

BABY SPA ON THE QUALITY OF SLEEP BABY IN LES BUBBLES EXCLUSIVE FOR MOM, BABY AND KIDS MEDAN**Antonij Sitanggang¹, Flora Sijabat^{*2}, Marthalena Simamora³, Julia Darwin Panjaitan⁴**

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Sleep is basic need that is required by all human beings to be able to optimally function both healthy and diseased. One effort that can be done to help improve the quality of sleep is to Baby Spa. This study aims to determine the effect of baby spa on the quality of sleep in infants at Les Bubbles Exclusive For Mom, Baby & Kids Medan. This type of research is Quasi-Experiment with One group pre-post design research design. The population in this study were mothers who had babies aged 1-6 months the first visit at Les Bubbles Exclusive For Mom, Baby & Kids Medan, there are 15 respondents. The sampling technique used is purposive sampling. The statistical test of this study used the McNamer test. The results showed that there was an effect on the Baby spa on the quality of baby sleep in Les Bubbles Exclusive For Mom, Baby & Kids Medan with a p value = 0.031 ($p < 0.05$). The results showed that there was an effect on the Baby spa on the quality of baby sleep in Les Bubbles Exclusive For Mom, Baby & Kids Medan with a p value = 0.031 ($p < 0.05$). The conclusion of this study is that the Baby spa has an influence on the quality of sleep which plays a role in reducing the level of infant muscle tension so that the baby is more comfortable in resting and easy to sleep

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1. Introduction

Sleep is a major need for babies because at this time Neuro-brain repair occurs and almost 75% of growth hormone is produced. Therefore, it is important to fulfill the quality and quantity of baby sleep. The quality and quantity of a baby's sleep can be seen from his sleep, his sleep comfort, and his sleep pattern. The development of infant sleep is related to age and brain maturity (Noorbaya & Siti Saidah, 2020).

Babies who sleep enough without waking up often will be fitter and less fussy. Babies are said to have sleep disorders if at night, it turns out that they sleep less than 9 hours, wake up more than 3 times, and wake up more than 1 hour, and have difficulty falling back asleep (Putra, 2011).

The importance of sleep quality for baby's growth and development, so the need for sleep must be completely fulfilled so that it does not adversely affect its growth and development. One effort that can be done to help improve the quality of baby sleep is to provide treatments such as baby spas (Prasetyono, 2013).

Given the importance of sleep needs for infants, parents' concerns about sleep disorders turned out to be one of the problems that were often consulted by pediatricians considering the high prevalence of the incident. The prevalence of sleep disorders varies depending on the type of disorder and the definition used (Soetomenggolo & Widodo, 2000).

The results of previous studies concluded that the majority of infants slept less during the day than at night, with an average percentage of napping 36.3%. In addition, the percentage of napping continues to decline in the following months, so that at the age of 8 months it becomes 25.6%. Slow development of sleep-wake rhythm occurred in 25.0% (Paavonen et al., 2020).

In the case of infant sleep disorders, it is estimated that 25% of sleep disturbances occur in infants between the ages of 1-6 months and the disturbances that are often experienced at this age

are night waking. A survey in the community shows that 20% of children aged less than 12 months wake up five times or more at night (Soetomenggolo & Widodo, 2000).

On the basis of concerns about sleep disorders, parents are increasingly concerned about treatments that can stimulate the fulfillment of baby's sleep needs. With the increasing demands for baby care needs, clinics and body care salons are now emerging that specialize in comprehensive baby care services, namely BabySpa (Afrina & Widodo, 2010).

Based on the results of a preliminary survey conducted by the author at Les Bubbles Exclusive for Mom, Baby And Kids, the author can see that babies receiving treatment come from different backgrounds. The background includes knowledge and the basics that cause the baby to get Baby spa treatment. Through interviews that have been conducted from several mothers, the author concludes that the reason why parents choose this Spa to be one of the therapies chosen for the fulfillment of Stimulation Touch which has a good impact on the baby's fitness. Until the evaluation stage carried out by the author, mothers said that the baby was calmer when he fell asleep, the time he woke up at night was reduced, and he was more responsive when he woke up in the morning.

Obtained data on the number of babies as many as 150 babies through visit data and have received therapy, namely baby spa or baby massage. It was found that out of 150 babies who had received maternal therapy, there was a change after being given therapy to the baby. Mothers with babies who received therapy at Les Bubbles Exclusive for Mom, Baby And Kids said babies woke up feeling fitter and more responsive and less fussy.

