

Gambaran Pengetahuan dan Perilaku Ibu Mengenai Kolik Infantil serta Faktor-Faktor yang Berhubungan = Knowledge and Attitude of Mothers about Infantile Colic and Related Factors

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Abstrak

Latar Belakang: Kolik infantil adalah suatu gangguan saluran cerna fungsional bayi usia 0 – 5 bulan yang meliputi periode menangis yang lama serta sulit untuk ditenangkan. Meskipun kolik infantil biasanya akan hilang dengan sendirinya, kolik infantil menjadi sumber masalah bagi bayi, orang tua, dan petugas kesehatan. Pengetahuan dan perilaku ibu terkait kolik infantil di Indonesia belum pernah dilaporkan sehingga penelitian ini hendak mencari tingkat pengetahuan dan perilaku ibu serta faktor-faktor yang berhubungan.

Tujuan: Mengetahui prevalensi kolik infantil serta tingkat pengetahuan dan perilaku ibu terhadap kolik infantil.

Metode: Penelitian ini merupakan studi observasi cross-sectional analitik. Kuesioner untuk menilai pengetahuan dan perilaku ibu terhadap kolik infantil dibagikan kepada sampel yang dipilih secara acak. Nilai pengetahuan dan perilaku ibu kemudian dianalisis dengan faktor demografis usia ibu, status sosioekonomi, dan jumlah anak.

Hasil: Prevalensi kolik infantil ditemukan sebesar 13,1%. Nilai median dan IQR pengetahuan ibu terhadap kolik infantil adalah 8 (2) dari skor maksimal 12, sedangkan nilai median dan IQR perilaku ibu terhadap kolik infantil adalah 10 (2) dari skor maksimal 14. Nilai pengetahuan ibu ditemukan berbeda secara signifikan pada faktor sosioekonomi. Ibu dengan status sosioekonomi atas memiliki skor pengetahuan 10 (2) dibandingkan ibu dengan status sosioekonomi menengah dengan skor 8 (4).

Kesimpulan: Pengetahuan ibu ditemukan berbeda bermakna pada status sosioekonomi ibu yang berbeda. Masih terdapat pengetahuan dan perilaku ibu yang belum tepat terkait kolik infantil sehingga dapat menjadi bahan edukasi bagi tenaga kesehatan untuk meningkatkan kesadaran ibu tentang kolik infantil.

Background: Infantile colic is a functional gastrointestinal disorder (FGID) of aged 0 – 5 months babies that consists of a prolonged and hard-to-soothe crying period. Although infantile colic will naturally stop, it is a known source of problem for the baby, parents, and health workers. Knowledge and attitude of mothers on infantile colic in Indonesia have never been reported before, thus this study will assess mother's knowledge and attitude about infantile colic and related factors that may influence them.

Goal: To find out prevalence of infantile colic and knowledge and attitude of mother on infantile colic.

Methods: This study was an observational analytical cross-sectional study.

Questionnaires to evaluate knowledge and attitude of mothers toward infantile colic were given to randomly assigned samples. Score of mother's knowledge and attitude were analyzed with demographic factors, such as mother's age, socioeconomic status, and number of children.

Results: Infantile colic prevalence was found to be 13.1%. The median and IQR of mother's knowledge score was 8 (2) from maximal score of 12 while the median and IQR of mother's attitude score was 10 (2) from maximal score of 14. A statistically significant difference was found on mother's knowledge with different socioeconomic status. Mothers with high socioeconomic status had knowledge score of 10 (2) compared to low socioeconomic status mothers who had knowledge score of 8 (4).

Conclusion: Socioeconomic factor was found to be a significant factor affecting mother's knowledge on infantile colic. However, there are some points of knowledge and attitude of mothers that were not correct. These points should be addressed by physicians and considered in giving education for mothers to improve their knowledge and attitude on infantile colic.