

**Pengaruh Pemberian Pijat Bayi Terhadap Kenaikan
Berat Badan Bayi BBLR di RSUD dr. Soediran
Mangun Sumarso Kabupaten Wonogiri**

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Intisari

Latar belakang: Kenaikan berat badan pada bayi BBLR sangat penting dalam mencegah peningkatan mortalitas, morbiditas, disabilitas serta dampak jangka panjang bagi bayi. Salah satu upaya yang dapat dilakukan untuk meningkatkan berat badan pada bayi BBLR adalah memberikan pijat bayi.

Tujuan : Mengetahui pengaruh pemberian pijat bayi terhadap kenaikan berat badan bayi BBLR di RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri

Metode : Penelitian kuantitatif dengan jenis penelitian *pre eksperimen* dan desain penelitian *one group pre test - post test*. Sampel penelitian adalah 18 bayi BBLR yang dirawat di RSUD dr. Soediran Mangun Sumarso. Pengambilan sampel menggunakan teknik *purposive sampling*, Instrumen penelitian menggunakan lembar observasi, SOP pijat bayi dan SOP penimbangan berat badan bayi. Pijat bayi dilakukan 2 kali sehari selama 3 hari dengan durasi 15 menit. Pengukuran berat badan bayi BBLR menggunakan timbangan digital *Baby Scale*. Analisis data menggunakan *uji Wilcoxon*.

Hasil penelitian: Rata-rata berat badan bayi BBLR sebelum diberikan pijat bayi sebesar 2.159,72 gram. Rata-rata berat badan bayi BBLR sesudah diberikan pijat bayi 2.186,67 gram. Berdasarkan hasil *Wilcoxon diperoleh nilai p-value= 0,001 (p<0,05)*

Kesimpulan : Ada pengaruh pemberian pijat bayi terhadap kenaikan berat badan bayi BBLR di RSUD dr. Soediran Mangun Sumarso Kabupaten Wonogiri

Kata kunci : pijat bayi, berat badan, bayi BBLR

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ABSTRACT

THE EFFECT OF BABY MASSAGE ON INCREASING OF LBW BABIES WEIGHT AT RSUD DR. SOEDIRAN MANGUN SUMARSO IN WONOGIRIREGENCY

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Background: The increasing Weight of LBW babies is significant in preventing increased mortality, morbidity, disability and long-term impacts on babies. An effort to increase LBW babies' weight is to give a baby massage.

Objectives: To determine the effect of giving baby massage on the increasing weight of LBW babies at dr. Soediran Mangun Sumarso in Wonogiri Regency.

Method: Quantitative research with the type of pre-experimental research and one group pre test - post test research design. The research sample was 18 LBW babies at RSUD dr. Soediran Mangun Sumarso. The sampling technique used purposive sampling. The research instrument used observation sheets, SOP for baby massage and SOP for weighing babies. Baby massage is given 2 times a day for 3 days for 15 minutes. The LBW baby's weight was measured using a digital baby scale. Data analysis used the Wilcoxon test.

Results: The average weight of LBW babies before the baby massage is 2,159.72 grams. The average weight of LBW babies after the baby massage is 2,186.67 grams. Wilcoxon results show that p-value = 0.001 (p <0.05).

Conclusion: There is an effect of giving baby massage on the increasing weight of LBW babies at dr. Soediran Mangun Sumarso in Wonogiri Regency.

Keywords: baby massage, weight, LBW babies

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