ROSYIDAH 1

by Alfitri Alfitri

Submission date: 25-Jan-2024 10:06AM (UTC+0530)
Submission ID: 2277972735
File name: 5689-20841-4-ED.docx (36.65K)
Word count: 1917
Character count: 11107

SIKLUS: Journal Research Midwifery Politeknik Tegal p-ISSN: 2089-6778
Volume XX, Issue XX, Bulan XX Tahun XX e-ISSN: 2549-5054

THE EFFECT OF APPLICATION OF SLEEP TRAINING METHODS WITH POSITIVE ROUTINES ON THE QUALITY OF SLEEP OF INFANTS AGED 3-4 MONTHS AT THE VILLAGE HEALTH CENTRE MULYOGAGUNG - DAU MALANG DISTRICT

Anggita Nabila Cantika [1)], Anik Sri Purwanti [2)*], Rifzul Maulina[3)]
Email: anggitanabila6@gmail.com[1)], aniksri@itsk-soepraoen.ac.id[2)*], rifzulmaulina@itsk-soepraoen.ac.id[3)]
[1) 2) 3)] Bachelor of Midwifery and Midwife Professional Education, Institut Teknologi, Sains Dan Kesehatan RS dr. Soepraoen Jl. S. Supriadi no 22 Sukun Kota Malang

ARTICLE INFORMATION

Received:
March XX, 20XX

Revised:
April XX, 2020

Accepted:
May XX, 20XX

Available Online:
June XX, 20XX

Abstrak

Bayi merupakan masa emas bagi tumbuh kembangnya. Salah satu faktor yang mempengaruhi tumbuh kembang bayi adalah tidur dan istirahat. Faktor yang mempengaruhi kualitas tidur bayi yaitu lingkungan, gizi, penyakit dan latihan fisik. Penelitian ini untuk mengetahui pengaruh pelaksanaan pelatihan tidur dengan metode rutin positif routine terhadap kualitas tidur bayi usia 3-4 bulan di Poskesdes Desa Mulyoagung yang berpenduduk 50 bayi. Teknik pengambilan sampel menggunakan purposive diperoleh sampel sebanyak 36 bayi, teknik pengumpulan data dilakukan dengan pengisian pre-test dan post-test. Teknik analisis menggunakan analisis bivariat Wilcoxon. Hasil penelitian menunjukkan adanya -Perubahan Implementasi sleep training Menggunakan Positif Rutin pada Bayi Usia 3 -4 bulan di Poskesdes Wilayah Kerja Puskesmas Dau. Desa Mulyoagung Kecamatan Dau Malang. Pengaruh Penerapan sleep training dengan Metode Positif Routine Terhadap Kualitas Tidur Bayi Usia 3-4 Bulan di Poskesdes Desa Mulyoagung Wilayah Kerja Puskesmas Dau Kabupaten Malang. Hasil pengujian menggunakan SPSS diperoleh hasil signifikan sebesar 0,000 (p 0,005) artinya terdapat pengaruh sleep training dengan positif routine terhadap kualitas tidur bayi usia 3-4 bulan. Disarankan agar orang tua dapat menerapkan Pelatihan Tidur dengan Metode Rutin Positif untuk meningkatkan bonding bayi dan orang tua.

***Kata Kunci**: Bayi Usia 3-4 Bulan, Kualitas Tidur,sleep training dengan Metode Positi rutine*

Abstract

Factors affecting the growth and development of babies include sleep and rest. The quality of a baby's sleep is influenced by various factors such as the environment, nutrition, illness, and physical activity. This study aimed to investigate the impact of positive sleep training methods on the sleep quality of 3-4-month-old babies at the Mulyoagung Village Health Post. The study involved a population of 50 babies, with a sample of 36 babies. Data was collected through pre-test and post-test questionnaires, and the analysis involved univariate methods like frequency distribution and bivariate methods like Wilcoxon. The research demonstrates the changes by implementing positive sleep training for babies aged 3-4 months at the village health post in Mulyoagung. The results of the Wilcoxon test showed a significant result of 0.000 (p 0.005), indicating that the implementation of positive routine sleep training methods influenced the sleep quality of babies aged 3-4 months. It is recommended that parents use positive routine sleep training methods to enhance the bond between babies and their parents.

