

Pengaruh terapi pijat terhadap level bilirubin pada bayi hiperbilirubinemia yang menjalani fototerapi di Rumah Sakit Anak dan Bunda (RSAB) Harapan Kita Jakarta = The influence of message therapy with bilirubin level on hyperbilirubinemia infant who undergoing phototherapy on Harapan Kita Children and Mother Hospital, Jakarta

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Abstrak

Pijat merupakan terapi sentuh tertua dalam metode pengobatan sejak lama. Tesis ini bertujuan mengetahui pengaruh terapi pijat terhadap bilirubin pada bayi hiperbilirubinemia yang menjalani fototerapi. Desain penelitian adalah quasi experiment nonequivalent control group, before-after design. Jumlah sampel 30 orang diambil secara non probability jenis consecutive samplin. Hasil penelitian menunjukkan perberdaan bermaksan rata-rata penurunan level total serum bilirubin (TSB) pada kelompok kontrol dan intervensi sebesar 1,5mg/dL ( $p<0,05$ ). Terapi pijat berpengaruh pada bayi yang mendapat fototerapi single. Dari hasil multivariat didapatkan bahwa jenis fototerapi paling berpengaruh terhadap penurunan level bilirubin. Hasil penelitian merekomendasikan penelitian lanjut tentang pengaruh terapi pijat terhadap perilaku bayi hiperbilirubinemia yang di fototerapi.

<hr>Massage is the oldest touch therapy that used on the treatment since long ago. This thesis aims to determine the influence of massage therapy with bilirubin level on hyperbilirubinemia infant who undergoing phototherapy. The research design is quasi-experimental nonequivalent control group, before-after design. The samples were 30 infants that taken by non-probability method of consecutive sampling. Results showed that there were significant differences an average decrease of Total Serum Bilirubin (TSB) on control and intervention group 1,5mg/dL ( $p=0,05$ ). Massage therapy were influence to infant who undergoing single phototherapy. The multivariate analyze showed that kind of phototherapy is the most influences to total serum bilirubin decrease. The results recommend further studies about the influence of massage therapy to infant behaviour as long as phototherapy.