

## Efektivitas buku saku dalam meningkatkan pengetahuan ibu terkait mempersiapkan anak pertama menjadi seorang kakak = Effectiveness of booklet for enhancing mothers knowledge to prepare their firstborn to be an elder sibling

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Abstrak

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Tujuan dari penelitian ini adalah menguji efektivitas buku saku dalam meningkatkan pengetahuan ibu terkait mempersiapkan anak pertama menjadi seorang kakak. Penelitian ini menggunakan metode pre-test and post-test design kepada lima orang partisipan yang dipilih melalui purposive sampling. Karakteristik partisipan yaitu ibu yang sedang mengandung anak kedua dan memiliki anak pertama berusia 2-3 tahun. Metode wawancara dipakai sebagai metode pengambilan data. Isi dari buku saku ini terdiri dari lima tips untuk mempersiapkan anak pertama menjadi seorang kakak, yaitu: 1) mengajak anak pertama mengikuti kelas prenatal, 2) diskusi tentang kehamilan dan bayi, 3) mengajak anak pertama ikut serta saat ibu memeriksakan kandungan ke dokter/bidan, 4) membacakan buku cerita tentang kelahiran bayi, dan 5) merasakan gerakan bayi di dalam perut ibu. Hasil analisa statistik wilcoxon signed ranks menunjukkan bahwa buku saku secara efektif dapat meningkatkan pengetahuan ibu terkait mempersiapkan anak pertama menjadi seorang kakak.

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<b>ABSTRACT</b><b>

The aim of this research is to test effectiveness of booklet in order to enhance mothers' knowledge to prepare their firstborn to take role as elder sibling in the family. The research utilises pre-test and post-test design subjected to the five chosen participants through purposive sampling. Its characteristics can be shown to be mothers who are expecting their second child and already have first child aged 2-3 years old. Interview is the applicable method to obtain the sufficient data used in this research. The content of this booklet consists of five tips to prepare the firstborn to be elder sibling, which are: 1) to engage firstborn to attend prenatal class, 2) to have discussion about pregnancy and babies, 3) to engage their firstborn to come along with mother when they are having prenatal check-up with their obstetricians, 4) to read along with their firstborn about childbirth, and 5) to feel the baby's movement in utero. Wilcoxon signed ranks statistics shows that booklet effectively enhancing mothers' knowledge to prepare their firstborn to be elder sibling in the family., The aim of this research is to test effectiveness of booklet in order to enhance mothers' knowledge to prepare their firstborn to take role as elder sibling in the family. The research utilises pre-test and post-test design subjected to the five chosen participants through purposive sampling. Its characteristics can be shown to be mothers who are expecting their second child and already have first child aged 2-3 years old. Interview is the applicable method to obtain the sufficient data used in this research. The content of this booklet consists of five tips to prepare the firstborn to be elder sibling, which are: 1) to engage firstborn to attend prenatal class, 2) to have discussion about pregnancy and babies, 3) to engage their firstborn to come along with mother when they are having prenatal check-up with their obstetricians, 4) to read along with their firstborn about childbirth, and 5) to feel the baby's movement in utero. Wilcoxon signed ranks statistics shows that booklet effectively enhancing mothers' knowledge to prepare their firstborn to be elder sibling in

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