

# Pengaruh developmental care terhadap fungsi fisiologis dan perilaku tidur-terjaga bayi berat lahir rendah di RSUP Fatmawati Jakarta = The impact of developmental care on physiological function and sleep-awake behavior of low birth weight infant in RSUP Fatmawati Jakarta

Antarini Idriansari, author

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## Abstrak

Tujuan penelitian ini untuk mengetahui pengaruh developmental care terhadap fungsi fisiologis (saturasi oksigen dan denyut nadi) dan perilaku tidur-terjaga bayi berat lahir rendah (BBLR). Rancangan penelitian ini adalah quasi experimental dengan self-controlled study design. Sampel penelitian sebanyak 15 BBLR yang dirawat di ruang perinatologi RSUP Fatmawati Jakarta dan dipilih dengan teknik purposive sampling. Data dianalisis dengan paired t test dan wilcoxon test.

Hasil analisis menunjukkan terdapat pengaruh yang signifikan dari pemberian developmental care terhadap perilaku tidur-terjaga yaitu peningkatan tidur tenang ( $p=0,002$ ) dan penurunan tidur aktif ( $p=0,003$ ) serta penurunan denyut nadi ( $p=0,020$ ), namun tidak signifikan terhadap peningkatan saturasi oksigen ( $p=0,234$ ). Developmental care dapat memfasilitasi pencapaian fase istirahat yang lebih baik (yang ditandai dengan keteraturan fungsi fisiologis dan pencapaian perilaku tidur tenang), sehingga perlu diimplementasikan dalam perawatan BBLR di ruang rawat perinatologi.

.....The purpose of this study was to identify the impact of developmental care on physiological function (oxygen saturation and heart rate) and sleep-awake behavior of low birth weight (LBW) infants. This study used quasi experimental with selfcontrolled study design. The samples size were 15 LBW infants in neonatal unit in RSUP Fatmawati Jakarta and whom were chosen by purposive sampling technique. Collected data were analyzed by using paired t test and wilcoxon test.

There were significant differences of developmental care on increasing quiet sleep ( $p=0.002$ ), decreasing active sleep ( $p=0.003$ ) and decreasing heart rate ( $0.020$ ), but there was no significant difference on increasing oxygen saturation ( $p=0.234$ ). This study recommend that developmental care can be implemented in caring for LBW infants in neonatal unit.