

# Pengaruh pemasangan penutup telinga earmuffs dan earplugs terhadap respon fisiologis dan perilaku bayi prematur di Ruang Neonatus = The effects of earmuffs and earplugs on physiologic and behavioral responses in premature infants in Neonates Care Unit

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## Abstrak

Berada dalam lingkungan perawatan yang terang benderang, suara yang berisik, suhu yang dingin dan berbagai aktivitas memiliki dampak terhadap istirahat bayi. Tujuan penelitian adalah untuk mengidentifikasi pengaruh penggunaan penutup telinga earmuffs dan earplugs terhadap respon fisiologis dan perilaku bayi prematur. Penelitian ini menggunakan desain crossover pada 15 orang responden bayi prematur stabil yang dirawat dalam inkubator tertutup secara consecutive sampling. Observasi respon fisiologis dan perilaku menggunakan ABSS diamati 30 detik setiap 15 menit selama 2 jam pemasangan alat penutup telinga. Hasil repeated anova menyatakan bahwa rerata frekuensi nadi bayi prematur menunjukkan tidak ada perbedaan yang bermakna antara sebelum, selama, dan setelah pemasangan penutup telinga baik menggunakan earmuffs maupun menggunakan earplugs. Rerata saturasi oksigen menunjukkan perbedaan bermakna antara selama dengan setelah pemasangan earplugs. Rerata perilaku bayi menggunakan ABSS memiliki fase tidur dari rentang skor tidur tenang dan tidur gelisah dengan rerata tingkat kebisingan 56,31 dB. Penelitian ini merekomendasikan penggunaan earplugs pada bayi prematur lebih muda, penggunaan pelindung telinga mampu membantu dan mendukung bayi prematur dalam mempertahankan kondisi tidur terjaganya.

.....Being in a brightly lit environment, loud noise, cold temperatures and activities have an impact on infant sleep. The aim of the study was to identify the effect of using earmuffs and earplugs on the physiological and behavioral responses of premature infants. This is a crossover study design with 15 clinically stable preterm infants cared in closed incubator was conducted by using consecutive sampling technique. The preterm infants rsquo physiologic responses and Anderson Behavioral State Scoring System ABSS scores were assessed over 30 s every 15 minute during 2 h using earmuffs and earplugs. The results of repeated anova analysis revealed no significant differences of pulse frequency preterm infant before, during, and after using earmuffs or earplugs. Statistically significant difference means of oxygen saturation was note between during and after using earplugs. The means of ABSS scores was report preterm infants were more frequently observed in a quiet sleep in average of 56,31 dB noise level. This study recommends using earplugs for preterm baby appropriate chronological age. We suggest that noise reduction in preterm infants with earmuffs or earplugs is helpful by improving sleep efficiency and increasing time of quiet sleep.