

## DAFTAR PUSTAKA

- Adama, E.A., Adua, E., Bayes, S., & Mörelius, E. (2022). Support needs of parents in neonatal intensive care unit: an integrative review. *J. Clin. Nurs.* 31 : 532–547.
- Aeni, Q., Indrayati, N., Haryanti, D., & Istioningsih, I. (2019). Intervensi keperawatan pada orangtua BBLR dalam upaya mengatasi ansietas orangtua melalui pemberdayaan orang tua. *J. Keperawatan Jiwa* 7 : 247.
- Afian, D.H., Anam, M.S., Himawan, A.B., & Suswihardhyono, A.N.R. (2021). Faktor yang berhubungan dengan kenaikan berat badan bayi berat lahir rendah. *Sari Pediatr.* 23 : 75.
- Akhtar, K., Haque, M., & Khatoon, S. (2013). Kangaroo Mother Care: A Simple Method to Care for Low-Birth-Weight Infants in Developing Countries. *J. Shaheed Suhrawardy Med. Coll.* 5 : 49–54.
- Akkoyun, S., & Tas Arslan, F. (2019). Investigation of stress and nursing support in mothers of preterm infants in neonatal intensive care units. *Scand. J. Caring Sci.* 33 : 351–358.
- Al Maghaireh, D.F., Abdullah, K.L., Chan, C.M., Piaw, C.Y., & Al Kawafha, M.M. (2016). Systematic review of qualitative studies exploring parental experiences in the neonatal intensive care unit. *J. Clin. Nurs.* 25 : 2745–2756.
- Alinejad-Naeini, M., Peyrovi, H., & Shoghi, M. (2021). Self-reinforcement: Coping strategies of Iranian mothers with preterm neonate during maternal role attainment in NICU; A qualitative study. *Midwifery* 101 : 103052.
- Alslaim, H.S., Chan, J., Saleem-rasheed, F., Ibrahim, Y., Karabon, P., & Novotny, N. (2021). Infection Prevention in the ICU. *J. Biosci. Biomed. Eng.* 1–17.
- Amaliya, S., Harhara, S.R., Kapti, R.E., Azizah, N., & Novera, D. (2022). Maternal Knowledge Level Determining Parenting Self-Efficacy of Low Birth Weight Babies: Pilot Study. *Pedimaternal Nurs. J.* 8 : 95–101.
- Ananth, C. V., Friedman, A.M., & Gyamfi-Bannerman, C. (2013). Epidemiology of moderate preterm, late preterm and early term delivery. *Clin. Perinatol.* 40 : 601–610.
- Apedani, D.B., Koduah, A., Druye, A.A.E., & Ebu, Na.I. (2021). Experiences of

- mothers with preterm babies on support services in Neonatal Intensive Care Unit of a mission hospital in Ghana. *Int. J. Africa Nurs. Sci.* 15 : 100366.
- Askary, K.R., Shafaroodi, N., Heidarzadeh, M., Qorbani, M., Bordbar, A., Hejazi, S.M., *et al.* (2020). Increasing Mothers' Confidence and Ability by Creating Opportunities for Parent Empowerment (COPE): A Randomized, Controlled Trial. *Iran J Child Neurol. winter* 14 : 77–83.
- Bahorski, J.S., Childs, G.D., Loan, L.A., Azuero, A., Rice, M.H., Chandler-Laney, P.C., *et al.* (2020). Parental Self-Efficacy in New Mothers Predicts Infant Growth Trajectories. *West. J. Nurs. Res.* 42 : 254–261.
- Baía, I., Amorim, M., Silva, S., Kelly-Irving, M., de Freitas, C., & Alves, E. (2016). Parenting very preterm infants and stress in Neonatal Intensive Care Units. *Early Hum. Dev.* 101 : 3–9.
- Barnes, C.R., & Adamson-Macedo, E.N. (2007). Perceived maternal parenting self-efficacy (PMP S-E) tool: development and validation with mothers of hospitalized preterm neonates. *J. Adv. Nurs.* 60 : 550–560.
- Bartholomew, L.K., Parcel, G.S., Kok, G., Gottlieb, N.H., & Fernandez, M.E. (2011). Planning health promotion programs: an intervention mapping approach, 3rd ed. San Francisco, United States : Jossey-Bass A Wiley Brand.
- Bedwell, C., Actis, D. V, Tate, N., Dwan, K., Portela, A., & Lavender, T. (2022). Interventions to support parents, families and caregivers in caring for preterm or low birth weight infants at home: a systematic review. *medRxiv*.
- Begjani, J., Movahidimoghadam, F., Fomani, F.K., & Bei-ranvand, F. (2024). The effect of educational and supportive package by peers on the self-efficacy mothers of premature neonates : A quasi-experimental study. *J. Nurs. Adv. Clin. Sci.* 1 : 91–96.
- Benzies, K.M., Magill-Evans, J.E., Hayden, K.A., & Ballantyne, M. (2013). Key components of early intervention programs for preterm infants and their parents: a systematic review and meta-analysis. *BMC Pregnancy Childbirth* 13 Suppl 1 : 1–16.
- Brazeau, N., Reisz, S., Jacobvitz, D., & George, C. (2018). Understanding the Connection Between Attachment Trauma and Maternal Self-Efficacy in

