

Abstrak

PERBEDAAN PENGARUH PENGGUNAAN VIDEO DAN DEMONSTRASI PADA *DISCHARGE PLANNING* TERHADAP *KANGAROO MOTHER CARE SELF EFFICACY* IBU DENGAN BAYI BBLR

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Latar Belakang: Berat Badan Lahir Rendah (BBLR) merupakan penyebab tertinggi angka kematian bayi pada satu bulan pertama kehidupan. Bayi BBLR berisiko mengalami hipotermi. Salah satu penanganan hipotermi adalah dengan *kangaroo mother care* (KMC).

Tujuan: Mengetahui perbedaan pengaruh penggunaan video dan demonstrasi pada *discharge planning* terhadap *kangaroo mother care self efficacy* pada ibu yang memiliki bayi dengan berat badan lahir rendah.

Metodologi: Penelitian ini menggunakan *quasi-experimental design non-randomized pretest-posttest design*. Teknik *sampling* yang digunakan adalah *quota sampling*, yakni sebanyak 19 responden pada masing-masing kelompok. Analisis data menggunakan *Uji Independent Sampel t Test*.

Hasil Penelitian: Mayoritas responden merupakan usia dewasa muda (89,5%), tidak bekerja (78,9%), pendidikan terakhir SMP (34,2%), metode melahirkan caesar (55,3%), tidak pernah memiliki bayi BBLR sebelumnya (89,5%) dan tidak pernah melakukan KMC sebelumnya (97,4%). Tidak ada perbedaan skor *self efficacy* antara kelompok video dan kelompok demonstrasi sesudah perlakuan ($p=0,187$) dengan nilai signifikan 5%.

Kesimpulan: Tidak terdapat perbedaan pengaruh penggunaan video dan demonstrasi terhadap *kangaroo mother care self efficacy* ibu dengan bayi BBLR.

Kata Kunci: *Kangaroo Mother Care*, Video, BBLR, *Discharge Planning*

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Abstract

DIFFERENCES IN THE EFFECT OF VIDEO AND DEMONSTRATION IN DISCHARGE PLANNING ON MOTHER'S KANGAROO MOTHER CARE SELF EFFICACY WITH LOW BIRTH WEIGHT BABY

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Background: Low Birth Weight (LBW) is the highest cause of infant mortality in the first month of life. Low birth weight babies are at risk of experiencing hypothermia. One of the treatments for hypothermia is kangaroo mother care (KMC).

Objective: To determine the differences in the effect of video and demonstration in discharge planning addressed to mother's *kangaroo mother care self efficacy* with low birth weight baby.

Methods: This research used quasy experimental non randomized pretest and posttest design. The sampling technique of this research used quota sampling, which were 19 respondents in each group. The data was analyzed using Independent Sample t Test.

Results: Most respondents were young adults (89,5%), does not work (78,9%), last education junior high school (34,2%), method of caesarean delivery (55,3%), don't have low baby birth weight before (89,5%) and never has done KMC before (97,4%). The result showed that there were no differences in self efficacy scores between the video and demonstration groups after treatment ($p=0,187$) with 5% score significant.

Conclusion: There is no difference in the effect of using videos and demonstrations on kangaroo mother care self efficacy for mothers with LBW babies.

Keyword: Kangaroo Mother Care, Video, Low Birth Weight Baby, Discharge Planning

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