

**EFEKTIVITAS PIJAT BAYI DIIRINGI MUROTTAL AL-QUR'AN
TERHADAP KUALITAS TIDUR BAYI USIA 3-9 BULAN
DI PMB NY. WULAN 2024**

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ABSTRAK

Di Indonesia, prevalensi gangguan tidur bayi mencapai 44,2%. Sekitar 72% orangtua menganggap ini adalah masalah kecil. Masalah kualitas tidur bayi berdampak pada kesehatan fisik dan psikologisnya. Terdapat satu diantara metode yang digunakan dalam mengoptimalkan kualitas tidur bayi yaitu pijat bayi diiringi murottal yang mampu memberikan timbal balik berupa kenyamanan, dukungan dan terciptanya tidur yang nyenyak. Penelitian ini bertujuan untuk mengetahui efektivitas pijat bayi diiringi murottal Al-qur'an terhadap kualitas tidur bayi 3-9 bulan. Penelitian ini menggunakan metode kuantitatif, dengan tipe *One-Group pretest-posttest Design*, populasi dalam penelitian ini adalah semua ibu yang memiliki bayi usia 3-9 bulan. Yang memenuhi kriteria inklusi dan tidak termasuk eksklusi menggunakan teknik pengambilan sampel *purposive sampling*. Penelitian ini menggunakan satuan kuesioner. Hasil penelitian menunjukkan sebelum dilakukan pijat bayi diiringi murottal Al-qur'an hampir seluruhnya bayi dengan kualitas tidur buruk sebanyak 25 (83,3%) dipengaruhi oleh berbagai factor seperti lingkungan, psikologis, terlalu banyak latihan fisik yang berlebihan, posisi tidur yang kurang nyaman, pengaturan tidur, gizi yang baik dan penyakit, sesudah bayi dilakukan intervensi tersebut sebagian besar dari responden dengan kualitas tidur yang baik sebanyak 22 bayi (73,3%) ini karena terapi murottal al-qur'an dan pijat bayi beroperasi sama yaitu mampu menciptakan hormone serotonin dan mengonversikan kedalam melatonin, yang berimpak meningkatkan kualitas tidur bayi. Uji statistic T menunjukkan bahwa *pvalue* $0,00 < \alpha 0,05$ atau ($p < \alpha$). sehingga H_0 diterima. Artinya ada pengaruh pijat bayi diiringi murottal Al-qur'an terhadap kualitas tidur bayi di PMB Ny. Wulan. Penelitian ini diharapkan menjadi tolak ukur di PMB dan menjadi motivasi dalam menciptakan suasana yang nyaman selama pemijatan.

Kata kunci: Pijat bayi, Murottal Al-qur'an, Kualitas tidur

**EFFECTIVENESS OF BABY MASSAGE ACCOMPANIED BY MUROTTAL
AL-QUR'AN ON THE QUALITY OF SLEEP OF BABIES
AGED 3-9 MONTHS AT PMB NY. WULAN**

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ABSTRACT

In Indonesia, the prevalence of infant sleep disorders reaches 44.2%. around 72% of parents consider this a minor problem. The problem of infant sleep quality has an impact on their physical dan psychological health. There is one method used to optimize the quality of infant sleep, namely infant massage accompanied by murottal which can provide reciprocity in the form of comfort, support and the creation of a good night's sleep. This study aims to determine the effevtiveness of infant massage accompanied by murottal Al-qur'an on the quality of sleep of infants aged 3-9 months. This study uses a quantitative method, with the type of one group pretest-posttest design, the population in this study were all mothers who have babies aged 3-9 months. Those who meet the inclusion criteria and are not excluded with a purposive sampling techniques. The study uses a questionnaire unit. The results of the study showed that before the baby massage accompanied by the recitation of the qur'an, almost all babies with poor sleep quality, as many as 25 (83.3%) were influenced by various factors such as the environment, psychology, too much excessive physical exercise, uncomfortable sleeping positions, sleep arrangements, good nutrition and illness, after the baby was given the intervention, most of the respondents with good sleep quality, as many as 22 babies (73.3%) this is because the recitation of the qur'an and baby massage therapy operate the same, namely being able to create serotine hormones and convert them melatonin, which has an impact on improving the quality of baby sleep. The T statistical test showed that the p value was $0.00 < \alpha.0.05$ or ($p < \alpha$). so that H_a was accepted. This means that there is an effect of baby massage accompanied by the recitation of the qur'an on the quality of baby sleep at Mrs. Wulan PMB. This study is expected to be a benchmark at PMB and become a motivation in creating a comfortable atmosphere during the massage.

Keywords: Baby massage, Murottal Al-qur'an, Sleep quality