

HTECHJ

HEALTH AND TECHNOLOGY JOURNAL

P-ISSN: 2986-5662

E-ISSN: 2985-959X

JOURNALKHD.COM

VOLUME 01 NUMBER 03 JUNE 2023



KHD
Production

Editorial Team

EDITOR IN CHIEF

Ns. Alfid Tri Afandi, M.Kep.
Faculty of Nursing, Universitas Jember, Indonesia
[| Google](#) [| Ortra](#) [| Scopus](#)

MANAGING EDITOR

Ns. Dicky Endrian Kurniawan, M.Kep.
Faculty of Nursing, Universitas Jember, Indonesia
[| Google](#) [| Ortra](#) [| Scopus](#)

EDITORIAL BOARD:

Ns. Kholid Rosyidi Muhammad Nur, S.Kep., MNS.
Faculty of Nursing, Universitas Jember, Indonesia
[| Google](#) [| Ortra](#) [| Scopus](#)

Ns. Enggal Hadi Kurniyawan, M.Kep.
Faculty of Nursing, Universitas Jember, Indonesia
[| Google](#) [| Ortra](#) [| Scopus](#)

Faisal Usman, M.Phil., Pharm.D., Ph.D.
Bahauddin Zakariya University, Multan, Pakistan
[| Google](#) [| Ortra](#) [| Scopus](#)

Assist. Prof. Samoraphop Banharak, BSN., MNS., PhD.
Khon Kaen University, Thailand
[| Google](#) [| Ortra](#) [| Scopus](#)

Sasa Aung, RN., M.N.Sc.
Department of Adult Health Nursing, University of Nursing, Mandalay-Myanmar
[| Google](#) [| Ortra](#) [| Scopus](#)

Sagun Thapa, BSN., MNS.
Department of Nursing, Purbanchal University, Nepal
[| Google](#) [| Ortra](#) [| Scopus](#)

Iraha Emerson, LPN
Cristiana Hospital, Delaware Skills Center Nursing School, United States of America
[| Google](#) [| Ortra](#) [| Scopus](#)

Ali Aminudin Bin Mohd Rasani, B.Sc., M.Sc.
Nephrology Nursing, School of Health Science, Universiti Sains Malaysia, Malaysia
[| Google](#) [| Ortra](#) [| Scopus](#)

ADMINISTRATOR

Etika Rangga Kharisma, Amd.Keb., SST.
Midwife Practitioner, KHD Production, Indonesia

ARTICLES

Socio-Cultural Relations with K6 Visits to Pregnant Women Gestational Age > 36 Weeks

Supiyati, Iis Hanifah, Mega Silvian Natalia

227-235

DOI : <https://doi.org/10.53713/htechj.v1i3.25>



Self-efficacy and Job Stress among Tobacco Farmers

Enggal Hadi Kurriyawan, Alfa Andriyani, Emi Wuri Wuriyaningsih, Erti Ikhtiarini Dewi, Rismawan Adi Yunanto, Fitrio Deviantony, Yeni Fitria

236-242

DOI : <https://doi.org/10.53713/htechj.v1i3.41>



Relationship between Perineal Hygiene Behavior and Reproductive Health in Adolescents Who Experience Early Marriage

Farida Lailatul Fitriyah, Titik Suhartini, Iit Ermawati

243-249

DOI : <https://doi.org/10.53713/htechj.v1i3.26>



Analysis of Factors Affecting Pregnancy Visits for Mother and Fetal Health

Cut Yuniwati, Fithriany, Cut Nurhasanah, Lili Kartika Sari Harahap, Silfa Dewi

250-258

DOI : <https://doi.org/10.53713/htechj.v1i3.48>



The Relationship between Adolescent Girls' Behavior on Reproductive Health and the Motivation to Do Premarital Health Examinations

Ulin Nikmah, Iis Hanifah, Mega Silvian Natalia

259-265

DOI : <https://doi.org/10.53713/htechj.v1i3.27>



The Behavioral Determinants of Health In Housewife For Monitoring of Blood Glucose, Uric Acid, and Cholesterol Level

Moh Fairuz Abadi

272-279

DOI : <https://doi.org/10.53713/htechj.v1i3.51>



The Relationship between the Participation of the Bride and Groom in the Preconception Program with the Presence of Pure KI

Farida Mamik Asih, Titik Suhartini; Iit Ermawati

272-279

 DOI : <https://doi.org/10.53713/htechj.v1i3.28>



Optimizing the Role of Other Patient's Families in Injury Prevention in Fall Risk Patients