Depressed Mothers. *Infant Ment. Health J.*

- Brødsgaard, A., Pedersen, J.T., Larsen, P., & Weis, J. (2019). Parents' and nurses' experiences of partnership in neonatal intensive care units: a qualitative review and meta-synthesis. *J. Clin. Nurs.* 00 : 1–23.
- Busse, M., Stromgren, K., Thorngate, L., & Thomas, K.A. (2013). Parents' responses to stress in the neonatal intensive care unit. *Crit. Care Nurse* 33 : 52–59.
- Çakmak, E., & Karaçam, Z. (2018). The correlation between mothers' participation in infant care in the NICU and their anxiety and problem-solving skill levels in caregiving. *J. Matern. Neonatal Med.* 31 : 21–31.
- Campbell-Yeo, M., Disher, T., Benoit, B., & Johnston, C. (2015). Understanding kangaroo care and its benefits to preterm infants. *Pediatr. Heal. Med. Ther.* 15.
- Cañadas, D.C., Carreño, T.P., Borja, C.S., & Perales, A.B. (2022). Benefits of Kangaroo Mother Care on the Physiological Stress Parameters of Preterm Infants and Mothers in Neonatal Intensive Care. *Int. J. Environ. Res. Public Health* 19.
- Caporali, C., Pisoni, C., Gasparini, L., Ballante, E., Zecca, M., Orcesi, S., *et al.* (2020). A global perspective on parental stress in the neonatal intensive care unit: a meta-analytic study. *J. Perinatol.* 40 : 1739–1752.
- Carton, A.M., Cordwell, J., & Steinhardt, K. (2020). A framework synthesis reviewing the impact of neonatal care unit admission on early caregiver–infant relationships. *J. Adv. Nurs.* 76 : 3258–3272.
- Castel, S., Beunard, A., Creveuil, C., Blaizot, X., Proia, N., & Guillois, B. (2016). Effects of an intervention program on maternal and paternal parenting stress after preterm birth: a randomized trial. *Early Hum. Dev.* 103 : 17–25.
- Chen, W.Y., Wu, Y.Y., Xu, M.Y., & Tung, T.H. (2022). Effect of Kangaroo Mother Care on the Psychological Stress Response and Sleep Quality of Mothers With Premature Infants in the Neonatal Intensive Care Unit. *Front. Pediatr.* 10.
- Chiejina, E., Ebenebe, R., Odira, C., Okeke, J., Orji, I., & Osuala, E. (2015). At risk infants in NICU: parental stress-related factors. *J. Sci. Res. Tech* 3 : 6–11.

- Consales, A., Porro, M., Gangi, S., Pesenti, N., Gardon, L., Squarza, C., *et al.* (2023). In-hospital growth and long-term neurodevelopmental outcomes of very low birth weight infants. *Front. Pediatr.* 11.
- Cordero, R. de D., Reina, P.S., Badanta, B., Lucchetti, G., & Escano, J.V. (2022). The efficacy of religious and spiritual interventions in nursing care to promote mental, physical and spiritual health : a systematic review and meta-analysis. *Appl. Nurs. Res.* 67 : 1–8.
- Crnic, K., & Ross, E. (2017). Parenting Stress and Parental Efficacy BT - Parental Stress and Early Child Development: Adaptive and Maladaptive Outcomes, in: Deater-Deckard, K., & Panneton, R. (Eds.), . pp. 263–284, Cham : Springer International Publishing.
- Dabas, S., Joshi, P., Agarwal, R., Yadav, R.K., & Kachhawa, G. (2019). Impact of audio assisted relaxation technique on stress, anxiety and milk output among postpartum mothers of hospitalized neonates: a randomized controlled trial. *J. Neonatal Nurs.* 25 : 200–204.
- Dall'Oglio, I., Mascolo, R., Gawronski, O., Tiozzo, E., Portanova, A., Ragni, A., *et al.* (2018). A systematic review of instruments for assessing parent satisfaction with family-centred care in neonatal intensive care units. *Acta Paediatr. Int. J. Paediatr.* 107 : 391–402.
- Darmstadt, G.L., Al Jaifi, N.H., Arif, S., Bahl, R., Blennow, M., Cavallera, V., *et al.* (2023). New World Health Organization recommendations for care of preterm or low birth weight infants: health policy. *eClinicalMedicine* 63 : 1–13.
- de Brito Röder, D.V.D. (2017). Sepsis Neonatal: Epidemiology, Etiology and Risk Factors. *Adv. Biotechnol. Microbiol.* 4.
- de Witte, M., Pinho, A. da S., Stams, G.J., Moonen, X., Bos, A.E.R., & van Hooren, S. (2022). Music therapy for stress reduction: a systematic review and meta-analysis. *Health Psychol. Rev.* 16 : 134–159.
- DeLaune, & Ladner (2011). *Fundamental of nursing standart and practice*, 4th ed. USA : Delmar Cengage Learning.
- Des Jarlais, D.C., Lyles, C., & Crepaz, N. (2004). *Improving the Reporting Quality*

of Nonrandomized Evaluations of Behavioral and Public Health Interventions:  
The TREND Statement. *Am. J. Public Health*.

Dessie, Y.A., Abemie, W., Nigussie, E.M., Mengistu, B.T., Mengstie, L.A., Girma, B., *et al.* (2025). Patterns of postnatal weight gain and its predictors among preterm very low birth weight neonates born in Bahir-Dar city public hospitals, 2022: A cross sectional study. *PLoS One* 20 : 1–20.

Dudek-Shriber, L. (2004). Parent Stress in the Neonatal Intensive Care Unit and the Influence of Parent and Infant Characteristics. *Am. J. Occup. Ther.* 58 : 509–520.

Elochukwu, E.J., & Oluchi, E.T. (2023). Maternal Role Attainment in Peuperal Stage and Midwives' Role for Positive Adaptation by the Mother. *Glob. Acad. J. Med. Sci.* 5 : 45–50.

Erdei, C., Liu, C.H., Machie, M., Church, P.T., & Heyne, R. (2021). Parent mental health and neurodevelopmental outcomes of children hospitalized in the neonatal intensive care unit. *Early Hum. Dev.* 154.

Fetters, M.D., Curry, L.A., & Creswell, J.W. (2013). Achieving integration in mixed methods designs - Principles and practices. *Health Serv. Res.* 48 : 2134–2156.

Fitria, I., Permatasari, D.P., & Nurwanti, R. (2020). Peran maternal self-efficacy sebagai mediator antara perceived social support dan depresi peripartum. *Pers. Psikol. Indones.* 9 : 170–188.

Fleiss, N., Tarun, S., & Polin, R.A. (2022). Infection prevention for extremely low birth weight infants in the NICU. *Semin. Fetal Neonatal Med.* 27.

