensory systems, emotions, affection and stimulus stimuli through touch with a massage.

Gentle massage is a form of stimulation in the form of touch intended for the growth and development of the baby. The gentle touch and pressure of the baby's massage cause the nerve endings found on the surface of the skin to cause a reaction. Furthermore, these nerves send messages to the brain through the neural network that is in the spinal cord. Gentle massage will help relax the muscles and reduce the hormone adrenaline so that you sleep soundly. 3-6 months old baby is one of the right times for babies to start doing baby spas. (Galenia MCC, 2014; Irianto, 2014).

Baby spa has many benefits for babies, namely regular sleep patterns, stimulates and balances the hormones cortisol and oxytocin, improves the baby's immune system so that it makes the baby healthier, stimulates enzymes in the stomach so that absorption of nutrients in the body is more optimal, stimulates hormones that have an effect on increasing the baby's appetite, namely the gastrin hormone, improving blood circulation and helping strengthen the muscles of the baby, preventing the baby from experiencing bloating and colic, affecting the brain development optimally and healthy organs and optimizing the ability of sensory organs, such as the sense of touch, smell vision, hearing and balance. So therefore Baby Spa can be interpreted as a series of activities given to babies with the aim of providing relaxation to the baby (Rini, 2014).

According to Rohmah (2016) there is an influence between the baby spa on the length of sleep of infants aged 3-4 months. Tang & Aras also stated that there is an influence between baby massage on the quality of sleep of infants aged 1-4 months.

**Conclusions and suggestions.**

Baby SPA efektif untuk meningkatkan kualitas tidur bayi 3-6 bulan (p=0.000). Saran bagi ibu yang memiliki bayi untuk menambah wawasan tentang *Baby Spa,* karena *Baby Spa* memiliki banyak manfaat antara lain pola tidur teratur.

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