2. Research Methods

The type of research used is a quantitative study with a quasi-experimental design with a One group pre-post design approach to determine the effect of Baby Spa on baby's sleep quality at Les Bubbles Exclusive For Mom, Baby And Kids Medan. The population in this study was 104 people and all of them were babies in the age range of 1-6 months who did baby spa treatments at Les Bubbles Exclusive For Mom, Baby, And Kids.

The sample in this study were infants aged 1-6 months who had their first baby spa treatment at Les Bubbles Exclusive For Mom, Baby, And Kids., Jalan Darussalam no 63, Medan. The sampling technique in this study used purposive sampling. The number of samples in this study were 15 respondents who were taken from the average monthly visits of respondents using the Taro Yamane formula, so the number of samples studied was 15 people. The tool for data collection that will be used by researchers in this study uses a questionnaire sheet. This questionnaire has been tested for reliability with the results of Cronbach Alpha = 0.80.

Data analysis used univariate analysis and bivariate analysis. Univariate analysis was conducted to obtain demographic data including age, sex and sleep quality of babies before and after Baby Spa. Meanwhile, bivariate analysis was used to assess the effect of the baby spa before and after the baby's sleep quality. Bivariate analysis was performed using the McNamer Test.

3. Results and Discussion

3.1 Univariate Analysis

TABLE 1.
DISTRIBUTION FREQUENCY OF BABY CHARACTERISTICS IN LES BUBBLES EXCLUSIVE FOR MOM, BABY AND KIDS MEDAN (N=15)

Characteristic	N	%
Baby Gender		
Man	6	40.0
Women	9	60.0
Baby Age		
1 Month	2	13.3
2 Month	2	13.3
3 Month	4	26.7
4 Month	3	20.0
5 Month	2	13.3

6 Month	2	13.3
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Based on Table 1, The majority of babies who received Baby Spa therapy were female by 60% and the average age of 3 months was 26.7%.

TABEL 2.
DISTRIBUTION FREQUENCY OF BABY'S SLEEP QUALITY BEFORE
BABY SPA IN LES BUBBLES EXCLUSIVE FOR MOM, BABY AND KIDS MEDAN (N=15)

Baby sleep quality	n	%
Good	5	33.3
Bad	10	66.7

Based on table 2. the quality of baby sleep before the Baby Spa is mostly poor sleep quality as much as 66.7%

TABEL 3.
DISTRIBUTION FREQUENCY OF BABY'S SLEEP QUALITY AFTER
BABY SPA IN LES BUBBLES EXCLUSIVE FOR MOM, BABY AND KIDS MEDAN
(N=15)

Baby Sleep Quality	n	%
Good	11	73.3
Bad	4	26.7

Based on table 3. The baby's sleep quality after the Baby Spa is mostly good sleep quality is 73.3%

This bivariate analysis was used to determine the effect of Baby Spa on the quality of baby's sleep at Les Bubbles Exclusive For Mom, Baby And Kids Medan. Testing the truth of the hypothesis is done by calculating the sleep quality of the baby before and after the intervention as well as the difference before and after being given the Baby Spa treatment. To assess the effect of infant sleep quality, McNemar test was used with a value of < 0.05.

3.2 Bivariate Analysis

TABEL 4.
THE EFFECT OF BABY SPA ON QUALITY SLEEP BABIES IN
LES BUBBLES EXCLUSIVE FOR MOM, BABY AND KIDS MEDAN (N=15)

Ater Baby SPA					P value
	Good	Bad	Total		
Before	5 (33.3%)	0 (.0%)	5(33.3%)		0,031
Baby SPA	6 (40.0%)	4(26.7%)	10(66.7%)		
Total	11(73.3%)	4(26.7%)	15(100%)		

Based on Table 4. above, data shows that from 66.7% of respondents with poor sleep quality before the intervention, there were 40% of respondents with good sleep quality and 26.7% of respondents with poor sleep quality. Of the 33.3% of respondents with good sleep quality before the intervention, 33.3% of respondents remained with good sleep quality after the intervention. The results of the Bivariate Analysis of the Effect of Baby Spa on Infant Sleep Quality using the McNemar Test obtained a p value of 0.031 (p <0.05). This shows that there is an Influence of Baby Spa on Baby's Sleep Quality at Les Bubbles Exclusive For Mom, Baby And Kids Medan.

