

Efektivitas musik instrumental melayu dan musik mozart terhadap saturasi oksigen dan perilaku tidur-terjaga bayi berat lahir rendah di RSUD Dr. Soedarso Pontianak = Effectiveness malay instrumental music and music mozart on oxygen saturation and sleep waking behavior low birth weight infants in RSUD Dr. Soedarso Pontianak

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Abstrak

Kestabilan saturasi oksigen dan peningkatan perilaku tidur-terjaga merupakan outcome dalam asuhan perkembangan bayi berat lahir rendah (BBLR). Rancangan penelitian ini adalah randomized controlled trial dengan cross-over design. Sampel penelitian sebanyak 16 BBLR yang dipilih dengan teknik consecutive sampling. Data dianalisis dengan paired t test dan One Way ANOVA. Hasil analisis paired t test menunjukkan terdapat efek signifikan dari musik Melayu dan Mozart terhadap stabilnya saturasi oksigen dan meningkatnya perilaku tidur-terjaga BBLR ($p < 0,05$).

Hasil analisis One Way ANOVA menunjukkan pada tahap setelah pemberian musik dan selisih (perbedaan) yang terjadi antar kelompok menunjukkan tidak terdapat efek yang signifikan ($p > 0,05$) terhadap kestabilan saturasi oksigen dan perilaku tidur-terjaga BBLR. Pemberian musik sebagai terapi komplementer dalam intervensi keperawatan dapat meminimalkan kebisingan lingkungan keperawatan dan mendukung bayi mencapai kestabilan saturasi oksigen dan peningkatan perilaku tidur-terjaga.

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The stability of the oxygen saturation and increased sleep-awake behavior is developmental outcomes in the care of LBW infants. The study design was a randomized controlled trial with cross-over design. 16 LBW infants samples are selected by consecutive sampling technique. Data were analyzed by paired t test and One Way ANOVA. Paired t test analysis results showed that there were significant effects of giving Malay music and Mozart to the stable oxygen saturation and increased sleep-awake behavior LBW infants ($p < 0,05$).

One Way ANOVA analysis results showed on stage after the administration of the music and the difference (difference) that occurred between the groups showed no significant effect ($p > 0.05$) on the stability of oxygen saturation and sleep-awake behavior LBW infants. Giving music as a complementary therapy in the nursing interventions can minimize the noise environment and supportive nursing infants stabilizing oxygen saturation and increased sleep-awake behavior.