



The Effect of Giving Complementary Therapy Baby Solus Per Aqua (Spa) on Motor Skills in Improving Growth and Development

Hanik Khairun Nisa

Program Studi Kebidanan Sekolah Tinggi Ilmu Kesehatan Bina husada

Article Info

Article history:

Received Sep 28, 2024

Revised Oct 17, 2024

Accepted Nov 20, 2024

Keywords:

Baby Spa;

Motor;

Growth;

Development;

Complementary Therapy.

ABSTRACT

Infant growth and development are important aspects that are influenced by various factors, including environmental stimulation, nutrition, and physical therapy. One increasingly popular therapeutic approach is complementary therapy Baby Solus Per Aqua (Spa), which aims to improve infant motor skills through enjoyable stimulation and relaxation in water. This study aims to analyze the effect of Baby Spa therapy on infant motor skills. The method used in this study was an experimental test by taking samples of infants who received Baby Spa therapy regularly. The parameters measured included gross and fine motor development, such as arm and leg movements, head control, and responses to physical stimulation. The results showed that Baby Spa therapy contributed significantly to improving infant motor skills. Infants who received this therapy tended to have faster motor development than infants who did not receive similar therapy. In addition, warm water and massage techniques in spa sessions provide a relaxing effect that helps reduce muscle tension, thus supporting freer movement and better motor coordination. In conclusion, complementary therapy Baby Solus Per Aqua provides positive benefits for infant motor development, which ultimately also plays a role in improving overall growth and development. This therapy can be an alternative for parents to stimulate their baby's motor development in a safe and enjoyable way.

This is an open access article below the CC BY-NC license.



Corresponding Author:

Hanik Khairun Nisa,

Program Studi Kebidanan,

Sekolah Tinggi Ilmu Kesehatan Bina Husada,

Jl. Syech A Somad No 28, 22 Ilir, Kec. Bukit Kecil, Kota Palembang, 30131, Sumatera Selatan, Indonesia.

Email: khairunnisa19021997@gmail.com

1. INTRODUCTION

Infant growth and development is a complex and dynamic process, which includes physical, cognitive, social, and emotional changes. Each infant has a unique development pattern, but in general, motor development is one of the most important aspects of this process (Yuniati et al., 2021). Good motor skills, both gross and fine motor skills, are the foundation for various other skills that will support optimal child growth and development. Therefore, various forms of stimulation are often needed to support the development of infant motor skills from an early age. In recent years, complementary therapies have attracted public attention as an alternative or companion to conventional medical interventions. One of the increasingly popular complementary therapies for infants is Baby Solus Per Aqua (baby spa) (Williams et al., 2007). Baby spa uses water as a medium to provide motoric

stimulation, improve balance, and improve relaxation and comfort for babies. This therapy combines hydrotherapy with baby massage, both of which are known to provide physical and psychological benefits for babies (Ardissino et al., 2022).

A baby's motor skills develop rapidly during the first two years of life. Gross motor skills, which involve the movement of large muscles such as the hands, feet, and trunk, are essential for exploring the environment and physical activities, such as crawling, walking, and standing. Fine motor skills, meanwhile, involve more precise movements, such as grasping or holding small objects, which help babies develop manipulative skills and hand-eye coordination. (Tharakan et al., 2011). The development of a baby's motor skills is influenced by various factors, including genetics, environment, and stimulation received early on. Proper stimulation can accelerate motor development, so that the baby is more ready to reach the next stage of development. In this context, various stimulation methods such as baby massage, exercise, and water-based therapy, such as Baby Solus Per Aqua, have been used by parents to support their baby's development (Anisa et al., 2020).

Baby Solus Per Aqua (baby spa) is a form of complementary therapy designed to provide motor stimulation through water activities. Baby spa is usually done in a warm water pool, where the baby uses a special float to support their head so that the body can move freely in the water. (Barcarolo et al., 2022). This activity gives babies the opportunity to move their bodies without being burdened by gravity, which helps to train their muscles in a gentle yet effective way. In addition to hydrotherapy, baby spas often include baby massage, which aims to improve blood circulation, relax muscles, and increase emotional bonding between baby and caregiver. The combination of hydrotherapy and baby massage is expected to strengthen muscles, increase flexibility, and help babies develop balance and motor coordination (Baretta et al., 2022).

