

Abstrak

PENGARUH PEMBERIAN DUKUNGAN EMOSIONAL PERAWAT TERHADAP EFIKASI DIRI IBU DALAM MENYUSUI BAYI BERAT LAHIR RENDAH (BBLR) DI RUANG PERAWATAN NEONATUS

Dyah Tasnim Kusumaningrum¹, Eni Rahmawati², Meivita Dewi Purnamasari³

Latar Belakang: Efikasi diri dalam menyusui yaitu keyakinan ibu dalam menyusui atau memberikan ASI pada bayinya. Ibu yang memiliki bayi dengan BBLR seringkali merasa cemas terhadap kondisi bayinya sehingga berpengaruh terhadap efikasi diri dalam menyusui. Perawat sebagai seseorang yang berada di lingkungan ibu perlu memperhatikan kondisi psikologis ibu dan memberikan dukungan emosional. Penelitian ini bertujuan untuk mengetahui pengaruh pemberian dukungan emosional perawat terhadap efikasi diri ibu dalam menyusui bayi berat lahir rendah di ruang perawatan neonatus.

Metode: Desain penelitian ini menggunakan jenis penelitian kuantitatif dengan pendekatan *pre experimental one-group pretest-posttest design* yang melibatkan 30 responden dan menggunakan teknik total sampling. Data diperoleh dengan kuesioner *Breastfeeding Self-Efficacy Scale-Short Form (BSES-SF)* dan *checklist* dukungan emosional perawat. Analisis yang digunakan berupa uji *marginal homogeneity*

Hasil Penelitian: Hasil pretest efikasi diri menyusui sebagian besar dalam kategori sedang 66,3% dan posttest dalam kategori tinggi 60% serta seluruh responden mendapatkan dukungan emosional perawat. Hasil penelitian menunjukkan terdapat pengaruh pemberian dukungan emosional perawat terhadap efikasi diri ibu dalam menyusui bayi berat lahir rendah di ruang perawatan neonatus dengan nilai $p = 0,001$ ($p < 0,05$)

Kesimpulan: Dukungan emosional perawat berpengaruh terhadap efikasi diri ibu dalam menyusui Bayi Berat Lahir Rendah di ruang perawatan neonatus

Kata kunci: BBLR; dukungan emosional; efikasi diri; menyusui; NICU

Abstract

The Effect of Nurses' Emotional Support on Maternal Self-Efficacy in Breastfeeding Low Birth Weight Infants (LBW) in the Neonatal Care Unit

Dyah Tasnim Kusumaningrum¹, Eni Rahmawati², Meivita Dewi Purnamasari³

Background: Breastfeeding self-efficacy refers to a mother's confidence in breastfeeding or providing breast milk to her infant. Mothers who have infants with low birth weight often experience anxiety regarding their infant's condition, which affects their breastfeeding self-efficacy. Nurses, as individuals who are present in the mother's environment, need to pay attention to the mother's psychological condition and provide emotional support. This study aimed to determine the effect of nurses' emotional support on maternal self-efficacy in breastfeeding low birth weight infants in the neonatal care unit.

Methods: This study used a quantitative research design with a pre-experimental one-group pretest–posttest approach, involving 30 respondents and using a total sampling technique. Data were collected using the Breastfeeding Self-Efficacy Scale–Short Form (BSES-SF) questionnaire and a nurses' emotional support checklist. The analysis used the marginal homogeneity test.

Result: The pretest results showed that most respondents had a moderate level of breastfeeding self-efficacy (66.3%), while the posttest results showed a high level of breastfeeding self-efficacy (60%), and all respondents received nurses' emotional support. The results showed that there was an effect of nurses' emotional support on maternal self-efficacy in breastfeeding low birth weight infants in the neonatal care unit, with a p-value of 0.001 ($p < 0.05$).

Conclusions: Nurses' emotional support affects maternal self-efficacy in breastfeeding low birth weight infants in the neonatal care unit.

Keywords: breastfeeding; emotional support; low birth weight; NICU; self-efficacy