

ABSTRAK

Adinda Salsabilah Cahya Pramesti

PENGARUH PIJAT BAYI TERHADAP KENAIKAN BERAT BADAN BAYI USIA 3-6 BULAN DI PUSKESMAS KEDUNGDORO

xvi + 69 Halaman + 11 Tabel + 12 Lampiran

Salah satu indikator utama dalam mengevaluasi perkembangan bayi ialah bertambahnya massa tubuh. Akan tetapi, masih dijumpai sejumlah bayi yang mengalami peningkatan bobot tubuh yang belum memadai. Terapi pijat pada bayi merupakan bentuk rangsangan taktil yang diyakini mampu mendukung peningkatan berat tubuh melalui optimalisasi fungsi saluran cerna serta pemanfaatan unsur nutrisi. Atas dasar tersebut, penelitian berjudul “Efek Pijat Bayi terhadap Pertambahan Bobot Tubuh Bayi Berusia 3–6 Bulan di Puskesmas Kedungdoro Surabaya” diselenggarakan guna mengidentifikasi dampak pijat bayi pada pertambahan bobot tubuh pada bayi usia 3–6 bulan.

Studi ini diselenggarakan dengan menerapkan metode eksperimen kuasi (quasi-experimental study) menggunakan skema pretest-posttest disertai kelompok pembanding. Partisipan penelitian terdiri atas 30 bayi berumur 3–6 bulan, yang tersegmentasi jadi 15 subjek dalam kelompok intervensi serta 15 subjek pada kelompok pembanding. Pemilihan partisipan dilakukan memakai teknik consecutive sampling. Pada penelitian tersebut, intervensi pijat bayi ditetapkan sebagai variabel bebas, sedangkan pertambahan berat tubuh bayi dijadikan variabel terikat. Proses penghimpunan informasi memanfaatkan alat timbang khusus bayi, panduan pijat bayi, formulir daftar tilik pelaksanaan pijat, serta lembar pengamatan. Selanjutnya, data yang terkumpul diolah memanfaatkan uji Paired T-Test dan Independent Sample T-Test oleh program SPSS Statistics versi 25 dengan taraf signifikansi sebesar $\alpha = 0,05$.

Berdasarkan temuan, diperoleh informasi bahwa bayi yang memperoleh intervensi pijatan menunjukkan penambahan berat tubuh lebih tinggi dibandingkan bayi pada kelompok pembanding. Rerata peningkatan bobot tubuh pada kelompok terapu tercatat sebesar 0,486 kg, di kelompok pembanding hanya mencapai 0,180 kg. Hasil pengujian dengan Independent Sample T-Test menghasilkan nilai $p < 0,001$ ($\alpha < 0,05$), sehingga dapat disimpulkan bahwa pemberian pijat bayi mengandung korelasi bermakna secara statistik tercetus peningkatan beban tubuh bayi berusia 3–6 bulan.

Terjadinya penambahan bobot tubuh tersebut diperkirakan berkaitan dengan meningkatnya stimulasi pada nervus vagus sesudah bayi menerima tindakan pemijatan. Aktivasi sistem saraf tersebut diyakini berkontribusi dalam mengoptimalkan absorpsi zat gizi, sehingga bayi lebih kerap merasakan keinginan untuk menyusu dan intensitas pemberian ASI menjadi lebih sering. Keadaan tersebut berpotensi mendorong pertambahan bobot tubuh bayi secara lebih maksimal.

Kata kunci: pijat, bayi, berat badan, pertumbuhan

ABSTRACT

Adinda Salsabilah Cahya Pramesti

THE EFFECT OF BABY MASSAGE ON WEIGHT GAIN IN INFANTS AGED 3–6 MONTHS AT KEDUNGORO PUBLIC HEALTH CENTER, SURABAYA

xvi + 69 Pages + 11 Tables + 12 Appendices

One of the key indicators used to evaluate infant growth is body weight gain. Nevertheless, some infants continue to experience inadequate increases in body weight. Infant touch therapy is a form of tactile stimulation that may support weight gain by enhancing digestive function and improving nutrient absorption. Therefore, this study, titled “The Effect of Infant touch therapy on Weight Gain in Infants Aged 3–6 Months at Kedungoro Community Health Center, Surabaya,” was conducted to examine the influence of infant touch therapy on weight gain among infants aged 3–6 months.

*The present investigation adopted a quasi-experimental method incorporating a pre-intervention and post-intervention assessment with a comparison group framework. A total of 30 infants between 3 and 6 months of age participated in the study, comprising 15 infants allocated to the treatment cohort and 15 infants assigned to the comparison cohort. Participant recruitment was conducted through a consecutive enrolment technique. Within this investigation, infant massage was treated as the predictor variable, whereas changes in infant body weight constituted the outcome variable. Information was gathered using baby weighing equipment, instructional guidelines for infant massage procedures, infant massage monitoring forms, and observational recording sheets. The obtained data were processed by applying the Paired *t*-test and the Independent Samples *t*-test through SPSS Statistics release 25, employing a threshold of statistical significance of $\alpha = 0.05$.*

*The results demonstrated that infants receiving the touch therapy intervention exhibited a more pronounced increase in body mass relative to those included in the comparison cohort. The mean increment in weight reached 0.486 kg among participants exposed to the intervention, while infants in the comparison cohort showed an average increase of 0.180 kg. Further evaluation using the Independent Samples *t*-test yielded a probability value below 0.001 ($\alpha < 0.05$), suggesting that infant massage exerted a statistically meaningful influence on body weight improvement among infants aged 3–6 months attending the Kedungoro Primary Health Care Center in Surabaya.*

The observed weight gain may be attributed to the stimulation of the vagus nerve induced by infant touch therapy. Increased vagal activity can enhance digestive function and nutrient absorption, thereby promoting a greater appetite and more frequent breastfeeding, which may contribute to improved weight gain.

Keywords: massage, infant, weight, growth