Hydrotherapy in a baby spa not only aims to improve motor skills, but also to provide deep relaxation for babies. The sensory experience provided by warm water can help babies feel calmer, improve sleep quality, and reduce symptoms of colic and stomach discomfort (Capellini et al., 2010). More relaxed babies generally show better development, because they have more energy to grow and learn. According to various studies, activities in the water can provide gentle pressure on the baby's body, which in turn helps improve muscle tone and coordination (Clark et al., 2011). The baby's movement in the water also stimulates proprioception, which is the ability to understand the position of the body in space, which is important for the development of balance and posture. The popularity of baby spa therapy has sparked various studies to explore its effects on infant development. Several studies have shown that babies who regularly undergo this therapy have better motor development than babies who do not. Observations have also shown that water therapy helps improve sensory and cognitive skills, as babies are exposed to a different environment than usual (Daniati et al., 2012).

However, despite the many benefits expected from Baby Solus Per Aqua, further research is still needed to more comprehensively evaluate the effects of this therapy, especially in the long term. Such research can help determine whether baby spas really provide significant benefits to the motor development and general well-being of babies, or whether the benefits are more temporary and limited to the relaxation aspect.

2. RESEARCH METHOD

This research method is quantitative research with quasi-experimental design with pre-test and post-test control group design. The sampling technique is purposive sampling. The number of samples is 30 babies aged 5-12 months. The independent variable in this study is baby Spa., while the dependent variable in this study is motoric.

3. RESULTS AND DISCUSSIONS

Table 1. Differences in Motor Development Before and After Complementary Baby Spa Therapy in Babies

Motor	Providing Complementary Baby Spa Therapy	P Value
-------	--	---------

	Before		After		
	n	%	n	%	
Normal	14	46.67	26	86.66	
Abnormal	16	53.33	4	13.34	0,000
Total	30	100	30	100	

Based on table 1, it shows that before being given complementary baby spa therapy, motor development was abnormal for 53.33% of respondents, after being given complementary baby spa, motor development of babies was normal for 86.66% of respondents. Thus, the provision of baby spa therapy has a significant effect on increasing motor development (p value 0.000). Based on the facts of the research results, it can be seen that Baby SPA has an effect on the development of babies, especially in gross motor skills. Through baby spa, more focused motor movements include lifting the neck and head, lying on the stomach, sitting, and crawling. This study is in accordance with the theory that swimming can help improve muscle coordination and balance. (Fauziah et al., 2022). Developing motor skills, better body balance, sharpening independence, courage and self-confidence, and increasing IQ, the baby's appetite increases, the mother can also provide better nutritional intake compared to before so that the baby is fitter and healthier, therefore the effects obtained after routinely doing baby spa are very visible (Frost et al., 2004).

This is in line with research results (Ginayatunnisa et al., 2014) which states that water activities, such as moving the legs and arms while floating or swimming, can strengthen large muscles. Studies have found that babies who participate in this spa therapy are quicker to achieve gross motor milestones, such as rolling over, sitting, crawling, and walking (Nisa et al., 2024). In addition, this therapy also involves sensory stimulation that develops the baby's fine motor coordination, such as grasping, reaching, or moving fingers more regularly. (Handayani et al., 2020). The sensory experience gained from massage and water contact also plays a role in honing fine motor skills. Baby spas often emphasize gentle massage that has a relaxing effect. This massage helps increase blood circulation, improve sleep quality, and reduce tension in babies. Babies who are more relaxed tend to be able to reach motor milestones faster because they are calmer and more ready to learn (Henry et al., 2005).

4. CONCLUSION

Giving complementary therapy Baby Solus Per Aqua (Spa) has a positive impact on motor development and growth of babies, especially in strengthening muscles, improving coordination, and providing relaxation benefits. However, the results of this therapy can vary from one baby to another. This therapy is best combined with good parenting, diverse stimulation, and loving interaction from parents.

REFERENCES

- Anisa, O., Siti, P., & Etin, R. (2020). Effect Of Baby Spa On Sleep Quality of Baby 3-6 Months. MIDWIFERY AND NURSING RESEARCH (MANR) JOURNAL, 2(2), 49-52.
- Ardissino, G., Perrone, M., Ghiglia, S., Salice, P., Tel, F., Dardi, E., ... & Buzzetti, R. (2022). Fluid intake and blood pressure in children: the Salus per Aquam project. *Journal of Hypertension*, 40(1), 171-179.
- Barcarolo, M. (2022). Healing Waters: The Natural Mineral Springs of Roman Italy, Their Curative Properties and Associated Deities (Master's thesis, The University of Arizona).
- Beretta, M., Federici Canova, F., Gianolio, A., & Zaffarano, L. (2022). Spa-Inspired Oral Care: A new approaches in pediatric dentistry. *Eur J Paediatr Dent*, 23(2), 125-127.
- Capellini, S. (2010). *The complete spa book for massage therapists*. Milady/Cengage Learning.
- Clark, A. J. (2014). *Australia's Best Spas: The Ultimate Guide to Luxury and Relaxation*. Tuttle Publishing.
- Daniati, SA, Rahayu, UB, & Isnaini Herawati, S. (2012). *The Effect of Baby Solus Per Aqua (Spa) On Gross Motor Skills of Babies Aged 6-9 Months* (Doctoral dissertation, University Muhammadiyah Surakarta).
- Fauziah, N., Wulandari, RF, & Susiloningtyas, L. (2022). Effect of Massage and Bathing or Swimming toward Baby Weight Improvement. *Global Medical and Health Communication*, 10(3), 165-169.
- Frost, G. J. (2004). The spa as a model of an optimal healing environment. *Journal of Alternatives & Complementary Medicine*, 10(Supplement 1), S-85.

