

Optimalisasi Pemenuhan Nutrisi Bayi Baru Lahir Dengan Implementasi Manajemen Perlekatan Dan Posisi Melalui Pendekatan Model Konservasi Levine = Optimizing Of Fulfillment Newborns Nutrition With Implementation Attachment And Positioning Management Through The Approach Of Levines Conservation Model

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Abstrak

Proses menyusui bayi di ruang perawatan khusus bayi baru lahir sering mengalami hambatan dikarenakan faktor lingkungan, dampak hospitalisasi dan ketidaknyamanan ibu selama menyusui. Tujuan penelitian untuk mengetahui adakah perbedaan penggunaan bantal menyusui pada kelompok intervensi dan pada kelompok kontrol. Penelitian dengan desain penelitian *randomized control Trial* (RCT), melibatkan 70 responden yang dibagi menjadi kelompok intervensi (n=35) dan kelompok kontrol (n=35) sesuai kriteria inklusi. Kelompok intervensi menggunakan bantal menyusui saat menyusui bayinya; sedangkan kelompok kontrol memberikan ASI sesuai yang disarankan di ruang perawatan. Pengukuran menggunakan lembar observasi berisi penilaian terhadap posisi, perlekatan, kemampuan menghisap dan durasi menyusui bayi terdiri dari 14 pernyataan, dan instrumen *body part discomfort scale* (BPDS), dengan empat kali penilaian yaitu penilaian awal, penilaian hari I, penilaian hari II dan penilaian akhir. pada kelompok intervensi dan kelompok kontrol. Hasil analisis statistik menunjukkan ada perbedaan yang signifikan penggunaan bantal menyusui terhadap penurunan ketidaknyamanan ibu, perlekatan, perbaikan posisi, kemampuan menghisap dan durasi menyusui bayi ($p < 0,05$). Dengan demikian implementasi manajemen perlekatan dan posisi dengan bantal menyusui dapat membantu mengatasi masalah pemenuhan nutrisi (menyusui) bayi prematur dan ketidaknyamanan ibu saat menyusui bayi.

The process breastfeeding babies in special care rooms for newborns often experiences obstacles due to environmental factors, the impact of hospitalization and maternal discomfort during breastfeeding. The research objective was to determine whether there were differences in breastfeeding pillow use in the intervention group and in the control group. Research with *randomized control Trial* (RCT) research design, involving 70 respondents who were divided into intervention groups (n = 35) and the control group (n = 35) according to inclusion criteria. The intervention group uses a breastfeeding pillow when breastfeeding its baby; while the control group provided ASI as recommended in the treatment room. Measurements using an observation sheet containing an assessment of the position, attachment, sucking ability and duration of infant feeding consisted of 14 statements, and *body part discomfort scale* (BPDS) instruments, with four assessments namely initial assessment, day I assessment, day II assessment and final assessment in the intervention group and the control group. The results of the statistical analysis showed that there was a significant difference in the use of breastfeeding pillow to decrease maternal discomfort, attachment, improvement in position, sucking ability and duration of breastfeeding ($p < 0.05$). Thus the implementation of attachment management and positioning with the breastfeeding pillow can help overcome the problem of fulfilling the nutrition of premature babies and maternal discomfort when breastfeeding babies.