Mohammad Henri Wahyono, Mury Ririanti

280-286

 DOI : <https://doi.org/10.53713/htechj.v1i3.78>



The Relationship between the Husband's Role and the Readiness of Third-Trimester Pregnant Women in Facing Childbirth During the New Normal Period of Covid-19

Resi Wiliam Leastuti, Mega Silvian Natalia, Agustina Widayati

287-293

 DOI : <https://doi.org/10.53713/htechj.v1i3.29>



Validity and Reliability of Basic Life Support Intention Questionnaire for Nurses at Dr. Soebandi Hospital Jember

Baskoro Setioputro, Amanda Rizky Amanda Rizky , Wantiyah

294-304

 DOI : <https://doi.org/10.53713/htechj.v1i3.79>



The Relationship Between Parents' Support Regarding Covid-19 Vaccination in Children with Children's Readiness in Following Covid-19 Vaccinations

Homsiatu Rohmatin, Leni Puji Wibiati, Mega Silvian Natalia

305-310

 DOI : <https://doi.org/10.53713/htechj.v1i3.30>



The Effect of Baby Spa on Body Weight Changes in Babies Aged 3-6 Months

Fitriani, Sri Wahyuningsih, Agustina Widayati, Sunanto

311-317


 DOI : <https://doi.org/10.53713/htechj.v1i3.63>



The Relationship between Exclusive Breastfeeding and Stunting Incidents in Candipuro Village

Erika Puspitasari, Sri Wahyuningsih, Agustina Widayati, Sunanto

318-326


 DOI : <https://doi.org/10.53713/htechj.v1i3.57>



Relationship Between Maternal Parity and Primary Postpartum Hemorrhage

Evie Ludviah, Sri Wahyuningsih, Agustina Widayati, Sunanto

327-334


 DOI : <https://doi.org/10.53713/htechj.v1i3.62>



Effect of Oxytocin Massage on Breast Milk Production among Postpartum Mothers

Nike Andika Sari, Sunanto, Tutik Hidayati

335-341

 DOI : <https://doi.org/10.53713/htechj.v1i3.60>



The Effect of Baby Spa on Body Weight Changes in Babies Aged 3-6 Months

Fitriani¹, Sri Wahyuningsih², Agustina Widayati¹, Sunanto¹

¹ Stikes Hafshawaty Zainul Hasan, Probolinggo, Indonesia

² Universitas Jember, Indonesia

Correspondence should be addressed to:

Sri Wahyuningsih

sriwahyuningsih@unej.ac.id

Abstract:

Infants aged 0-6 months are the most vulnerable to growth disorders. One way to increase a baby's weight is through baby SPA. This study aimed to determine the effect of infant SPA on weight changes in infants aged 3-6 months. This study used a quasi-experimental design with a control group pre-post test design approach. The population in this study were all infants aged 3-6 months at Ain Hartoko SPA, Tempeh District, Lumajang Regency, in July 2022. As many as 42 infants were divided into two groups, the experimental and the control groups, using the accidental sampling technique. The results showed that the baby's weight gain in the experimental group was mostly classified as overweight (56.3%), while in the control group, most were normal (62.5%). The Wilcoxon test results for the p-value for the experimental and control groups were both 0.000, so they experienced an increase in body weight after two weeks. The Mann-Whitney test results obtained p-value=0.045 <0.05, so infant SPA affects weight changes in infants aged 3-6 months. Health workers are expected to conduct counseling about infant SPA in collaboration with Toddler Posyandu cadres in the village to overcome failure to thrive in toddlers.

Article info:

Submitted:

13-05-2023

Revised:

15-06-2023

Accepted:

16-06-2023

Keywords:

baby spa; body weight; babies aged 3-6 months

DOI: <https://doi.org/10.53713/htechj.v1i3.63>

This work is licensed under CC BY-SA License.



INTRODUCTION

Infancy is a golden period as well as a critical period of development. Infancy is a critical period because babies are currently susceptible to the environment. It is said to be the golden age because infancy is short and cannot be repeated. This is what distinguishes children from adults. According to age, children show growth and development characteristics (Wahyuni et al., 2020). Physiologically, infants aged 0-6 months are the most vulnerable to growth and development disorders (Maemunah & Sari, 2022). If, during infancy, you experience malnutrition, it can cause growth and development disorders that are permanent and carried into adulthood (Juliyandari et al., 2018). This can also cause stunting conditions that affect the child's physique (Ardiana et al., 2021a). Mechanisms that improve infant nutrition are closely related to improving maternal quality of life (Andansari et al., 2023).