3.3 Discussion

1. Baby Sleep Quality Before intervention

The results of this study found that the quality of infant sleep before the intervention was poor in the majority as many as 10 people (66.7%). This is because babies experience physical fatigue and a less supportive environment. Babies who experience physical fatigue will have difficulty sleeping, fussy easily, sleep poorly and wake up easily.

The results of this study are in line with previous research (Abdullah, 2022) which stated that the majority of babies' sleep quality before baby spa was poor. Poor baby sleep quality has an impact on the baby's physiology, thereby increasing the tension in the baby. Babies become restless and fussy when awake. The results of this study are also supported by the theory (Roesli, 2008) which concludes that poor baby sleep quality causes babies to be fussy and lack concentration due to excessive stress hormones (catecholamines). Inadequate sleep and poor sleep quality can result in several disorders in infants that can cause a decrease in daily activities, feeling tired, weak, emotionally unstable, anxious, cranky, not concentrating, feeling excessive sleepiness. The importance of sleep for baby development, then the need for sleep must be completely met so that it does not adversely affect its development (Korompis et al., 2019).

In this study, it was found from interviews with the baby's mother that the baby had trouble sleeping such as waking up more than three times at night, according to the researcher's assumption, this was caused by the baby being tired.

2. Infant Sleep Quality After Intervention.

The results of the study found that the baby's sleep quality after the Baby spa intervention was good, the majority of 11 people (73.3%). This is because the Baby spa action is useful for training the baby's muscles and body strength, relaxation, and improving the baby's blood circulation. Baby spa is a technique that can stimulate the stimulation of the baby's growth and development process, because with a touch, the baby will feel relaxed and comfortable so that the baby can sleep soundly (Yahya, 2011). The quality of a baby's sleep not only affects his physical development, but also his attitude the next day. Babies who sleep enough without waking up often will be fitter and less fussy (Candra, 2005).

The results of this study are in line with previous research (Shofa, 2013: Abdullah & Haisah, 2022) which stated that the quality of baby sleep after massage showed an increase in sleep quality. This happens because the baby spa has a positive effect on the baby's health, which makes it easy for the baby to fall asleep and feel comfortable for the baby. Gentle massage on the baby will help relieve muscle tension so that the baby becomes calm and easy to sleep. According to previous research, Baby Spa can improve baby's sleep quality by increasing the number of hours of sleep 2 hours after Baby Spa treatment (Afriani & Widodo, 2012).

This research is also supported by the theory of Roesli (2008) which states that Baby spa can reduce stress hormone levels and increase serotonin levels which gives babies a relaxed feeling, so the baby's sleep quality is better.

3. The Effect of Baby Spa on Baby's Sleep Quality.

This study uses the McNemar statistical test. The results of the baby's sleep quality before the Baby Spa intervention were 66.7% of them had poor sleep quality. After the baby spa was performed on babies, 73.3% of them had good sleep quality. So that the p-value is 0.031 (attached) at a significant level of 5% (0.05), which means that there is an influence of Baby Spa on the quality of sleep in infants at Les Bubbles Exclusive For Mom, Baby And Kids Medan.

This is in line with the opinions of previous researchers Royhanaty (2018) which stated that Baby Spa has a positive correlation with sleep quality. There is an influence between baby spa on baby's sleep quality (Setiarini, 2019). The quality of a baby's sleep not only affects his physical development, but also his attitude the next day. Babies who sleep enough without waking up often will be fitter and less fussy (Candra, 2005). Research conducted by Afriani & Widodo (2011) also stated the significance of giving baby spas to baby's sleep quality by increasing the average sleep time for 2 hours after treatment.

Gentle massage will help relax the muscles so that the baby is calm, sleeps soundly and when he wakes up his concentration will be fuller. This is because the increase in serotonin levels produced during massage helps suppress the activity of the reticular activating system and other brain activities (Saputro & Bahiya, 2021). Based on the results of previous studies, it was concluded that baby spas were effective in overcoming sleep quality in infants (Candrani & Fitriana, 2019).

4. Conclusion

The results showed that there was an effect on the Baby spa on the quality of baby sleep in Les Bubbles Exclusive For Mom, Baby & Kids Medan with a p value = 0.031 ($p < 0.05$). The conclusion of this study is that the Baby spa has an influence on the quality of sleep which plays a role in reducing the level of infant muscle tension so that the baby is more comfortable in resting and easy to sleep

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