

ABSTRACT

Iodine Deficiency Disorders makes brain development disorder, stress, depression and lead to sleep quality disorder in infants. Infancy is the golden period of growth and development which is this basic growth will determine the further growth. Infants massage is a stimulation that can increase the production of Beta Endorphine hormone which useful for improving the quality of sleep. The purpose of this reseach is to prove that massage therapy increase sleep quality in children.

This research is quasi-experiment which is using non-randomized one group pretest-posttest design. The subject for this research is children under 2 years old in Ngargosoka, Srumbung Sub-district, Magelang Regency. Instrument in this research is Sleep Disturbance Scale for Children (SDSC) questionnaire.

The data analyzed using comparatif test. The p value of Willcoxon Test are 0,003 and 0,012, meanwhile the p value of Mann-Whitney Test is 0,599. Based on the results show there is a effect of infants massage in infans sleep quality, but there is no differences between High Frequences Massage and Low Frequences Massage.

Key words : *infants appetite, infants, infants massage*