INFANT MASSAGE IMPROVES SLEEP QUALITY BOTH DIRECTLY AND INDIRECTLY THROUGH BONDING: PATH ANALYSIS EVIDENCE

Ainurrizma Tri Hartanti¹⁾, Harsono Salimo²⁾,
Vitri Widyaningsih³⁾

¹⁾Masters Program in Public Health, Universitas Sebelas Maret

²⁾Department of Pediatrics, Dr. Moewardi Hospital, Surakarta

³⁾Faculty of Medicine, Universitas Sebelas Maret

ABSTRACT

Background: Proper stimulation of the infant's sense of touch affects psychosocial development positively. Massage is one of the easiest and most natural ways of establishing a sense of touch and eye contact which improves bonding attachment and sleep quality in infants.

Subjects and Method: This was a randomized controlled trial (RCT) conducted at 5 community health centers (pukesmas) in Ponorogo, East Java, from March to April 2019. A sample of 120 mothers who had children aged 3 to 6 month divided into two groups (case and control groups). The dependent variables were bonding attachment and sleep quality. The independent variable was infants massage. The data were collected by questionnaire and analyzed by path analyzed.

Results: Infant massage ($b = 0.21$; 95%CI = 0.05 to 0.37; $p = 0.011$) and strong bonding attachment ($b = 0.02$; 95%CI = 0.00 to 0.03, $p = 0.033$) improved sleep duration. Infant massage affected sleep duration through bonding attachment.

Conclusion: Infant massage and strong bonding attachment improve sleep duration. Infant massage indirectly affects sleep duration through bonding attachment.

Keywords: sleep quality, bonding attachment, path analysis

Correspondence:

Ainurrizma Tri Hartanti. Masters Program in Public Health, Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta 57126, Central Java. Email: ainurrizma.th@gmail.com. Mobile: 085784939555