

Terapi kelompok terapeutik dalam meningkatkan kemampuan ibu, bayi, dan rasa percaya bayi

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Abstrak

Stimulasi bayi adalah kegiatan merangsang kemampuan dasar bayi yang diberikan dari lingkungan luar hidup bayi. Kegiatan stimulasi yang dilakukan secara rutin dapat meningkatkan kemampuan bayi. Tujuan penelitian ini mengidentifikasi pengaruh terapi kelompok terapeutik terhadap kemampuan ibu, kemampuan bayi dan rasa percaya bayi. Desain penelitian yang digunakan adalah quasi eksperimen pre post test with control group. Responden dalam penelitian ini dipilih secara purposive sampling. Sampel dalam penelitian ini adalah ibu yang memiliki bayi usia 6-12 bulan sebanyak 80 ibu dan bayinya. Hasil penelitian menunjukkan terapi kelompok terapeutik meningkatkan kemampuan ibu, kemampuan bayi dan rasa percaya bayi secara bermakna ($p < 0,05$) serta lebih tinggi secara bermakna dibanding ibu yang tidak mendapatkan terapi kelompok terapeutik. Terapi kelompok terapeutik direkomendasikan untuk dilakukan pada tatanan pelayanan kesehatan di masyarakat sebagai bentuk pelayanan kesehatan jiwa bagi ibu yang mempunyai bayi.

.....Stimulation is an activity to stimulate baby basic ability that is given from the outside environment. Stimulation activity which is carried out repeatedly can enhance babies ability. The purpose of this study identifies therapy effect of therapeutic group toward mothers ability, the babies ability and babies confidence. The research design is quasi-experimental that is used pre-post test with a control group. In this study, respondents were selected by purposive sampling. Moreover, the sample of this study was 80 mothers who had babies on 6 to 12 months. The results showed that therapy of therapeutic group increased mothers ability in stimulating babies developmental significantly (p value > 0.05). Furthermore, the therapy for therapeutic group also was increasing the babies developmental significantly (p value > 0.05), and enhanced the babies confidence significantly (p value > 0.05). The result of this study, mothers who received therapeutic therapy had significantly result higher than mothers who did not receive therapeutic therapy. Therapeutic group therapy is recommended to be used in the health service framework on the community as a form of mental health services for mothers who have had a baby.