Keyword: *Infants Age 3-4 Months, Sleep Quality, Sleep Training with Positive Routine Method*

Korespondensi:

SIKLUS: Journal Research Midwifery Politeknik Tegal p-ISSN: 2089-6778
Volume XX, Issue XX, Bulan XX Tahun XX e-ISSN: 2549-5054

Anik Sri Purwanti
Alamat: ITSK RS dr. Soepraoen Malang
No telepon: 085101428024
Email: aniksri@itsk-soepraoen.ac.id

1. Introduction

The infancy period spans from 0 to 12 months. It is divided into two distinct phases: the neonatal period, covering the first 28 days, and the postneonatal period, lasting from day 29 to the end of the first year [1]. This phase is pivotal for the growth and maturation of children, necessitating specialized attention [2]. Sleep and rest significantly impact the growth and development of infants. Sleep is a fundamental human necessity, vital for physical and mental well-being. During sleep, the body's organs undergo a reparative process, and the quality of an infant's sleep is determined by their capacity to rest and recuperate adequately. By the age of three months, newborns typically sleep for approximately 15-17 hours, with 8 hours allocated to daytime sleep and 9 hours to nighttime sleep. Instances where infants sleep for fewer than 9 hours at night, wake up more than 3 times, and remain awake for over 1 hour are indicative of potential sleep disorders. Manifestations of disrupted sleep include irritability, frequent crying, and difficulty returning to sleep [3].

Research conducted by Sekartini across five urban centers—Jakarta, Bandung, Medan, Palembang, and Batam—surveyed 385 respondents, revealing that 51.3% of infants experienced sleep disturbances. Furthermore, 42% of infants slept for fewer than 9 hours at night, woke up more than three times, and remained awake for over an hour [4].

Multiple factors influence the quality of infant sleep, encompassing environmental, nutritional, other health conditions, and physical activity. Inadequate and poor-quality sleep can disrupt the physiological and psychological equilibrium. Physiological ramifications include reduced daily activities, fatigue, weakness, impaired neuromuscular coordination, delayed healing, and diminished endurance. Psychological effects encompass emotional instability, anxiety, and reduced concentration [5]. One approach to enhancing the quality and quantity of infant sleep is the early application of sleep training methods. Sleep training entails guiding infants to sleep independently throughout the night and teaching them self-soothing strategies upon waking. This practice is prevalent in Western parenting [6]. Approximately 81.9% of scholarly literature and 61.9% of published works advocate that sleep training effectively addresses sleep issues in Western families, with substantial observable changes. Consequently, nearly 80% of Western families employ this methodology [7].

2. Method

This research uses a one group pretest - posttest design approach. The research period was 10 days from 12 April to 22 April 2023. This research began by filling out the Sdsc (Csale of sleep disorders for children) questionnaire before being given treatment (pre-test) using the Ordinal Rating Scale (ORS). then provide treatment according to the group that has been determined after that, fill out the questionnaire again to determine the effect of sleep training using routine positive methods on the sleep quality of babies aged 3-4 months. after being given treatment (post-test) using the Ordinal Rating Scale (ORS).

Pre Test	Perlakuan	Post Tes
01	**x**	**02**

3. Result and Discussion

This study includes the mother's age, occupation, education, and number of parities. The results of the descriptive review of general data in tables are as follows:

Table 1 Frequency Distribution of General Data of Respondents at Mulyoagung Village Health Post

Characteristic	Indicator	n	%
Age (year-old)			
	21-30	35	97
	> 30	1	3
Infant Age (Months)			
	3	16	44
	4	20	56
Parentss Education			
	Primary School	5	14
	Junior High School	8	20
	High School	15	41
	University	9	25
Parity			
	1	29	80.6
	2	7	19.4

Based on Table 1, the study population consisted mainly of mothers aged 20-30 (97%), with the majority (41%) having completed high school. Their babies were 3 to 4 months old, and most had a parity of 1 (80.6%). All respondents resided in Mulyoagung village, Dau Malang regency.

