

ABSTRACT

Background : *Low Birth Weight (LBW) is a baby weighing less than 2500 grams and a gestational age of less than 37 weeks. LBW is divided into pure prematurity and dysmaturity. Low birth weight (LBW) babies are susceptible to health problems. One of them is experiencing growth disorders, this can be caused by the baby's sleep needs not being met. One thing that can overcome sleep pattern disorders in babies is by doing massage therapy. The purpose of implementing Evidence Based Nursing (EBN) in this nursing process is to determine the application of baby massage therapy to sleep pattern disorders in low birth weight babies in the NICU room of Raden Mattaheer Jambi Hospital.*

Methods : *The application of Evidence Based Nursing (EBN) in this nursing process is a case study that includes the nursing process. The number of samples in the application of Evidence Based Nursing (EBN) in this nursing process is 1 baby with low birth weight who has sleep pattern disorders.*

Results : *Based on the Implementation of Evidence Based Nursing (EBN) in the nursing process that has been carried out, when the initial assessment was carried out, the baby's sleep quality experienced mild problems. After implementation for 3 days, the sleep quality improved which there were no problems with the baby's quality.*

Conclusion : *Infant massage therapy can overcome sleep pattern disorders in babies with low birth weight in the NICU room of Raden Mattahe Regional Hospital, Jambi.*

Keywords : *Infant Massage Therapy, LBW, Sleep pattern disorders*

ABSTRAK

Latar Belakang : Bayi Berat Lahir Rendah (BBLR) merupakan bayi dengan berat badan kurang dari 2500 gram dan umur kehamilannya kurang dari 37 minggu. BBLR dibedakan atas prematuritas murni dan dismaturitas. Bayi berat lahir rendah (BBLR) rentan mengalami gangguan kesehatan. Salah satunya adalah mengalami gangguan pertumbuhan, hal tersebut dapat disebabkan oleh tidak terpenuhinya kebutuhan tidur bayi. Salah satu hal yang bisa mengatasi gangguan pola tidur pada bayi yaitu dengan melakukan terapi pijat. Tujuan penerapan *Evidence Based Nursing* (EBN) dalam proses keperawatan ini adalah untuk mengetahui penerapan terapi pijat bayi terhadap gangguan pola tidur pada bayi berat badan lahir rendah di ruang NICU RSUD Raden Mattaher Jambi.

Metode : Penerapan *Evidence Based Nursing* (EBN) dalam proses keperawatan ini merupakan studi kasus yang meliputi proses keperawatan. Jumlah sampel dalam penerapan *Evidence Based Nursing* (EBN) dalam proses keperawatan ini yaitu 1 bayi dengan berat badan lahir rendah yang mengalami gangguan pola tidur.

Hasil : Berdasarkan Penerapan *Evidence Based Nursing* (EBN) dalam proses keperawatan yang telah dilakukan, saat dilakukan pengkajian awal, kualitas tidur bayi mengalami masalah ringan. Setelah dilakukan implementasi selama 3 hari, kualitas tidur membaik yang mana tidak ada masalah terhadap kualitas bayi.

Kesimpulan : Terapi pijat bayi mampu mengatasi gangguan pola tidur pada bayi dengan berat badan lahir rendah di ruang NICU RSUD Raden Mattahe Jambi.

Kata Kunci : BBLR, Gangguan pola tidur, Terapi Pijat Bayi