WHO data for 2021 shows that the number of cases of stunted growth in the world is currently the highest stunting which is 22%, wasting at 6.7%, and overweight at 5.7% (WHO, 2021). The 2018 Indonesian Riskesdas shows that the percentage of very short and short toddlers aged 0-23 months in Indonesia in 2018 is 12.8% and 17.1%, the percentage of undernourished in Indonesia is 3.9%, while the percentage of undernourished is 13, 8%, and overweight by 2.7%. In 2018 in East Java, the percentage of very short and short toddlers aged 0-23 months in Indonesia

in 2018 was 12.8% and 17.1%, the percentage of malnutrition in Indonesia was 3.6%, while the percentage of undernourished was 11.6%, and overweight by 2.6% (Ministry of Health RI, 2019).

Growth is influenced by many factors, including internal factors (genetic) and external factors (environment) (Marmi, 2013). Growth is a continuous, constant process and part of the development process. Body weight is used as an indicator to determine the condition of children's growth and development and nutrition because body weight is sensitive to changes (Fauziah & Wijayanti, 2018). Underweight babies are more at risk of experiencing malnutrition, hypoglycemia, and developmental disorders (Fadhilah et al., 2021). Like any other organ in the body, the brain requires various nutrients to stay healthy and function. Foods that are good for your physical health (nutrition) are also good for your mental health (Kurniyawan et al., 2023). Providing additional foods and nutritional supplements to malnourished infants is one treatment for overcoming malnutrition (Ayunani et al., 2023).

Efforts can be made to reduce the incidence of malnutrition in children. Parents need to increase their concern for the growth and development of children, one of which is body weight, because of increasing or decreasing all tissues in the body, including body fluids, fat, muscle, and bone (Fauziah & Wijayanti, 2018). It is hoped that the baby will not be indicated as stunting. Prevention can be done by educating the mother to provide adequate nutrition for the baby (Ardiana et al., 2021b). One of the suggested methods for increasing baby weight is giving baby SPA, which aims to increase the capacity of the vagus nerve. Then enzymes that absorb gastrin and insulin will be produced more so that it helps the absorption of food intake get better. Absorption of good food intake can help increase infant metabolism and appetite so that the baby's weight increases (Fadhilah et al., 2021). It is also hoped that this can prevent excessive anxiety for parents of children so that health workers can provide appropriate education (Putri et al., 2022).

The baby spa is a series of stimulation of child growth and development by combining a baby gym, baby swim and baby massage services (Puteri et al., 2019). Swimming is very effective in eliminating fatigue and boredom in babies. Swimming stimulates motor movements in babies because the baby's muscles will develop properly, the body's joints will work optimally, body growth will increase, and the body will become flexible (Jayatmi & Fatimah, 2020). Based on the background mentioned above, researchers are interested in researching the effect of infant SPA on weight changes in infants at Ain Hartoko SPA, Tempeh District, Lumajang Regency.

METHOD

The research design of this study used an experimental analytic research design quasi-experimental approach control group pre-test-post test design. The population in this study were all infants aged 3-6 months at Ain Hartoko SPA, Tempeh District, Lumajang Regency, in June - August 2022, with 42 babies. The sample used in this study was a portion of infants aged 3-6 months at Ain Hartoko SPA, Tempeh District, Lumajang Regency, in June - August 2022. The samples in this study had to meet the inclusion and exclusion criteria. The sample selection in this study used the technique of accidental sampling, where the selection of samples was based on what happened to be encountered by the researcher and met the inclusion and exclusion criteria. The inclusion criteria in this study were neck control well, and the head can be upright. Exclusion criteria in this study were babies with a fever, congenital heart defects, and open wounds. The number of samples studied was 16 people for each group, so the total sample was 32 babies. This research has passed an ethical test from the Health Research Ethics Committee of STIKES Hafshawaty Zainul Hasan Genggong Islamic Boarding School Probolinggo with Number: KEPK/223/STIKes-HPZH/IX/2022. The study was conducted for two weeks with intervention two

times a week. Data analysis used is Test Wilcoxon Signed Rank and differences in weight change in infants between the experimental and control groups using Mann Whitney test.