- Ginayatunisa, A., & Saphiranti, D. (2014). Mom and Baby Spa (Doctoral dissertation, Bandung Institute of Technology).
- Handayani, S., & Mallongi, A. (2020). Effectiveness of Baby Spa and Music Therapy on Growth and Development of Baby. *Medico-Legal Update*, 20(3).
- Henry, R.D., & Taylor, J.D. (2005). Spa: The sensuous experience. images publishing.
- Hisyam, C.J., & Dalimoenthe, I. (2020). WOMEN TRAFFICKING HATED IN INDONESIA: A CASE STUDY AT SOLUS PER AQUA (SPA) CENTERS IN JAKARTA, BOGOR, DEPOK, TANGERANG AND BEKASI (JABODETABEK). *PalArch's Journal of Archaeology of Egypt/Egyptology*, 17(3), 157-170.
- Kron, J. (2007). Water therapy. *Journal of Complementary Medicine: CM, The*, 6(6), 46-49.
- Langviniene, N., & Sekliuckiene, J. (2008). Assessment of SPA services quality in Lithuania: Customer's viewpoint. *Amphiteatru Economic*, 10(52), 230-241.
- Melati, AR, Kuntjoro, CT, Sumarni, S., Hidayati, K., & Pujiastuti, RSE (2017). Effect of Solus Per Aqua (Spa) On Infant Weight. *Belitung Nursing Journal*, 3(4), 438-442.
- Nisa, HK, & Sulistyorini, S. (2024). The Effect of Tummy Time Exercise on Gross Motor Skills in Babies Aged 3-6 Months. *Journal of Educational Innovation and Public Health*, 2(4), 25-29.
- Niu, F., & Romauli, S. (2022). EFFECT OF BABY SPA (SOLUS PER AQUA) ON THE DEVELOPMENT OF GROSS MOTOR ABILITIES OF BABIES AGE 3-6 MONTHS. *INTERNATIONAL JOURNAL OF NURSING AND MIDWIFERY SCIENCE (IJNMS)*, 6(3), 264-270.
- Prastiwi, I., & Alindawati, R. (2022). Analyzing The Effect Of Increasing Growth And Motor Development Of Infants Aged 6-11 Months Who Are At Risk Of Stunting With Baby Spa Treatment. *Journal of Midwifery Kestra (Jkk)*, 5(1), 90-102.
- Qibtiah, M., & Mariyani, M. (2023). Differences In The Effect Of Baby Massage And Baby Spa On The Growth And Motor Development Of Infants Aged 3-6 Months At Pmb Cakung Kelurahan, East Jakarta. *International Journal of Medicine and Health*, 2(1), 79-90.
- Sa'diya, LK, Wahyuningrum, T., Wahyuni, L., & Nurtyas, Y. (2020). The effect of baby solution per Aqua (*Baby spa*) to sensory skills, fine motor skills and gross motor skills in children aged 6-24 months at Wawa Holistic Care Mojokerto (Doctoral dissertation, Journal of Nursing and Midwifery Indonesia).
- Santos, C., Burnay, C., Button, C., & Cordovil, R. (2023). Effects of Exposure to Formal Aquatics Activities on Babies Younger Than 36 Months: A Systematic Review. *International journal of environmental research and public health*, 20(8), 5610.
- Siregar, NH, Amirah, A., & Wulan, M. (2022). The Effect of the Combination of the Baby Spa Method and Mozart's Classical Music on the Gross Motor Development of Babies. *International Journal Papier Advances and Scientific Review*, 3(1), 25-32.
- Tharakan, Y. G. (2011). Youth's Perception of Spas for Health and Wellness-A Case Study. *International Journal of Hospitality and Tourism Systems*, 4(2), 47.
- Williams, A. (2007). *Spa bodywork: a guide for massage therapists*. Lippincott Williams & Wilkins.
- Yuniati, E. (2021). Enterprise Innovation in Service Independent Practice of Midwives in Indonesia: Literature Review. *Turkish Journal of Computer and Mathematics Education (TURCOMAT)*, 12(7), 1834-1840.