

Pengaruh Intervensi keperawatan untuk meningkatkan ikatan emosional orangtua dan janin (MIESRA) berbasis mobile health terhadap kesehatan psikologis, keharmonisan suami istri serta jalinan kasih orang tua dan janin = The effect of Nursing interventions to increase the emotional bond between parents and babies (MIESRA) using mobile health application on psychological health and the harmonious relationship of husbands and wives

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Abstrak

Kesehatan psikologis seorang ibu berdampak positif terhadap ikatan emosional ibu dan janin dalam mencapai peran transisi menjadi seorang ibu. Masalah kesehatan psikologis ibu serta kurangnya dukungan suami merupakan faktor utama terganggunya interaksi ibu dan janin. Penelitian ini bertujuan menghasilkan intervensi keperawatan untuk meningkatkan ikatan emosional orang tua dan janin berbasis mobile health yang berpengaruh terhadap kesehatan psikologis, keharmonisan suami istri serta jalinan kasih orang tua dan janin. Penelitian terdiri dari tiga tahap. Desain penelitian tahap pertama descriptive qualitative dengan 14 partisipan yang terdiri dari ibu hamil dan pasangannya. Tahap kedua, mengembangkan rancangan intervensi menjalin ikatan emosional dengan janin berbasis mobile health berdasarkan analisis tahap satu dan konsultasi pakar. Tahap ketiga menggunakan desain quasi experiment pre-post test with control group. Sebanyak 82 pasang ibu hamil sebagai responden, terdiri dari kelompok berpasangan (26 pasang), kelompok mandiri (27 pasang) dan kelompok kontrol (29 pasang). Kelompok berpasangan: mendapatkan intervensi bersama pasangan, kelompok mandiri: mendapatkan intervensi sendiri tanpa pasangan, kelompok kontrol: melakukan kegiatan sesuai kebiasaan sehari-hari. Hasil penelitian kualitatif ditemukan 3 tema yaitu 1) Keterbatasan pengetahuan dan informasi dalam menjalin ikatan emosional dengan janin, 2) Memperoleh dukungan internal dan eksternal dalam menjalin ikatan emosional dengan janin dan 3) Menjalinkan ikatan emosional dengan janin membutuhkan berbagai kebutuhan. Intervensi keperawatan untuk meningkatkan ikatan emosional orangtua dan janin berbasis mobile health berpengaruh menjadi lebih baik kesehatan psikologis ibu dan ayah, keharmonisan suami istri menurut ibu dan ayah, serta jalinan kasih orang tua dan janin dibanding kelompok kontrol. Nilai perbaikan kesehatan psikologis ibu kelompok berpasangan dan mandiri ($\hat{I}^2 = -2.68, p < 0.001 ; I^2 = -3.03, p < 0.001$), keharmonisan suami istri menurut ibu kelompok berpasangan dan mandiri ($\hat{I}^2 = -7.46, p = 0.002 ; I^2 = -9.11, p = 0.001$) dan jalinan kasih orang tua dan janin kelompok berpasangan dan mandiri ($I^2 = 6.77, p = 0.013 ; I^2 = 9.73, p < 0.001$). Nilai perbaikan kesehatan psikologis ayah kelompok berpasangan dan mandiri ($I^2 = -5.80, p < 0.001 ; I^2 = -3.95, p < 0.001$), keharmonisan hubungan suami istri menurut ayah kelompok berpasangan dan mandiri ($I^2 = -7.04, p < 0.001 ; \hat{I}^2 = -3.74, p = 0.024$). Disimpulkan bahwa ibu kelompok mandiri lebih besar nilai perbaikan variabelnya dibanding kelompok berpasangan, sebaliknya pada kelompok ayah. Merekomendasikan intervensi keperawatan MIESRA berbasis mobile health dapat digunakan untuk meningkatkan kesehatan psikologis, keharmonisan suami istri serta jalinan kasih orang tua dan janin di tatanan layanan kesehatanThe psychological health of a mother has a positive impact on the emotional bond of the pregnant mother and her baby in achieving the transitional role of being a mother. Psychological health problems of

the mother and the lack of husband's support are the main factors that interfere with the interaction of the mother and baby. This study aimed to create nursing interventions to increase the emotional bond of parents and babies based on mobile health that could affect psychological health, the harmonious relationship of husbands and wives and the love relationship between parents and babies. The research consisted of three stages. The first phase of the research design was descriptive qualitative with 14 participants consisting of pregnant women and their partners. The second stage was to develop an intervention to build an emotional bond with the babies using mobile health application based on stage one analysis and expert consultation. The third stage used a quasi-experimental pre and post-test design with a control group. Eighty two pairs participated as respondents, consisting of the paired group (26 pairs), the independent group (27 pairs) and the control group (29 pairs). The paired group received intervention with their partner, the independent group received intervention alone without a partner, and the control group performed daily activities as usual. The results of the qualitative research found 3 themes, namely 1) Limited knowledge and information in establishing an emotional bond with the babies, 2) Obtaining internal and external support in establishing an emotional bond with the babies and 3) Establishing an emotional bond with the babies requires various needs. Interventions for establishing emotional bonds between parents and babies using mobile health application have an effect on better psychological health of mothers and fathers, harmonious relationship between husband and wife according to mothers and fathers, and the relationship between parents and babies compared to the control group. The value of psychological health improvement for paired and independent mothers ($I^2 = -2.68, p < 0.001$; $= -3.03, p < 0.001$), harmonious marital relationship according to paired and independent group mothers ($I^2 = -7.46, p = 0.002$; $= -9.11, p = 0.001$) and the relationship between parents and babies in paired and independent groups ($I^2 = 6.77, p = 0.013$; $= 9.73, p < 0.001$). The psychological health improvement value of fathers in the paired and independent group ($I^2 = -5.80, p < 0.001$; $= -3.95, p < 0.001$) and the harmonious marital relationships according to the fathers of the paired and independent group ($I^2 = -7.04, p < 0.001$; $= -3.74, p = 0.024$). It was concluded that the independent group mothers had a higher improvement value for the variable than the paired group, on the contrary in the father group. It is recommended that mobile health-based MIESRA nursing interventions can be used to improve psychological health, marital harmonious relationship and the love of parents and babies in health care settings.