RESULT

Characteristics of Mothers' Baby

Table 1. Characteristics of Mothers' Baby based on Age, Education, Occupation, Income, and Children Status (n=32)

Variable	Experiment Group		Control Group	
	f	%	f	%
Age (years old)				
< 20	0	0	0	0
20-35	12	75.0	11	68.8
> 35	4	25.0	5	31.2
Education				
Elementary school	0	0	0	0
Junior high school	2	12.5	5	31.3
Senior high school	11	68.8	8	50.0
College	3	18.7	3	18.7
Occupation				
Work	12	75.0	12	75.0
Doesn't work	4	25.0	4	25.0
Income				
Under UMK	2	12.5	4	25.0
Equivalent or above UMK	14	87.5	12	75.0
Children Status				
First	3	18.7	1	6.3
Second-Forth	13	81.3	15	93.7

Table 1 shows that most of the respondents in the experimental group were aged 20-35 years, namely 12 respondents (75%). Most of the respondents in the control group were aged 20-35 years, namely 11 respondents (68.8%). Most of the respondents in the experimental group had high school education, namely 11 respondents (68.8%). Half of the respondents in the control group had a high school education, namely eight respondents (50.0%). Most of the respondents, the experimental and the control groups, worked, namely 12 respondents (75%) each. Almost all respondents in the experimental group have income equal to or above the UMK, namely 14 respondents (87.5%). Most of the control group had payments equal to or above the UMK, namely 12 respondents (75%). Almost all respondents in the experimental group were children 2-4, namely 13 respondents (81.3%). Almost all respondents from the control group were children 2-4, namely 15 respondents (93.7%).

Weight Changes Among Babies in Intervention Group and Control Group

Table 2. Weight Changes Among Babies in Intervention Group and Control Group

Group	N	Minimum	Maximum	Mean	Std. Deviation
Intervention Group					
Pretest	16	5660	6650	6028.13	332.650
Posttest	16	5915	7000	6376.56	362.094
Change	16	250	500	348.44	79.262
Control Group					
Pretest	16	5680	6500	6053.13	281.702
Posttest	16	5970	6800	6356.25	266.780
Change	16	180	500	303.13	81.627

Table 2 shows that the baby's average weight before being given SPA was 6028.13 grams, and after being given spa, the baby was 6376.56 grams; the weight gain of the babies in the experimental group was an average of 348.44 grams. The average baby's weight during the pretest was 6053.13 grams; during the posttest, it was 6356.25 grams; the weight gains in the control group averaged 303.13 grams.

Table 3. Differences in Weight Gain for Babies Who Are Given and Not Given SPA Babies in Ain Hartoko SPA, Tempeh District, Lumajang Regency

BB increase	Experiment Group		Control Group	
	f	%	f	%
Less	0	0	2	12.5
Normal	7	43.7	10	62.5
More	9	56.3	4	25.0
Amount	16	100	16	100

Table 3 shows that most of the baby weight gain in the experimental group was classified as more, namely, nine respondents (56.3%), while in the control group, most were normal (62.5%).

Table 4. Wilcoxon Statistical Test Results

	Experiment Group	Control Group
Wilcoxon	-3.526	-3.518
Asymp. Sig. (2-tailed)	0.000	0.000

Based on Table 4, the results of the Wilcoxon Test p-value for the experimental group and the control group both had a value of 0.000, so they experienced an increase in body weight after two weeks. The Mann-Whitney test results obtained p-value=0.045<0.05, it mean that there is a difference in weight changes between the experimental group and the control group, which means that there is an effect of infant SPA on weight changes in infants aged 3-6 months at Ain Hartoko SPA, Tempeh District, Lumajang Regency.

DISCUSSION

Based on the study's results, it was found that the average weight of the baby before being given SPA was 6028.13 grams. Growth is influenced by many factors, including internal factors (genetic) and external factors (environment) (Marmi, 2013). Body weight is used as an indicator to determine the condition of children's growth and development and nutrition because body weight is sensitive to changes (Fauziah & Wijayanti, 2018).

Breastfeeding consumption influences the baby's weight before being given SPA. If the mother's milk production is smooth, the baby's weight gain tends to be stable from birth. The baby's weight ranges from 5 to 6 kg. This difference can occur due to differences in the baby's birth weight and the mother's factor because the physiology of each mother's body is different in producing breast milk as the primary food source for the baby.

Based on the research results, it is known that after being given SPA, the baby becomes 6376.56 grams. One of the suggested methods for increasing baby weight is by giving baby SPA, which aims to increase the capacity of the vagus nerve. Then enzymes that absorb gastrin and insulin will be produced more so that it helps the absorption of food intake get better. Absorption of good food intake can help increase infant metabolism and appetite so that the baby's weight increases. (Fadhilah et al., 2021).