Fox, K., Vadiveloo, M., McCurdy, K., Benjamin-Neelon, S.E., Østbye, T., & Tovar, A. (2022). Maternal Stress and Excessive Weight Gain in Infancy. *Int. J. Environ. Res. Public Health* 19 : 1–11.

Furtak, S.L., Gay, C.L., Kriz, R.M., Bisgaard, R., Bolick, S.C., Lothe, B., *et al.* (2021). What parents want to know about caring for their preterm infant: A longitudinal descriptive study. *Patient Educ. Couns.* 104 : 2732–2739.

Garfield, C.F., Kerrigan, E., Christie, R., Jackson, K.L., & Lee, Y.S. (2022). A mobile health intervention to support parenting self-efficacy in the neonatal

- intensive care unit from admission to home. *J. Pediatr.* 244 : 92–100.
- Garthus-Niegel, S., Ayers, S., Martini, J., Von Soest, T., & Eberhard-Gran, M. (2017). The impact of postpartum post-traumatic stress disorder symptoms on child development: A population-based, 2-year follow-up study. *Psychol. Med.* 47 : 161–170.
- Gates, Natalie Paige, Gates, Natalie P., & Virginia, W. (2024). Effectiveness of Peer Support Groups for Mothers at Risk for Postpartum Depression Effectiveness of Peer Support Groups for Mothers at Risk for Postpartum Depression Division of Occupational Therapy. West Virginia University.
- Ghavane, S., Murki, S., Subramanian, S., Gaddam, P., Kandraju, H., & Thumalla, S. (2012). Kangaroo Mother Care in Kangaroo ward for improving the growth and breastfeeding outcomes when reaching term gestational age in very low birth weight infants. *Acta Paediatr. Int. J. Paediatr.* 101 : 545–549.
- Gilstrap, C.M. (2020). Organizational Sensegiving in Family-Centered Care: How NICU Nurses Help Families Make Sense of the NICU Experience. *Health Commun.* 1–11.
- Ginsberg, K.H., Serlachius, A., Rogers, J., & Alsweiler, J. (2023). Psychosocial Support Provided to Parents of Infants in Neonatal Intensive Care Units: An International Survey. *J. Pediatr.*
- Givrad, S., Hartzell, G., & Scala, M. (2020). Promoting infant mental health in the neonatal intensive care unit (NICU): A review of nurturing factors and interventions for NICU infant-parent relationships. *Early Hum. Dev.*
- Gómez-Cantarino, S., García-Valdivieso, I., Moncunill-Martínez, E., Yáñez-Araque, B., & Ugarte Gurrutxaga, M.I. (2020). Developing a family-centered care model in the neonatal intensive care unit (NICU): a new vision to manage healthcare. *Int. J. Environ. Res. Public Health* 17.
- Gondwe, K.W., Brandon, D., Yang, Q., Malcom, W.F., Small, M.J., & Holditch-Davis, D. (2020). Emotional distress in mothers of early-preterm infants, late-preterm infants, and full-term infants in Malawi. *Nurs. Outlook* 68 : 94–103.
- Gopal, G. (2021). Prevalence and risk factors associated with low birth weight babies-a cross sectional study. *Int. J. Contemp. Pediatr.* 8 : 1168.

- Govindaswamy, P., Laing, S., Waters, D., Walker, K., Spence, K., & Badawi, N. (2019). Needs and stressors of parents of term and near-term infants in the NICU: A systematic review with best practice guidelines. *Early Hum. Dev.* 139 : 104839.
- Gutiérrez, S.S.R., García, P.E., Prellezo, A.S., Paulí, L.R., Del Castillo, B.L., & Sánchez, R.B. (2020). Emotional support for parents with premature children admitted to a neonatal intensive care unit: a qualitative phenomenological study. *Turk. J. Pediatr.* 62 : 436–449.
- Haines, K.J., Beesley, S.J., Hopkins, R.O., McPeake, J., Quasim, T., Ritchie, K., *et al.* (2018). Peer support in critical care: a systematic review. *Crit. Care Med.* 46 : 1522–1531.
- Hanafí, M., Jumiatmoko, Muhammad, F., Wiyono, N., & Ardyanto, T.D. (2021). Quran memorization and early childhood development: A case-control with neuroscience approach. *Bali Med. J.* 10 : 697–700.
- Hariati, S. (2020). Pengembangan model rencana pemulangan terintegrasi (Relasi) untuk meningkatkan kesiapan ibu merawat bayi berat lahir rendah saat pemulangan dari Rumah Sakit. *etd.repository.ugm.ac.id*. Universitas Gadjah Mada.
- Hariati, S., Febriani, A.D.B., Sutomo, R., Lusmilasari, L., & McKenna, L. (2022a). Exploring Indonesian nurses' perspectives on preparing parents of preterm infants for hospital discharge: A qualitative study. *J. Neonatal Nurs.* 28 : 59–66.
- Hariati, S., McKenna, L., Sutomo, R., Lusmilasari, L., & Febriani, A.D.B. (2022b). Indonesian mothers of premature infants' experiences in achieving initial motherhood independence in the neonatal unit: A qualitative study. *J. Neonatal Nurs.*
- Hechehouche, O., Dzulkifi, M.A., & Alias, I.A. (2020). The Quranic-based Healing through Sound and its Psychological Effect: A Review of Literature. *IIUM J. Humas Sci.* 2 : 75–80.
- Heidary, S., Heidari, H., Choopani, R., & Sedehi, M. (2023). The effect of the supportive care program based on Bandura's self-efficacy on stress and

participation of the mothers of the neonates admitted to neonatal intensive care unit. *J. Educ. Health Promot.*

Hendy, A., El-sayed, S., Bakry, S., Mohammed, S.M., Mohamed, H., Abdelkawy, A., *et al.* (2024). The Stress Levels of Premature Infants' Parents and Related Factors in NICU. *SAGE Open Nurs.* 10.

Heydarpour, S., Keshavarz, Z., & Bakhtiari, M. (2017a). Factors affecting adaptation to the role of motherhood in mothers of preterm infants admitted to the neonatal intensive care unit: a qualitative study. *J. Adv. Nurs.* 73 : 138–148.

