

# Efektivitas Gabungan Stimulasi Oromotor dan Pemberian Nonnutritive Sucking terhadap Kecepatan Minum Bayi Mencapai Fullfeed dan Peningkatan Volume Minum pada Bayi Prematur = Combined Effectiveness of Oromotor Stimulation and Non-nutritive Sucking on Infant Drinking Speed Achieving Fullfeed and Increasing Drinking Volume in Premature Babies

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## Abstrak

Bayi prematur sulit untuk mencapai kemampuan minum akibat imaturitas sistem pencernaannya. Kondisi ini menyebabkan perawatan yang lebih lama di rumah sakit. Penelitian ini bertujuan untuk mengetahui efektivitas gabungan stimulasi oromotor dan pemberian nonnutritive sucking terhadap kecepatan minum bayi mencapai fullfeed, peningkatan volume minum, peningkatan berat badan, dan kesiapan minum bayi prematur. Rancangan penelitian ini adalah randomized control trial dengan desain paralel yang melibatkan jumlah sampel sebanyak 52 bayi prematur. Responden yang mendapatkan stimulasi oromotor dan pemberian nonnutritive sucking sebanyak 26 bayi prematur (kelompok intervensi) dan yang mendapatkan perawatan rutin RS sebanyak 26 bayi prematur (kelompok kontrol). Hasil penelitian mengidentifikasi rerata kecepatan minum bayi mencapai fullfeed pada kelompok intervensi dan kontrol (10,04, 9,73,  $p < 0,001$ ), Peningkatan berat badan yang signifikan pada kelompok intervensi dan kontrol (2,392,2,204,  $p < 0,001$ ), dan terdapat rerata peningkatan volume minum pada kelompok intervensi dan kontrol (33,65, 29,9,  $p < 0,001$ ). Intervensi stimulasi oromotor dan pemberian nonnutritive sucking dapat menjadi alternatif tindakan perawat untuk mengatasi masalah kesulitan minum pada bayi prematur.

.....Premature babies find it difficult to achieve the ability to drink due to the immaturity of their digestive system. This condition leads to a longer stay in the hospital. This study aims to determine the combined effectiveness of oromotor stimulation and non-nutritive sucking on the speed of feeding babies to reach full feed, increasing drinking volume, increasing body weight and readiness to drink premature babies. The design of this study was a randomized control trial with a parallel design involving a sample of 52 premature infants. Respondents who received oromotor stimulation and nonnutritive sucking were 26 premature babies (intervention group) and 26 premature babies who received routine hospital care (control group). The results of the study identified that there was an increase in the speed of infant feeding reaching full feed in the intervention and control groups (10.04, 9.73,  $p < 0.001$ ), weight gain in the intervention and control groups (2,392.2,204,  $p < 0.001$ ), there was an increase in volume drinking in the intervention and control groups (33.65, 29.9,  $p < 0.001$ ). and an increase in drinking readiness after the intervention in the intervention and control groups showed an increase (10.04% ,9.73%). Oromotor stimulation and the provision of nonnutritive sucking can be an alternative action for nurses to overcome the problem of drinking difficulties in premature infants.