

## Edukasi ibu dengan video dan demonstrasi dapat meningkatkan keterampilan ibu yang melahirkan bayi berat lahir rendah = Mother education with video and demonstration can improve the skills of moms who born with low born weight babies

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### Abstrak

#### **ABSTRAK**

Bayi berat lahir rendah (BBLR) merupakan salah satu faktor yang berkontribusi terhadap angka kematian bayi, khususnya pada masa perinatal. Kesiapan ibu merawat BBLR di rumah memerlukan perhatian khusus. Penelitian ini bertujuan untuk mengetahui pengaruh kelas edukasi ibu BBLR menggunakan video dan demonstrasi terhadap berat badan, pengetahuan dan keterampilan ibu dalam perawatan bayi di ruang neonatus. Rancangan penelitian ini adalah Quasi eksperimental dengan pretes-post test with control group design. Jumlah sampel pada penelitian ini sebanyak 48 ibu BBLR sesuai kriteria inklusi yang dibagi menjadi kelompok kontrol yang mendapatkan edukasi standar ruangan neonatus sebanyak 24 responden dan kelompok intervensi yang mendapatkan edukasi menggunakan video dan demonstrasi sebanyak 24 responden. Hasil analisis didapatkan bahwa peningkatan pengetahuan dan keterampilan ibu BBLR ( $p < .001$ ) setelah mendapatkan edukasi menggunakan video dan demonstrasi. Hasil analisis terhadap berat badan badan bayi hasilnya kurang bermakna ( $p = .34$ ). Penelitian ini merekomendasikan edukasi menggunakan video ini dapat dibuat dengan format lebih kecil yang bisa disimpan ibu dalam ponsel pintar atau video dapat dibuat tersedia pada halaman web yang dapat ibu kunjungi kapan saja untuk dapat menonton ulang video edukasi yang diperlukan.

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#### **ABSTRACT**

Low birth weight babies (LBW) is one of the factors that contribute to infant mortality, especially during the perinatal period. Mothers readiness to care for LBW at home requires special attention. This study aims to determine the effect of LBW mothers education classes using videos and demonstrations on maternal weight, knowledge and skills in baby care in the neonate room. The design of this study is Quasi experimental with pretest-post test with control group design. The number of samples in this study were 48 LBW mothers according to inclusion criteria which were divided into a control group that received neonatal room standard education of 24 respondents and an intervention group that received education using video and demonstrations of 24 respondents. The results of the analysis I found that the increase in knowledge and skills of LBW mothers and LBW weight in the intervention group was higher than in the control group ( $p < .001$ ), although after being tested between LBW weight groups the results were less significant ( $p = .34$ ). This research recommends that education using this video can be made in a smaller format that mothers can store on a smart phone or videos can be made available on web pages that mothers can visit at any time to be able to watch educational videos as needed.