Heydarpour, S., Keshavarz, Z., & Bakhtiari, M. (2017b). Factors affecting adaptation to the role of motherhood in mothers of preterm infants admitted to the neonatal intensive care unit: a qualitative study. *J. Adv. Nurs.* 73 : 138–148.

Hirtz, K., Lau, M., Hall, A., & Fucile, S. (2023). Interventions aimed at reducing the stress of mother's whose infant is born premature: A scoping review. *J. Neonatal Nurs.* 29 : 602–611.

Hodgson, C.R., Mehra, R., & Franck, L.S. (2025). Infant and Family Outcomes and Experiences Related to Family-Centered Care Interventions in the NICU : A Systematic Review.

Hoffman, C., Dunn, D.M., & Njoroge, W.F.M. (2017). Impact of Postpartum Mental Illness Upon Infant Development. *Curr. Psychiatry Rep.* 19 : 1–6.

Hoffmann, T.C., Glasziou, P.P., Boutron, I., Milne, R., Perera, R., Moher, D., *et al.* (2014). Better reporting of interventions: Template for intervention description and replication (TIDieR) checklist and guide. *BMJ* 348 : 1–12.

Hofheimer, J.A., Smith, L.M., McGowan, E.C., O'Shea, T.M., Carter, B.S., Neal, C.R., *et al.* (2020). Psychosocial and medical adversity associated with neonatal neurobehavior in infants born before 30 weeks gestation. *Pediatr. Res.* 87 : 721–729.

Hollywood, M., & Hollywood, E. (2011). The lived experiences of fathers of a premature baby on a neonatal intensive care unit. *J. Neonatal Nurs.* 17 : 32–40.

- Holm, I.A., Poduri, A., & Goldstein, R.D. (2022). Re: Technical Report for Updated 2022 Recommendations for Reducing Infant Deaths in the Sleep Environment. *Pediatrics* 150 : 1–22.
- Horbar, J.D., Ehrenkranz, R.A., Badger, G.J., Edwards, E.M., Morrow, K.A., Soll, R.F., *et al.* (2015). Weight growth velocity and postnatal growth failure in infants 501 to 1500 Grams: 2000–2013. *Pediatrics* 136 : e84–e92.
- Hunter, L.M.L., Blake, S.M., Simmons, C., Thompson, J., & Derouin, A. (2018). Implementing a Parent Education Program in the Special Care Nursery. *J. Pediatr. Heal. Care* 33 : 131–137.
- IDAI (2018). BUKU PANDUAN PELAYANAN NEONATAL UKK NEONATOLOGI PP IDAI Edisi pertama Penyunting : Adhi Teguh Perma Iskandar Kartika Darma Handayani Rocky Wilar Setyadewi Lusyati Tetty Yuniati Toto Wisnu Hendarto Tunjung Wibowo.
- Ifalhma, D., Setyorini, C., & Rosyidah, M.Z. (2023). Effectiveness of The Kangaroo Method as A Treatment for Low Birth Weight Baby (LBWB), in: *Internastional Conference of Health, Science and Technology (ICOHETECH)*. pp. 170–177.
- Ilda, Z.A., Rustina, Y., & Syahreni, E. (2013). Peningkatan Interaksi Ibu-Bayi Dan Kepercayaan Diri Ibu: Efek Pelibatan Ibu Dalam Perawatan Bayi Prematur Di Ruang Perinatologi. *J. Keperawatan Indones.* 16 : 168–175.
- Im, M., & Oh, J. (2021). Nursing Support Perceived by Mothers of Preterm Infants in a Neonatal Intensive Care Unit in South Korea. *Child Heal. Nurs. Res.* 27 : 146–159.
- Ionio, C., Mascheroni, E., Colombo, C., Castoldi, F., & Lista, G. (2019). Stress and feelings in mothers and fathers in NICU: Identifying risk factors for early interventions. *Prim. Heal. Care Res. Dev.* 20 : 1–7.
- Ismail, S., Reza, M.F., Jusoh, M.H., Wan Awang, W.S., & Juahir, H. (2023). Psychospiritual Healing from al-Quran: Internal Aesthetic Factor of Quranic Sound and Its Effects in Activating Greater Brain Regions. *Malaysian J. Fundam. Appl. Sci.* 19 : 583–606.
- Kadiroğlu, T., & Tüfekci, F.G. (2022). Effect of infant care training on maternal

bonding, motherhood self-efficacy, and self-confidence in mothers of preterm newborns. *Matern. Child Health J.* 26 : 131–138.

Kannan, M.A., Ab Aziz, N.A., Ab Rani, N.S., Abdullah, M.W., Mohd Rashid, M.H., Shab, M.S., *et al.* (2022). A review of the holy Quran listening and its neural correlation for its potential as a psycho-spiritual therapy. *Heliyon* 8 : e12308.

Kapti, R.E., & Pandin, M.G.R. (2021). Home Based Intervention For Mother And Premature Infant: A Literature Review. *Preprints* 1 : 1–7.

Kawafha, M.M. (2018). Parental stress in the neonate intensive care unit and its association with parental and infant characteristics. *J. Neonatal Nurs.* 24 : 266–272.

Kehl, S.M., La Marca-Ghaemmaghami, P., Haller, M., Pichler-Stachl, E., Bucher, H.U., Bassler, D., *et al.* (2021). Creative music therapy with premature infants and their parents: A mixed-method pilot study on parents' anxiety, stress and depressive symptoms and parent–infant attachment. *Int. J. Environ. Res. Public Health* 18 : 1–20.

Kemendes RI. (2022). Profil Kesehatan Indonesia 2021, Pusdatin.Kemendes.Go.Id.

Kementrian Kesehatan RI (2022). Pedoman Pelaksanaan Stimulasi, Deteksi dan Intervensi Dini Tumbuh Kembang Anak di Tingkat Pelayanan Kesehatan Dasar, Kementrian Kesehatan RI.

