

Abstrak

EFEK VIDEO PERAWATAN DI RUMAH UNTUK BAYI BERAT LAHIR RENDAH SAAT *DISCHARGE PLANNING* TERHADAP KETERAMPILAN ORANG TUA

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Latar Belakang: Bayi Berat Lahir Rendah (BBLR) berisiko tinggi mengalami hipotermi dan kurang nutrisi akibat dari kelemahan refleks isap. Masalah tersebut dapat menjadi salah satu penyebab bayi lama di rawat di rumah sakit. Risiko tersebut dapat diatasi dengan latihan teknik menyusui yang benar dan teknik *Kangaroo Mother Care* (KMC).

Tujuan: Mengidentifikasi efek video perawatan di rumah untuk bayi berat lahir rendah saat *discharge planning* terhadap keterampilan (menyusui dan KMC) orang tua.

Metode: Penelitian ini menggunakan desain kuantitatif *quasy experiment pretest and posttest with control group*. Teknik pengambilan sampel menggunakan *quota sampling*. Masing-masing kelompok mempunyai 18 responden sehingga total responden berjumlah 36. Instrumen penelitian menggunakan lembar observasi menyusui dan KMC.

Hasil: Skor menyusui diperoleh *p value* = 0,005 dan KMC dengan *p = value* 0,016 dimana keduanya mempunyai *p value* = < 0,05. Terdapat perbedaan yang signifikan antara video terhadap keterampilan ibu dalam menyusui dan KMC.

Kesimpulan: Video perawatan di rumah untuk BBLR efektif dalam meningkatkan keterampilan orang tua dalam teknik menyusui dan KMC.

Kata Kunci: Bayi Berat Bayi Rendah, *Discharge planning*, Keterampilan, .Perawatan Dirumah, Video

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Abstract

THE EFFECT OF HOME CARE VIDEO FOR LOW BIRTH WEIGHT BABY AT DISCHARGE PLANNING TOWARDS THE PARENT'S SKILL

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Background: Low Birth Weigh Babies (LBWB) were at high risk of experiencing hypothermia and lack of nurtition due to the weakness in suction reflex. That issue could be a cause for babies to be long hospitalized. The risk can be tackled with practicing the right breastfeeding technique and Kangaroo Mother Care (KMC) technique.

Method: This type of research was quantitative with quasy experimental pretest and posttest with control group design. The sampling technique used quota sampling. Each group had 18 repondents made the total of respondents to be 36 people. The instruments in this research were observation sheets of breastfeeding and KMC.

Result: It was obtained the score of breastfeeding with P value = 0.005 and KMC with P value = 0.016 in which both had P value = <0.05. There was significant difference of the video on the mother skill of breastfeeding and KMC.

Conclusion: Home care video for Low Birth Weight Baby was effective in improving the parent's skill on breastfeeding and KMC technique.

Keywords: Low Birth Weight Babies, Discharge Planning, Skill, Home Care, Video

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