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THE EFFECT OF COMBINATION OF BABY MASSAGE AND MUROTAL ON SLEEP QUALITY OF BABIES 3-6 MONTHS AGE <i>(Study in the Work area of Health Center Bangkalan and Treatment Baby Spa And Kids BKL)</i>	
ABSTRACT <i>Infancy is a golden period for growth and development so it needs special attention. One of the factors that affect the growth and development of babies is sleep and rest, one way that can be used to fulfill sleep needs is with a combination of baby massage and murotal because it will provide stimulation to the body in a sustainable manner to provide a sense of security and comfort to the baby. The purpose of this study is to determine the effect of a combination of baby massage and murotal on sleep quality of babies in the work area of Bangkalan Health Center and Treatment Baby Spa And Kids BKL .</i> <i>This type of research was quantitative with a Quasi experimental research design using a pretest and post test with control group design. The population in this study were all babies aged 3-6 months who visited BKL Treatment Baby Spa and Kids as many as 39 respondents with a sample of 36 respondents using the Accidental Sampling technique. Data collection using questionnaires and SOP. Univariate and bivariate analysis (Wilcoxon test). The research has been carried out Ethical Clearance test by Noor Huda Mustofa University. No 2599/KEPK/UNIV-NHM/EC/IV2025.</i> <i>The results showed that almost all babies experienced sleep quality disorders before the combination of baby massage and murotal but after being given a combination of baby massage and murotal the overall sleep quality was good. The results of the analysis using the wilcoxon statistical test sig = <0.05 obtained a sig value of 0.001 <0.05 which means there was an effect of a combination of baby massage and murotal on the quality of sleep of babies aged 3-6 months.</i> <i>The combination of baby massage and murotal is very effective to overcome the problem of sleep quality disorders, the quality of sleep that is fulfilled will have a positive and crucial impact on the development and growth of the baby.</i> Keywords : Babies, Sleep Quality, Babies Massage , Murotal	