Kenner, C., Altimier, L.B., & Boykova, M. (2020). Comprehensive neonatal nursing care, 6th ed. United States of America : Springer Publishing Company.

Kestler-Peleg, M., Lavenda, O., Stenger, V., Bendett, H., Alhalel-Lederman, S., Maayan-Metzger, A., *et al.* (2020). Maternal self-efficacy mediates the association between spousal support and stress among mothers of NICU hospitalized preterm babies. *Early Hum. Dev.* 146 : 105077.

Kestler-peleg, M., Stenger, V., Lavenda, O., Bendett, H., & Alhalel-lederman, S. (2022). “ I ’ ll Be There ”: Informal and Formal Support Systems and. *Child.* 9 : 1–11.

Khalesi, Z.B., Mirzaii, S., Rad, E.H., Panjalipour, S., & Kazemi, S. (2021). Determinants of maternal role adaptation in mothers with preterm neonates. *J.*

*Bras. Reprod. Assist.* 25 : 434–438.

Khasanah, N., Rustina, Y., & Hariyati, T.S. (2021). The intervention models to alleviate stress among mothers of premature babies in the NICU: a systematic review. *Vopr. Ginekol. akušerstva i Perinatol.* 20 : 63–75.

Klawetter, S., Cetin, N., Ilea, P., McEvoy, C.T., Dukhovny, D., Saxton, S.N., *et al.* (2022). “All these people saved her life, but she needs me too”: Understanding and responding to parental mental health in the NICU. *J. Perinatol.* 42 : 1496–1503.

Koreti, M., & Muntode Gharde, P. (2022). A Narrative Review of Kangaroo Mother Care (KMC) and Its Effects on and Benefits for Low Birth Weight (LBW) Babies. *Cureus* 14.

Kritzinger, A., & Rooyen, E. van (2014). The effect of formal, neonatal communication-intervention training on mothers in kangaroo care. *African J. Prim. Heal. Care Fam. Med.*

Lai, H.L., Chen, C.J., Peng, T.C., Chang, F.M., Hsieh, M.L., Huang, H.Y., *et al.* (2006). Randomized controlled trial of music during kangaroo care on maternal state anxiety and preterm infants’ responses. *Int. J. Nurs. Stud.* 43 : 139–146.

Lau, C., Turcich, M.R., & Kennard Fraley, J. (2022). Mediation models of maternal stress in neonatal intensive care units. *Pediatr. Med.* 5.

Lean, R.E., Rogers, C., Paul, R., & Gerstein, E.D. (2018). NICU Hospitalization: Long-Term Implications on Parenting and Child Behaviors. *Curr. Treat. Options Pediatr.* 4 : 49–69.

Lebel, V., Campbell-Yeo, M., Feeley, N., & Axelin, A. (2022). Understanding factors associated with emotional closeness in parents with a preterm infant in the neonatal intensive care unit. *Early Hum. Dev.* 173 : 7–9.

Lee, S.Y., Chau, J.P.C., Choi, K.C., & Lo, S.H.S. (2019). Feasibility of a guided participation discharge program for very preterm infants in a neonatal intensive care unit: a randomized controlled trial. *BMC Pediatr.* 19 : 402.

Lee, Y.S., Garfield, C., & Kim, H.N. (2012). Self-efficacy theory as a framework for interventions that support parents of NICU infants, in: *2012 6th*

- International Conference on Pervasive Computing Technologies for Healthcare and Workshops, PervasiveHealth 2012*. pp. 151–154, IEEE.
- Lemeshow, S., Hosmer, Jr., Klar., D. w. ., & Lwanga, S.. (1997). Besar sampel dalam penelitian kesehatan. Yogyakarta : Gadjah Mada University Press.
- Leong, O.S., Abdullah, K.L., Danaee, M., Lam, S.K., Geok, S.K., Lee, D.S.K., *et al.* (2019). The effectiveness of a structured nursing intervention program on maternal stress and ability among mothers of premature infants in a neonatal intensive care unit. *J. Clin. Nurs.* 28 : 641–649.
- Lo, M., Chien, C., Liu, Y., & Tsai, S. (2024). Nursing Experience Applying Transition Theory to Assist the Family of an Infant With Complex Congenital Gastroschisis. *Taipei* 71.
- Lundqvist, P., Weis, J., & Sivberg, B. (2019). Parents' journey caring for a preterm infant until discharge from hospital-based neonatal home care—A challenging process to cope with. *J. Clin. Nurs.*
- Luo, Z., You, B., Zhang, Y., Tang, J., Zheng, Z., Jia, Y., *et al.* (2022). Nonlinear relationship between early postnatal weight gain velocity and neurodevelopmental outcomes in very-low birth weight preterm infants: A secondary analysis based on a published prospective cohort study. *Front. Pediatr.* 10 : 1–12.
- Madigan, S., Wade, M., Plamondon, A., Browne, D., & Jenkins, J.M. (2015). Birth Weight Variability and Language Development: Risk, Resilience, and Responsive Parenting. *J. Pediatr. Psychol.* 40 : 869–877.
- Mahumud, R.A., Sultana, M., & Sarker, A.R. (2017). Distribution and Determinants of Low Birth Weight in Developing Countries. *J. Prev. Med. Public Heal.* 18–28.
- Mancini, V.O. (2023). The role of fathers in supporting the development of their NICU infant. *J. Neonatal Nurs.* 29 : 714–719.
- Månsson, C., Sivberg, B., Selander, B., & Lundqvist, P. (2019). The impact of an individualised neonatal parent support programme on parental stress: a quasi-experimental study. *Scand. J. Caring Sci.* 33 : 677–687.
- Mendes, C.Q. de S., Mandetta, M.A., Tsunemi, M.H., & Balieiro, M.M.F.G.