According to the researchers' assumptions, the change in weight in babies after being given SPA, even though it is classified as more, will not cause the baby to become obese because the increase is only around 250-500 grams, which means that the increase in baby's weight is very significant but not excessive and does not cause obese babies. The increase in baby weight is caused by stimulating the digestive nerves due to gentle massages on the baby's body. Besides that, the baby is given physical activity in the form of the baby gym and baby swimming, which requires energy so that the baby is hungry and sleepy. This is very necessary for the growth of the baby so that the baby's weight increases.

Based on the study's results, it was found that the average weight gain of the experimental group babies was 348.44 grams, while the control group babies' weight gain averaged 305.62 grams. Most of the baby weight gain in the experimental group was classified as more, namely, nine respondents (56.3%), while in the control group, most were average (62.5%). Wilcoxon Test Results p-value for the experimental group and the control group both had a value of 0.000, so they experienced an increase in body weight after two weeks. The Mann-Whitney test results obtained p-value = 0.045 < 0.05 so that H1 was accepted, which means that there is a difference in weight changes between the experimental group and the control group, which means that there is an effect of infant SPA on weight changes in infants aged 3-6 months at Ain Hartoko SPA, Tempeh District, Lumajang Regency.

Baby SPA will stimulate the enzymes in the stomach so that the absorption of nutrients in the body is more optimal. SPA will also stimulate hormones that increase the baby's appetite, namely the hormones gastrin and insulin, which play an essential role in food absorption. If the production of these two hormones increases, food absorption and appetite will also increase so that body weight will increase (Galenia, 2014). Infant SPA provides positive biochemical effects, namely reducing levels of stress hormones (catecholamines), improving immune system levels (immunoglobulins) levels, mainly IgG, IgA, and IgM, and increasing serotonin levels. Positive clinical effects are changing brain waves, improving blood circulation, and breathing, stimulating digestive and excretory functions, and increasing weight gain (Idayanti & Widiyawati, 2020).

According to the researchers' assumptions, an increase in baby weight that is more than usual is very suitable to be given to babies whose weight is below average (thin) or babies who

have problems breastfeeding so that by being given SPA babies, the baby will experience an increase in appetite to breastfeed so that with frequent the baby asking for milk will also help the mother to produce more milk. The more milk production is made, the baby's weight will increase. However, this is not suitable if it is done on babies with excess nutrition because it can increase the appetite for breastfeeding. So, to overcome this, the mother can arrange the baby's SPA time because, within two weeks, it is done four times so that the baby's nerve stimulation and Immunoglobulin are which causes the baby to feel often hungry and want to suckle. There are babies in the control group whose gain is less than usual, so these babies need SPA babies so that the babies experience a significant increase in body weight so as not to cause the babies to become thin.

CONCLUSION

The weight of infants aged 3-6 months before being given SPA babies in Ain Hartoko SPA Tempeh District, Lumajang Regency, averaged 6028.13 grams. After being given SPA babies in Ain Hartoko SPA Tempeh District, Lumajang Regency averaged 6376.56 grams. Infant SPA influences weight changes in infants aged 3-6 months at Ain Hartoko SPA Tempeh District, Lumajang Regency (p-value=0,000).

ACKNOWLEDGEMENT

Thanks to the Stikes Hafshawaty Zainul Hasan, Probolinggo, Indonesia.

CONFLICT OF INTEREST

There isn't any conflict of interest.

