



## THE INFLUENCE OF BABY SOLUS PER AQUA (SPA) ON BABY DEVELOPMENT AGE 3 TO 6 MONTHS

Ika Fitria  
Ayuningtyas

Midwifery Studies Program (D-3) Institute of Health Sciences Jenderal Achmad Yani  
Yogyakarta

Endah Puji Astuti

Midwifery Studies Program (D-3) Institute of Health Sciences Jenderal Achmad Yani  
Yogyakarta

**ABSTRACT** **Background:** At birth, the baby already has information about the sense of moving in an aqueous environment (Masadini, 2012). Giving baby a chance to move in the water is an ideal way to develop the body so as to strengthen the extremities (Pondok IBS, 2016). Massaged babies tend to be more mature, both in terms of motor, orientation, and behavior. (IDAI, 2015). Age 3-6 months is a good time for baby to start doing baby spa because neck control is good (Masadini, 2012).  
**Objective:** To know the influence of baby solus per aqua (spa) on baby development age 3 to 6 months.  
**Research method:** The type of research used is True Experiment with Pretest posttest Control Group Design. Sample size are 30 babies aged 3-6 months. The sampling technique used purposive sampling with the number of samples each group of 15 babies. Data analysis using Mc.Nemar test.  
**Result of research:** p value 0,096; no influence of baby solus per aqua (spa) on baby development.  
**Conclusion:** There is no influence of baby solus per aqua (spa) on baby development age 3 to 6 months

**KEYWORDS :** Baby, baby spa, development

### PRELIMINARY

At birth, the baby's brain has little information about how to move on the floor because she has never had that experience. However, the baby already has seven months of information about how it feels to move in an aqueous environment (Masadini, 2012). Providing an opportunity for the baby to move in the water is an ideal way to develop the body so as to strengthen the extremities (arms, hands, feet, fingers) (Pondok IBS, 2016). The achievement of optimal growth depends on its biological potential. The level of achievement of a biological potential is the result of interaction of various interrelated factors, namely genetic factors, bio-psychosocial environment, and behavior. Unique processes and different end results that characterize each child (Soetjningsih, 2005).

The blow of water generated from the turbulent water can provide sensation and massage that eliminate fatigue, blood circulation, and create relaxation. Relaxation from the perspective of pediatric physiotherapy is necessary to optimize child growth. Four aspects that can be optimized through relaxation, namely the development of gross motor, fine motor, personal social, and language. With the relaxation in infants, parents can detect infant's body abnormalities early (Sisiani, 2015).

The benefits of infant massage, especially premature ones, on later development have been widely demonstrated. Massaged babies tend to be more mature, both in terms of motor, orientation, and behavior. Premature infants who are massaged with moderate strength are also less likely to fuss, cry, or exhibit other stressful behaviors (IDAI, 2015). Age 3-6 months is a good time for baby to start doing baby spa. After 3 months of age the neck control is good so the baby's head can be upright. Babies also have a pair of reflexes that can make them swim well dive reflexes (dive reflexes) and reflexes swim (swim reflex) (Masadini, 2012).

Depkes RI (2006) stated that 16% of Indonesian underfives experienced developmental disorders, both smooth and rough motor development, hearing loss, lack of intelligence and speech delay. Research conducted by Yuniarti (2009) says that Children need other people in its development and the person who is the first most responsible is the parents. Parents are responsible for developing the overall existence of the child. Including the responsibilities of parents is to meet the needs of children, both from the organizational point of view-psychological and psychological needs.

### METHOD

The research method used is true experiment with pretest posttest

control group design design. The study was conducted from April to October 2016 in 30 babies aged 3-6 months at Pratama Asih Waluyo Jati Clinic in Yogyakarta. Respondents were divided into 2 groups, 15 respondents were treated group to get baby spa and 15 respondents of control group get baby massage. All respondents viewed their development for 2 months with 4 treatments every 2 weeks, the first visit of the respondents was measured progress and given by baby spa, second and third visit responder was given baby spa only and the fourth respondent visit was given baby spa and measured its development.

### RESEARCH RESULT

**Table 1 Frequency Distribution of Respondent Characteristics based on the work of parents**

Characteristics of	Amount	
	f	%
- IRT	17	56,7
- Lecturer	1	3,3
- Private	11	36,7
- Teacher	1	3,3
Total	30	100

Source: 2016 primary data

Based on the above table most of the respondents as IRT.

**Table 2 Frequency Distribution of Respondent Characteristics based on history of disease**

Characteristics of	the intervention group		The control group		Amount	
	f	%	f	%	f	%
There is no	13	43,3	12	40	14	83,3
- Icteric	2	6,7	1	3,3	16	10
- Fever	0	0	2	6,7	1	6,7
Amount	15	50	15	50	30	100

Source: 2016 primary data

Based on the above table most of the respondents did not have a history of disease either in the intervention group or control group

**Table 3 Frequency Distribution Characteristics of Respondents by Child to-**

Characteristics of	the intervention group		The control group		Amount	
	f	%	f	%	f	%
- First	10	33,3	5	16,7	15	50
- Second	5	16,7	10	33,3	15	50
Amount	15	50	15	50	30	100

Source: 2016 primary data

Based on the above table most of the respondents were the first children in the intervention group and the second child in the control group

**Table 4 Changes in infant development**

Characteristics of	the intervention group		The control group		Amount	
	f	%	f	%	f	%
Rising-Permanent	1	3,3	4	13,4	5	16,7
- Decrease	11	36,7	10	33,3	21	70
	3	10	1	3,3	4	13,3
Amount	15	50	15	50	30	100

Source: 2016 primary data

Based on the above table most of the development of respondents did not change before and after being given a baby spa.

