

CHAPTER V CONCLUSION AND SUGGESTIONS

A. Conclusion

The conclusions of this research are as follows:

1. Based on the characteristics of the participants, the results showed that the majority of preterm infants in this study were female, with a mean birth weight of 1,890 grams and a mean gestational age falling within the moderate to late preterm group (33.12 weeks). At the time of data collection, the median age of the infants was 20 days, with an average Post Menstrual Age (PMA) of 36.05 weeks
2. The observation of breastfeeding behavior using the Indonesian version of the PIBBS instrument showed a median total score of 14.5, indicating that the preterm infants demonstrated good breastfeeding ability. Specifically, the sucking component scored high (median = 4) with repeated long bursts ≥ 2 , and the longest burst (median = 4.5) reaching 16–20 sucks. Meanwhile, other components were still limited: nipple searching (median = 1), areola coverage (median = 2, covering the nipple only without the areola), latch and attachment (median = 1, duration ≤ 5 minutes), and swallowing ability (median = 1.5), which was observed only occasionally.
3. The assessment of breastfeeding behavior using the IBFAT instrument showed a median total score of 10, which falls into the category of effective breastfeeding. Specifically, the feeding readiness aspect (median = 3) indicated that infants required 0–3 minutes to initiate breastfeeding, and the sucking pattern (median = 3) demonstrated good sucking on one or both breasts. However, for the feeding readiness (median = 2) and rooting (median = 2) aspects, infants still required light stimulation and minimal assistance to open their mouths and latch onto the nipple.
4. The criterion validity test between the PIBBS and IBFAT instruments showed a correlation coefficient (r) of 0.761 with a significance value of $p = 0.001$ (p

< 0.05). This indicates that the PIBBS instrument is valid, as there is a strong and significant positive correlation with the IBFAT instrument.

5. The inter-rater reliability test of the PIBBS instrument showed a very good level of consistency, with a total score ICC of 0.937. Specifically, the longest sucking burst item had the highest reliability (ICC = 0.957), followed by the latch, attachment, and swallowing items, which were classified as good, and the nipple searching and sucking items, which were classified as moderate. Although the areola coverage item had a low ICC value (0.355) due to data homogeneity.
6. The inter-rater reliability test of the IBFAT instrument showed a very good level of consistency, with a total score ICC of 0.954. Specifically, the highest agreement was found in the feeding readiness duration item, which achieved a perfect score (ICC = 1.000), followed by the sucking pattern (ICC = 0.957) and rooting (ICC = 0.905), both of which were also classified as excellent. The feeding readiness item was classified as good, with an ICC of 0.743. These results indicate that the IBFAT instrument has high reliability and provides consistent assessment of breastfeeding ability in preterm infants.

B. Suggestions

1. For nurses and healthcare providers

For nurses and healthcare providers, especially those working in the NICU, it is recommended to use the Indonesian version of the PIBBS instrument as a tool to assess the breastfeeding readiness of preterm infants for more objective evaluation.

2. For future researchers

Data can be collected using one observation video per infant, which is expected to increase the variety of participant characteristics and give a clearer picture of breastfeeding behavior among infants.