Cross-distribution will illustrate and present the outcomes of the impact of pre-and post-implementation of positive routine sleep training on 3-4-month-old infants in Mulyoagung village, Dau Malang Regency. The findings will be displayed in a cross-tabulation format:

Table 2. Cross Distribution Before and After the Application of Sleep Training Using the Positive Routine Method in Infants aged 3-4 months at the Poskesdes of Mulyoagung village

No	Sleep training	Before		After	
Sleep Quality		n	%	n	%
1	Excellent	0	0	28	78
2	Sufficient	28	78	8	22
3	Poor	8	22	0	0
	Total	36	100	36	100

Table 2 indicates a noticeable change in the number of respondents before and after applying sleep training methods with positive routines. Initially, almost all 3-4 month-old babies (78%) had sufficient sleep quality, with 28 babies, while less than 8 babies (22%) did not. Following the implementation of sleep training methods with positive routines, the majority of respondents exhibited improved sleep quality, with 28 babies (78%) having good sleep quality and 8 babies (22%) having sufficient quality. The Wicoxon difference test yielded a p-value of 0.000, reinforcing the study's findings. The study's p-value is less than α (0.05), indicating a highly significant difference in value. Considering the duration of the baby's sleep before and after the treatment, it is evident that most respondents experienced more than 11 hours of sleep. Consequently, it can be concluded that there is a discernible impact of sleep training methods with positive routines on the quality of sleep among 3-4-month-old babies in Mulyoagung Village Health Post.

Sleep training, a method aimed at teaching babies to sleep independently without parental assistance [8] has been shown through research to enhance the quality of a baby's sleep and improve the mother's emotional well-being by reducing nighttime awakenings. It is also likely to influence the mood and sleep quality of both parents when the baby experiences sleep deprivation [9]. The positive routine method involves activities performed within 30 minutes before bedtime, such as engaging in activities the child enjoys, relaxation, and

avoiding overstimulation[10].These activities include taking a warm bath, consuming warm milk, brushing teeth, reading bedtime stories, discussing enjoyable events with parents, playing soft music, using aromatherapy, and more [11]. The positive routine is the most widely accepted among various sleep training methods, particularly in Indonesian culture, considering that sleep training originates from foreign cultures [12]. This method is safe for infants, enhances sleep quality, and fosters early independence, thereby preventing sleep disorders that could impact infant and child growth and development.[13]

Sleep disorders in children can significantly impede their physical and cognitive development, which indicates their overall health and ability to think as adults[14]. Sufficient sleep in infants plays a crucial role in guiding early brain development. During this period, the brain forms synapses, vital connections that enable learning, movement, and the development of various new skills [15].

4. Conclusion

Implementing sleep training using the positive routine approach impacts the sleep quality of 3-4 month old infants.

5. Acknowledgement

The researcher wishes to express gratitude to those who have supported the execution of this study.

6. References

[1] Armini, N. W., Sriasih, N. G., & Marhaeni, G. A.. Asuhan Kebidanan Neonatus, Bayi, Balita dan Anak Prasekolah. Yogyakarta: CV. Andi Offset. 2017

[2] Rohma, S., Astuti, I., Rosyeni. Masa Masa Emas Bayi , 03(01) 106-166. 2016

[3] Rosalina, M., Novayelinda, R., & Lestari, W. Gambaran Kualitas Tidur Bayi Usia 6-12 Bulan. Jurnal Medika Hutama, 3(4). 2022

[4] Pratiwi, T. Pengaruh Pijat Bayi Terhadap Kualitasa Tidur Bayi Usia 1-6 Bulan. Jurnal Kesehatan Masyarakat, 7(1). 2021

[5] Sukmawati, E., & Imanah, N. D. Efektivitas Pijat Bayi Terhadap Peningkatan Kualitas Tidur Bayi. Jurnal kesehatan Al-Irsyad, 13(1). 2020

[6] Suririnah. Buku Pintar Mengasuh Balita. Jakarta: Gramedia Pustaka Utama. 2013

[7] Blunden, S. Behavioural treatments to encourage solo sleeping in pre-school children: An alternative to controlled crying - Sarah Blunden, 2011. Journal of Child Health Care.https://journals.sagepub.com. 2016