- (2019). Cross-cultural adaptation of the Preterm Parenting & Self-efficacy Checklist. *Rev. Bras. Enferm.* 72 : 274–281.
- Miles, M.S., Funk, S.G., & Carlson, J. (1993). Parental Stressor Scale. *Nurs. Res.*
- Mirlashari, J., Holsti, L., Pooraboli, B., Fakour, Z., Ranjbar, H., Saada, Z., *et al.* (2021). The effect of a group discussion about premature newborns between mothers and healthcare team on mother's stress and coping in neonatal intensive care unit. *J. Neonatal Nurs.* 27 : 263–268.
- Mitha, A., Chen, R., Altman, M., Johansson, S., Stephansson, O., & Bolk, J. (2021). Neonatal morbidities in infants born late preterm at 35-36 weeks of gestation: A Swedish nationwide population-based study. *J. Pediatr.* 233 : 43-50.e5.
- Mosher, S.L. (2017). Comprehensive NICU Parental Education: Beyond Baby Basics. *Neonatal Netw. J. Neonatal Nurs.* 36 : 18–25.
- Nagel, E.M., Howland, M.A., Pando, C., Stang, J., Mason, S.M., Fields, D.A., *et al.* (2022). Maternal Psychological Distress and Lactation and Breastfeeding Outcomes: a Narrative Review. *Clin. Ther.* 44 : 215–227.
- Nakhavali, F., & Seyedi, S.H. (2013). A Research on “Rhythm & Music” in the Qur'an. *Int. J. Linguist.* 5 : 21.
- Nath, I. (2024). Kangaroo mother care.
- Norouzi, F., Keshavarz, M., SeyedFatemi, N., & Montazeri, A. (2013). The impact of kangaroo care and music on maternal state anxiety. *Complement. Ther. Med.* 21 : 468–472.
- North, K., Whelan, R., Folger, L. V., Lawford, H., Olson, I., Driker, S., *et al.* (2022). Family Involvement in the Routine Care of Hospitalized Preterm or Low Birth Weight Infants: A Systematic Review and Meta-analysis. *Pediatrics* 150 : 1–8.
- Nourani, A., Ayatollahi, H., & Mirnia, K. (2019). A smart phone application for the mothers of premature infants. *IRBM* 40 : 263–269.
- Nurlaila, Herini, E.S., Hartini, S., & Kusuma, M.T.P.L. (2023). Interventions to reduce parental stress and increase readiness of parents with preterm infants in the neonatal intensive care unit: A scoping review. *J. Neonatal Nurs.*
- Owens, J., Rassool, G.H., Bernstein, J., Latif, S., & Aboul-Enein, B.H. (2023).

- Interventions using the Qur'an to promote mental health: a systematic scoping review. *J. Ment. Heal.* 32 : 842–862.
- Palazzi, A., Filippa, M., Meschini, R., & Piccinini, C.A. (2021). Music therapy enhances preterm infant's signs of engagement and sustains maternal singing in the NICU. *Infant Behav. Dev.* 64 : 101596.
- Palazzi, Ambra, Meschini, R., & Piccinini, C.A. (2021). NICU music therapy effects on maternal mental health and preterm infant's emotional arousal. *Infant Ment. Health J.* 42 : 672–689.
- Pennell, C., Whittingham, K., Boyd, R., Sanders, M., & Colditz, P. (2012). Prematurity and parental self-efficacy: The Preterm Parenting & Self-Efficacy Checklist. *Infant Behav. Dev.* 35 : 678–688.
- Phianching, K., Chaimongkol, N., & Pongjaturawit, Y. (2020). View of Effects of the Parental Sensitivity Intervention Among Mothers and Fathers of Preterm Infants\_ A Quasi-Experimental Study.pdf. *Pacific Rim Int. J. Nurs. Res.* 24 : 246–259.
- Pineda, R., Wallendorf, M., & Smith, J. (2020). A pilot study demonstrating the impact of the supporting and enhancing NICU sensory experiences (SENSE) program on the mother and infant. *Early Hum. Dev.* 144 : 105000.
- Pishkhani, M.K., Shahboulaghi, F.M., Khankeh, H., & Dalvandi, A. (2019). Spiritual health in Iranian elderly: A concept analysis by Walker and Avant's approach. *Iran. J. Ageing* 14 : 96–113.
- Prasetio, C.E., Triwahyuni, A., & Siswadi, A.G.P. (2022). Psychometric properties of Self-Report Questionnaire-20 (SRQ-20) Indonesian version. *J. Psikol.* 49 : 69.
- Praveena, K., & Sasikumar, S. (2021). Application of Colaizzi's Method of Data Analysis in Phenomenological Research. *Med. Leg. Updat.* 21 : 914–918.
- Preyde, M., & Ardal, F. (2003). Effectiveness of a parent "buddy" program for mothers of very preterm infants in a neonatal intensive care unit. *Can. Med. Assoc. J.* 168 : 969–973.
- Purdy, I.B., Craig, J.W., & Zeanah, P.D. (2015). NICU discharge planning and beyond: recommendations for parent psychosocial support. *J. Perinatol.*

- Putri, R.D.A., Lusmilasari, L., & Nisman, W.A. (2022). Pengaruh model rencana pemulangan terintegrasi (Relasi) terhadap efikasi diri ibu yang memiliki bayi berat lahir rendah (BBLR) di ruang NICU. *etd.repository.ugm.ac.id*. Universitas Gadjah Mada.
- Quiñones-Preciado, J.A., & Peña-García, Á.A. (2023). Strategies and educational needs of parents of premature infants in a third level hospital in Cali, Colombia. *Interface Commun. Heal. Educ.* 27.
- Rajabsadeh, Z., Yoosefi, N., Navidian, A., & Kordsalarzahi, F. (2024). The effect of family-centered education on posttraumatic stress symptoms in mothers of premature infants hospitalized in the NICU. *J. Educ. Health Promot.* 13 : 1–6.
- Rezaie, F., Shohani, M., Alijani, H., & Abdei, L. (2023). The effect of spiritual self-care training on the attachment of the mothers of premature babies hospitalized in the neonatal intensive care unit (NICU) of Taleghani Hospital, Ilam. *Med. J.* 45 : 161–170.
- Ricci, H., Nakiranda, R., Malan, L., Kruger, H.S., Visser, M., Ricci, C., *et al.* (2023). Association between maternal postpartum depressive symptoms, socioeconomic factors, and birth outcomes with infant growth in South Africa. *Sci. Rep.* 13 : 1–12.
- Rodrigues, S.M., Shin, S., Pinto, M.D., Bounds, D.T., Terry, J., & Burton, C.W. (2025). Parenting Self-Efficacy Moderates the Association Between Unmet Parenting Expectations and NICU-Related PTSD Symptoms Reported by Mothers 1–5 Years Post-Infant NICU Hospitalization. *Issues Ment. Health Nurs.* 46 : 58–69.
- Roveshty, M.A., Farahani, A.S., Mmaryan, N., & Rassouli, M. (2020). Effect of spiritual care on hope and self-transcendence of mothers of premature neonates hospitalized in the neonatal intensive care unit. *Iran. J. Neonatol. IJN* 11 : 106–113.
- Rozali, W.N.A.C.W.M., Ishak, I., Ludin, A.F.M., Ibrahim, farah W., Warif, N.M.A., & Roos, N.A.C. (2022). The Impact of Listening to, Reciting, or Memorizing the Quran on Physical and Mental Health of Muslims: Evidence From Systematic Review. *Int. J. Public Health* 67 : 1–10.