REFERENCES

- Andansari, Sunanto, & Hanifah, I. (2023). Relationship between Gestational Age and Neonatorum Asphyxia in the Neonatal Intensive Care Unit. *Health and Technology Journal (HTechJ)*, 1(1), 74–80. <https://doi.org/10.53713/htechj.v1i1.12>
- Ardiana, A., Afandi, A. T., Rohmawati, N., & Masahida, A. D. (2021a). Focus Group Discussion Dalam Peningkatan Pengetahuan Kader Untuk Melakukan Penyuluhan Kepada Masyarakat Tentang Pencegahan Stunting Sejak Dini. *Jurdimas (Jurnal Pengabdian Kepada Masyarakat) Royal*, 4(3), 225-230.
- Ardiana, A., Afandi, A. T., Mahardita, N. G. P., & Prameswari, R. (2021b). Implementation of peer group support towards knowledge level of mother with toddlers about stunting. *Pakistan J Med Heal Sci*, 15(1), 260-3.
- Ayunani, Yessy Nur Endah Sary, Tutik Ekasari, & Nova Hikmawati. (2023). Effect of Supplementary Feeding on Weight Gain for Malnourished Toddlers Aged 6-59 Months. *Health and Technology Journal (HTechJ)*, 1(2), 133–138. <https://doi.org/10.53713/htechj.v1i2.19>
- Fadhilah, E. G., Halimah, N., Wardoyo, P., & Pradita, A. (2021). Pengaruh Fisioterapi SPA bayi terhadap Peningkatan Berat Badan Bayi Usia 3-9 Bulan. *Jurnal Penelitian Kesehatan Suara Forikes*, 12(November), 142–14
- Fauziah, A., & Wijayanti, H. N. (2018). Pengaruh Pijat Bayi Terhadap Kenaikan Berat Badan Dan Kualitas Tidur Bayi Di Puskesmas Jetis Yogyakarta. *PLACENTUM: Jurnal Ilmiah Kesehatan Dan Aplikasinya*, 6(2), 14. <https://doi.org/10.20961/placentum.v6i2.22834>

- Galenia. (2014). Home SPA bayi. Jakarta: Penebar Plus.
- Idayanti, T., & Widiyawati, R. (2020). Effectiveness Of Baby Massage On The Increase Of Baby Weight Aged 6 - 12 Months In Gayaman Village, Mojoanyar District, Mojokerto Regency. *STRADA Jurnal Ilmiah Kesehatan*, 9 (2), 708–71 <https://doi.org/10.30994/sjik.v9i2.359>
- Jayatmi, I & Fatimah, J. (2020). Pertumbuhan Optimal dengan Pijat dan Spa Bayi. *Jurnal Pengabdian Masyarakat Indonesia Maju*, 01(02). <https://doi.org/10.33221/jpmim.v1i02.663>
- Juliyandari, A., Suyatno, S., & Mawarni, A. (2018). Hubungan Karakteristik Ibu dan Perilaku dalam Pemberian MP-ASI Dini dengan Pertumbuhan Bayi Usia 0-6 Bulan (Studi di Wilayah Kerja Puskesmas Poncol Kota Semarang Tahun 2017). *Jurnal Kesehatan Masyarakat (e-Journal)*, 6(4), 247-254.
- Kemenkes RI. (2019). *Hasil Utama Riskesdas 2018*. Kementerian Kesehatan Republik Indonesia
- Kurniyawan, E. H., Ikhtiarini Dewi, E., Wuri Wuryaningsih, E., Deviantony, F., & Fitria, Y. (2023). Improving Farmers' Adaptive Coping in the Post-Covid 19 Period: Meningkatkan Koping Adaptif Petani di Masa Pasca COVID-19. *Journal of Community Empowerment for Multidisciplinary (JCEMTY)*, 1(1), 15–22. <https://doi.org/10.53713/jcemty.v1i1.52>
- Maemunah, S., & Sari, R. (2022). ASI Eksklusif Dengan Pertumbuhan Dan Perkembangan Bayi Usia 1-6 Bulan. *Adi Husada Nursing Journal*, 7(2), 69-76. doi:10.37036/ahnj.v7i2.199
- Marmi. (2013). *Gizi dalam Kesehatan Reproduksi*. Pustaka Pelajar.
- Puteri, VTA., Syarief Taufik, Melyana Nurul. (2019). Pengaruh Teknik Baby Spa Terhadap Perkembangan motorik Dan Kenaikan Berat Badan Bayi. *Mahakam Midwifery Journal*, 2(5), 324-329. <https://doi.org/10.35963/midwifery.v4i1.123>
- Putri, P., Afandi, A. T., & Lestari, D. K. (2022). Hubungan Komunikasi Terapeutik Dengan Tingkat Kecemasan Keluarga Pasien Pre Operasi Di Rumah Sakit. *Journals of Ners Community*, 13(5), 606-615.
- Wahyuni, F., Purwana, R., & Matondang, D. G. (2020). Hubungan Lama Mengikuti SPA bayi Dengan Kenaikan Berat Badan Bayi Usia 0-6 Bulan Di Yayasan Ibu Sejati Mandiri Kecamatan Tuntungan Kompleks Medan Permai Kota Medan Tahun 2018. *Jurnal Kebidanan Kestra (JKK)*, 2(2), 135–143. <https://doi.org/10.35451/jkk.v2i2.343>
- WHO. (2021). *World Health Statistics 2021*. <http://www.who.int>. Accessed on May 13th, 2022.