[8] Rosier, J. G. From "Crying Expands the Lungs" to "You're Going to Spoil That Baby": How the Cry-It-Out Method Became Authoritative Knowledge - Jennifer G. Rosier, Tracy Cassels, 2021. Journal of Family Issues. https://journals.sagepub.com

[9] Ferber, Richard. Revised: Solve Your Child's Sleep Problems: Revised Edition: New, Revised, and Expanded Edition. Simon and Schuster. 2006

[10] Ramos, K. D., & Youngclarke, D. M. Parenting Advice Books About Child Sleep: Cosleeping and Crying It Out. Sleep, 29(12), 1616–1623. 2016

[11] Sleeping like a baby: Attitudes and experiences of bedsharing in Northeast England. 2020. Medical Anthropology. https://www.tandfonline.com

[12] Kendall-Tackett, K. Why Cry-It-Out and Sleep-Training Techniques Are Bad for Babes. Clinical Lactation, 4(2), 53–54. 2013

[13] Anders, T. F. Home-Recorded Sleep in 2- and

9-Month-Old Infants. Journal of the American Academy

[14] Smith, B. The Ferber Method and Other Behavioral Sleep Training Methods: Do They Disrupt Attachment and Impact Physical and Psychological Wellbeing? Fisher Digital Publications. 2016

[15] Azka, F., & Tjakrawiralaksana, M. A. Penerapan Positive Routinedan Graduated Extinctionuntuk Menurunkan Perilaku Co-Sleeping pada Anak Usia Dini. Humanitas, 5(1). 2021.

ROSYIDAH 1

ORIGINALITY REPORT

19%	14%	8%	8%
SIMILARITY INDEX	INTERNET SOURCES	PUBLICATIONS	STUDENT PAPERS

PRIMARY SOURCES

1	Submitted to Universitas Sanata Dharma Student Paper	5%
2	ejr.umku.ac.id Internet Source	3%
3	eprints.poltektegal.ac.id Internet Source	1%
4	prosiding.unimus.ac.id Internet Source	1%
5	Submitted to Universitas Sebelas Maret Student Paper	1%
6	Submitted to Forum Perpustakaan Perguruan Tinggi Indonesia Jawa Timur Student Paper	1%
7	es.scribd.com Internet Source	1%
8	ijphs.iaescore.com Internet Source	1%
9	jom.htp.ac.id Internet Source	1%

10	journal.fdi.or.id Internet Source	1 %
11	www.newinera.com Internet Source	1 %
12	www.researchgate.net Internet Source	1 %
13	Suryati Suryati, Naelatur Rizqiyah, Eka Oktavianto. "Pengaruh pijat bayi terhadap peningkatan kualitas tidur bayi usia 3-10 bulan di Desa Tamanan wilayah kerja Puskesmas Banguntapan II", Riset Informasi Kesehatan, 2019 Publication	1 %
14	repository.stikba.ac.id Internet Source	<1 %
15	watermark.silverchair.com Internet Source	<1 %
16	www.ncbi.nlm.nih.gov Internet Source	<1 %
17	www.scribd.com Internet Source	<1 %
18	Rostinah Manurung. "The Effect of Infant Massage on The Quality of Sleep of Infants Aged 0–12 Months", Jurnal Aisyah : Jurnal Ilmu Kesehatan, 2020 Publication	<1 %

19	Lia Aprianti, Tiarnida Nababan, Hosanna Angelika Panjaitan, Romana Yutrianis Bali. "Hubungan Menggendong Posisi M-Shape Terhadap Bounding Attachment dan Kualitas Tidur Pada Bayi Berusia 3-6 Bulan di Posyandu Cemara III Desa Rahuning Tahun 2023", Jurnal Ners, 2023 Publication	<1 %
20	Mariyani Mariyani, Jihan Ingkha Putri. "Pengaruh Kombinasi Pijat Bayi dengan Boreh Beras Kencur terhadap Kualitas Tidur Bayi di Wilayah Kerja Puskesmas Kec. Duren Sawit", Malahayati Nursing Journal, 2022 Publication	<1 %

Exclude quotes	Off	Exclude matches	Off
Exclude bibliography	On		

ROSYIDAH 1

PAGE 1

PAGE 2

PAGE 3

PAGE 4

PAGE 5