**Table 5 Development of pre and post baby baby baby**

Group	p
Treatment Pre	0,687
Post	
Control Pre	0,219
Post	

Source: 2016 primary data

Based on the above table there is  $p > 0.005$  in both the intervention and control group, so it can be concluded that there is no change of baby's development before and after the baby spa.

**Table 6 Influence of Baby Spa on Infant Development (Different test result with Mc Nemar test)**

Group	P
Treatment	0,096
Control	

Source: 2016 primary data

Based on the above table note that the value  $p > 0.05$  so it can be concluded that  $H_0$  accepted, there is no influence of baby spa on baby development.

## DISCUSSION

Based on the results of the study note that the value of  $p > 0.05$  so it can be concluded that  $H_0$  accepted, no influence of baby spa on baby development. Baby development can be influenced by internal and external factors of development. Baby development is not only influenced by the treatment of baby spa.

One of the factors influencing baby development is gender. Gender determines the rate of growth and development of the child. Boys tend to slower growth before puberty. But after puberty, boys will grow very fast and beat the growth of girls. Another factor affecting infant development is stimulation, the results of this study are inconsistent with the results of the Kholifah study (2014) which states that good maternal stimulation measures, DDST results of the majority (76%) normal, 4 (14%) dubious, 3 (10%) can not be tested. Other research results are equally done baby spa but different results are research Budi (2015) which shows the result that there is influence of baby spa against gross motor development in infants aged 3-6 months in Mom'me Organic Baby And Baby Spa.

According to Markum in the book Nursalam (2003) described work is generally a time-consuming activity to support life in the family where housewives will have a more maximum time so that it can know all the activities of his child. Parents who do not work can provide good stimulation because the mother has plenty of time to care for her baby including providing stimulation with a more intensive frequency, but the results of this study are mostly parents as IRT because growth and development require stimulation / stimulation, especially in the family, toys, socialization of children, mother's and other family members' involvement in children's activities.

## CONCLUSION

There is no influence of baby solus per aqua (spa) on baby development age 3 to 6 months

## BIBLIOGRAPHY

- Budi, Unggul, dkk. 2015. Pengaruh baby spa terhadap perkembangan motorik kasar pada bayi usia 3-6 bulan di Mo-Me Organic Baby and Kids Spa Kota Semarang. <http://download.portalgaruda.or.g/article.php?article=356679&val=422&title=PENGARUH%20BABY%20SPA%20TERHADAP%20PERKEMBANGAN%20MOTORIK%20KASAR%20PADA%20BAYI%20USIA%203-6%20BULAN%20DI%20MOM%20C3%A2%E2%82%AC%E2%84%A2ME%20ORGANIC%20BABY%20AND%20KIDS%20SPA%20KOTA%20SEMARANG>
- IDAI. 2015. Baby Spa: Seder Tren Atau Terbukti Bermanfaat?. <http://www.idai.or.id/artikel/klinik/pengasuhan-anak/baby-spa-sekedar-tren-atau-terbukti-bermanfaat>
- Indonesian Holistic Care Asosiasi. 2016. Pengertian Spa dan Manfaat. <http://ihc.center.com/pengertian-spa-dan-manfaat>
- Masadini. 2012. Baby Spa. <https://masadini.wordpress.com/2012/12/20/baby-spa/>
- Nursalam. (2003). Konsep dan Penerapan Metodologi Penelitian Ilmu Keperawatan, Salemba Medika: Jakarta
- Pondok IBS. 2016. Spa Bayi Membuat Si Kecil Lebih Buger dan Sehat. <https://pondokibstegal.wordpress.com/2016/06/15/173/>
- Sisiani, F. 2015. Baby Spa, perlukah?. <http://fitaphysioterapist.blogspot.co.id/2015/05/baby-spa-perlukah-dengan-semakin.html>
- Siti Nur Kholifah, Nikmatul Fadillah, Hasyim As'ari, Taufik Hidayat. 2014. Jurnal Sumber Daya Manusia Kesehatan Vol.1 No. 1, 2014. <https://media.neliti.com/media/publications/39932-ID-perkembangan-motorik-kasar-bayi-melalui-stimulasi-ibu-dikelurahan-kemayoran-sur.pdf>
- Soetjningsih. (2005). Tumbuh Kembang Anak. Jakarta: EGC
- Wahyuningtyas, ER, dkk. Pengaruh baby spa terhadap perkembangan kemampuan motorik kasar pada bayi di My Baby Spa Surabaya. <http://jurnalmahasiswa.unesa.ac.id/article/21853/66/article.pdf>.