

ABSTRAK

PENGARUH TERAPI KOMBINASI *MASSAGE PEDIATRIC COMMON COLD* DAN SINAR *INFRARED* TERHADAP GEJALA BATUK PILEK PADA BAYI (0-12 BULAN) DI UPTD PUSKESMAS SUNGAI RANGIT

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Batuk pilek merupakan salah satu Infeksi saluran pernapasan akut yang menginfeksi, terutama pada bayi dan balita dibawah usia 5 tahun. Bayi dan balita secara alami cenderung rewel dan sulit minum obat, karena pahit. Oleh karena itu, diperlukan teknik tambahan untuk membantu proses pemulihan batuk pilek pada bayi dan balita, salah satunya dengan memberikan terapi komplementer. Dengan memberikan terapi kombinasi *massage pediatric common cold* dan sinar *infrared* diharapkan dapat membantu proses pemulihan batuk pilek pada bayi dan balita. Penelitian ini menggunakan metode *Pra Experiment* dengan desain *one group pretest and posttest*. Dengan teknik *Quota Sampling* didapatkan sampel sebanyak 30 responden yang diberikan terapi. Dari penelitian didapatkan bahwa sebelum mendapatkan terapi kombinasi, bayi datang dengan gejala berat 90% dan gejala sedang 10%. Setelah mendapatkan terapi bayi datang dengan gejala sedang 13,3% dan gejala ringan 86,7%. Hasil penelitian 100% responden mendapat terapi dan mengalami pemulihan yang signifikan setelah mendapatkan terapi kombinasi massage dan sinar. Berdasarkan Uji *Wilcoxon Signed Rank Test*, nilai signifikansi yang diperoleh sebesar 0,000 ini lebih kecil dari 0,05 yang berarti hipotesis Ada pengaruh pemberian terapi massage dan sinar terhadap gambaran gejala batuk pilek pada bayi **diterima**. Diharapkan penelitian ini bisa dikembangkan dengan desain penelitian yang berbeda lagi sebagai dukungan dalam upaya pemberian terapi komplementer pada bayi dan balita sakit, khususnya batuk pilek.

Kata Kunci: Batuk Pilek, Bayi, *Massage Pediatric common cold*, Sinar *Infrared*.

ABSTRACT

THE EFFECT OF A COMBINATION OF PEDIATRIC COMMON COLD MASSAGE AND INFRARED RAY THERAPY ON COUGH AND COLD SYMPTOMS IN BABIES (0-12 MONTHS) AT UPTD PUSKESMAS SUNGAI RANGIT

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Coughs and colds are an acute respiratory infection that infects babies and toddlers under 5 years of age. Babies and toddlers naturally tend to be fussy and find it difficult to take medicine, because it is bitter. Therefore, additional techniques are needed to help the recovery process for coughs and colds in babies and toddlers, one of which is by providing complementary therapy. By providing a combination of pediatric common cold massage and infrared light therapy, it is hoped that it can help the recovery process for coughs and colds in babies and toddlers. This research uses the Pre Experiment method with a one group pretest and posttest design. Using the Quota Sampling technique, a sample of 30 respondents were obtained who were given therapy. From research it was found that before receiving combination therapy, 90% of babies came with severe symptoms and 10% with moderate symptoms. After receiving therapy, 13.3% of babies presented with moderate symptoms and 86.7% with mild symptoms. The research results showed that 100% of respondents received therapy and experienced significant recovery after receiving a combination of massage and light therapy. Based on the Wilcoxon Signed Rank Test, the significance value obtained at 0.000 is smaller than 0.05, which means that the hypothesis that there is an influence of providing massage and light therapy on the description of cough and cold symptoms in babies is accepted. It is hoped that this research can be developed with a different research design as support in efforts to provide complementary therapy to sick babies and toddlers, especially coughs and colds.

Keywords: Coughs, Colds, Babies, Massage Pediatric common cold, Infrared Rays.