- Şahbudak, B., & Karabulut, B. (2024). The Effect of Hospitalization in the Neonatal Intensive Care Unit on Maternal Stress and Attachment: Neonatal Intensive Care Unit Environment Effect. *Alpha Psychiatry* 25 : 344–349.
- Salvador, Á., Crespo, C., & Barros, L. (2019). The Benefits of Family-Centered Care for Parental Self-Efficacy and Psychological Well-being in Parents of Children with Cancer. *J. Child Fam. Stud.* 28 : 1926–1936.
- Scott, Z., & Archibald, S.J. (2021). A service evaluation of the fathers' peer support group on a neonatal intensive care unit (NICU). *J. Neonatal Nurs.* 27 : 269–272.
- Shaw, Richard J., Givrad, S., Poe, C., Loi, E.C., Hoge, M.K., & Scala, M. (2023). Neurodevelopmental, Mental Health, and Parenting Issues in Preterm Infants. *Children* 10 : 1–17.
- Shaw, Richard J, Givrad, S., Poe, C.H., Loi, E.C., Hoge, M.K., & Scala, M. (2023). Neurodevelopmental, Mental Health, and Parenting Issues in Preterm Infants. *Children* 10 : 1565.
- Shrestha, T., Singh, A., Bhattarai, S.K.G., & Raut, K.S. (2020). Experience of Mothers Having Preterm Newborns in Neonatal Care Units. *J. Karnali Acad. Heal. Sci.* 3 : 47–56.
- Signal, N., Olsen, S., Gomes, E., McGeorge, C., Taylor, D., & Alder, G. (2024). Developing the TIDieR-Rehab checklist: a modified Delphi process to extend the Template for Intervention Description and Replication (TIDieR) for rehabilitation intervention reporting. *BMJ Open* 14 : 1–14.
- Siva, N., Velayudhan, B., Nayak, B.S., Lewis, L.E.S., Iqbal, F., & Noronha, J.A. (2024). Interventional Strategies to Mitigate Maternal Stress and Enhance Coping Skills During Neonatal Admission Into Intensive Care Units in Low- and Middle-Income Countries: A Scoping Review. *Nurs. open* 11 : e70071.
- Smith, M.C., & Gullett, D.L. (2020). *Nursing Theories and Nursing Practice*, Fifth. ed. Philadelphia : F.A.Davis.
- Smith, V.C., Love, K., & Goyer, E. (2022). NICU discharge preparation and transition planning: guidelines and recommendations. *J. Perinatol.*
- Staver, M.A., Moore, T.A., & Hanna, K.M. (2020). An integrative review of

- maternal distress during neonatal intensive care hospitalization. *Women's Ment. Heal.* 24 : 217–229.
- Steyn, E., Poggenpoel, M., & Myburgh, C. (2017). Lived experiences of parents of premature babies in the intensive care unit in a private hospital in Johannesburg, South Africa. *Curationis* 40 : 1–8.
- Sudarti, & Afroh (2013). ). Asuhan Kebidanan Neonatus, Bayi dan Anak Balita. Yogyakarta : Nuha Medika.
- Suryaningsih, A., Lusmilasari, L., & Rustiyaningsih, A. (2017). Faktor-faktor yang berhubungan dengan stres orang tua selama perawatan bayi di Neonatal Intensive Care Unit (NICU) di Rumah Sakit di Yogyakarta. Universitas Gadjah Mada.
- Swanson, J.R., Peters, C., & Lee, B.H. (2013). NICU redesign from open ward to private room: A longitudinal study of parent and staff perceptions. *J. Perinatol.* 33 : 466–469.
- Syamsuriyati, S., Abdullah, T., Bahar, B., Indahwaty, A., Haju, V., Amiruddin, R., *et al.* (2019). The Effect of Murottal Intervention in Prolactine Hormone Levels of Breastfeeding Mothers in Takalar Regency.pdf. *J. Prahmacyn Nutr. Sci.* 9 : 323–327.
- Tan, A., Pelone, F., Arnold, S., Anderson, J., Kennedy, G., & Goodman, J. (2020). Support and information needs of parents and carers of preterm babies requiring respiratory support on the neonatal unit: A qualitative systematic review. *J. Neonatal Nurs.* 26 : 93–100.
- Thomson, G., Nowland, R., & Irving, M. (2022). Psychosocial needs of parents of infants admitted to neonatal care: a qualitative study. *J. Neonatal Nurs.*
- Tilahun, B.D. (2024). Parental stress and associated factors among parents of preterm neonates admitted at neonatal intensive care unit among selected governmental hospitals Addis Ababa, Ethiopia, 2022. An institution-based cross-sectional study. *Front. Psychiatry* 15 : 1–12.
- Treyvaud, K., Spittle, A., Anderson, P.J., & O'Brien, K. (2019). A multilayered approach is needed in the NICU to support parents after the preterm birth of their infant. *Early Hum. Dev.* 139.

