BAB V CONCLUSION AND SUGGESTION

A. Conclusion

Based on the results of the study, the following conclusions were drawn:

This study involved 24 premature infants (n = 24), predominantly female, and aged more than two weeks at the time of observation. Most mothers had a secondary level of education and were multiparous. Overall, breastfeeding behavior among premature infants was classified as good, indicating adequate breastfeeding ability based on the PIBBS assessment. The most mature breastfeeding aspects were observed in sucking patterns, particularly sustained long sucking bursts, more stable sucking duration, and repeated swallowing. These findings indicate that suck–swallow–breath coordination in premature infants had developed adequately. However, limitations remained in the initial breastfeeding aspects, particularly rooting response, areolar grasp, and relatively short latch-on duration. This condition indicates that breastfeeding initiation in premature infants still requires additional support. Based on postmenstrual age, both groups below and above 37 weeks showed relatively comparable PIBBS scores, with the majority classified in the good category. A clearer rooting response tended to be observed in infants with more mature postmenstrual age, while long burst sucking patterns remained dominant in both groups. Overall, despite differences in several initial breastfeeding aspects, the maturity of breastfeeding behavior among premature infants was relatively similar across postmenstrual age groups.

B. Suggestion

Suggestion based on the results of this study are intended for nursing students, educational institutions, and next researchers.

a. For healthcare professionals

The findings of this study are expected to serve as a reference in providing breastfeeding support and guidance for preterm infants.

b. For healthcare institutions

The findings of this study are expected to provide valuable information to support efforts to improve the quality of breastfeeding services for preterm infants through the structured use of the Preterm Infant Breastfeeding Behavior Scale (PIBBS).

c. For parents of preterm infants

The findings of this study are expected to offer insights into the breastfeeding behavior of preterm infants, enabling mothers to better understand the breastfeeding process and to actively participate in breastfeeding support and guidance.

d. For future researchers

This study is expected to serve as a foundation for future research on breastfeeding behavior in preterm infants, particularly studies employing more robust research designs and larger sample sizes.