- Tricco, A.C., Lillie, E., Zarin, W., O'Brien, K.K., Colquhoun, H., Levac, D., *et al.* (2018). PRISMA extension for scoping reviews (PRISMA-ScR): Checklist and explanation. *Ann. Intern. Med.* 169 : 467–473.
- Turner, M., Chur-Hansen, A., Winefield, H., & Stanners, M. (2015). The assessment of parental stress and support in the neonatal intensive care unit using the Parent Stress Scale - Neonatal Intensive Care Unit. *Women and Birth* 28 : 252–258.
- Utomo, M.T., Sampurna, M.T.A., Melisa, M., Permana, P.B.D., Angelo Albright, I., Etika, R., *et al.* (2022). Nurse workload, missed nursing care, and the contributing factors in the Neonatal Intensive Care Unit in a limited resource setting: A case from Indonesia. *F1000Research* 11 : 468.
- Vance, Ashlee J, Pan, W., Malcolm, W.H., & Brandon, D.H. (2020). Development of parenting self-efficacy in mothers of high-risk infants. *Early Hum. Dev.* 141 : 104946.
- Vance, Ashlee J., Pan, W., Malcolm, W.H., & Brandon, D.H. (2020). Development of parenting self-efficacy in mothers of high-risk infants. *Early Hum. Dev.* 141.
- Vargas-Porras, C., Roa-Díaz, Z.M., Hernández-Hincapié, H.G., Ferré-Grau, C., & de Molina-Fernández, M.I. (2021). Efficacy of a multimodal nursing intervention strategy in the process of becoming a mother: A randomized controlled trial. *Res. Nurs. Heal.* 44 : 424–437.
- Verma, R., Shibly, S., Fang, H., & Pollack, S. (2015). Do early postnatal body weight changes contribute to neonatal morbidities in the extremely low birth weight infants. *J. Neonatal. Perinatal. Med.* 8 : 113–118.
- Vesel, L., Kisenge, R., Koujalagi, M., Manji, K., Mvalo, T., Nayak, R., *et al.* (2022). Low Birthweight Infant Feeding Practices and Growth Patterns in the First Six Months of Life in Resource-Limited Settings. *Curr. Dev. Nutr.* 6 : 611.
- Villamizar-Carvajal, B., Vargas-Porras, C., & García-Corzo, J.R. (2018). Decrease of premature mothers' stress levels in the intensive care unit. *Enfermería Intensiva (English ed.)* 29 : 113–120.
- Villar, J., Giuliani, F., Bhutta, Z.A., Bertino, E., Ohuma, E.O., Ismail, L.C., *et al.*

- (2015). Postnatal Growth Standards for Preterm Infants: The Preterm Postnatal Follow-up Study of the INTERGROWTH-21(st) Project - PubMed. *Lancet Glob Heal.* 3 : 681–691.
- Vohr, B.R. (2022). NICU discharge preparation and transition planning: editorial. *J. Perinatol.* 42 : 1–2.
- WHO (2003). Kongoro mother care: A Practical Guide, Who.
- Widiyono (2021). Buku Referensi Betapa Menakjubkannya Terapi Musik Bagi Kesehatan, *Angewandte Chemie International Edition*, 6(11), 951–952.
- Wittkowski, A., Garrett, C., Calam, R., & Weisberg, D. (2017). Self-report measures of parental self-efficacy: A systematic review of the current literature. *J. Child Fam. Stud.* 26 : 2960–2978.
- Xiao, F., & Xian, Y. (2024). Enhancing the Nutrition and Dietary Patterns of Premature Infants by Optimizing Early Neonatal Nutrition. *Curr. Top. Nutraceutical Res.*
- Yazarloo, M., Hojjati, H., & Gharebagh, Z.A. (2020). The effect of spiritual self-care education on stress of mothers of premature infants admitted to NICU of hospitals affiliated to golestan university of medical sciences (2019). *Pakistan J. Med. Heal. Sci.* 14 : 1615–1619.
- Yilmaz, G., & Alemdar, D.K. (2022). The effect of supportive nursing interventions on reducing stress levels of mothers of infants in the neonatal intensive care unit: a randomized controlled trial. *Clin. Nurs. Res.* 31 : 941–951.
- Yolanda, D., Rahmadani, P., & Merianti, L. (2023). Alqur'an Muratal Therapy and Postpartum Blues. *Int. Heal. J.* 1 : 38–41.
- Yu, M., & Kim, K.E. (2016). A Structural Equation Model for Parenting Stress in Mothers of Premature Infants. *J. Child Fam. Stud.* 25 : 1334–1344.
- Zhang, R., Huang, R. wena, Gao, X. rongga, Peng, X. minga, Zhu, L. hui, Rangasamy, R., *et al.* (2018). Involvement of parents in the care of preterm infants: A pilot study evaluating a family-centered care intervention in a Chinese neonatal ICU. *Pediatr. Crit. Care Med.* 19 : 741–747.
- Zhang, X., Donnelly, B., Thomas, J., Sams, L., O'Brien, K., Taylor, S.N., *et al.* (2020). Growth in the High-Risk Newborn Infant Post-Discharge: Results

- from a Neonatal Intensive Care Unit Nutrition Follow-up Clinic. *Nutr. Clin. Pract.* 35 : 738–744.
- Zimet, G.D., Dahlem, N.W., Zimet, S.G., & Farley, G.K. (1988). The multidimensional scale of perceived social support. *J. Pers. Assess.* 52 : 30–41.
- Turner, M., Chur-Hansen, A., Winefield, H., & Stanners, M. (2015). The assessment of parental stress and support in the neonatal intensive care unit using the Parent Stress Scale - Neonatal Intensive Care Unit. *Women and Birth* 28 : 252–258.
- Utomo, M.T., Sampurna, M.T.A., Melisa, M., Permana, P.B.D., Angelo Albright, I., Etika, R., *et al.* (2022). Nurse workload, missed nursing care, and the contributing factors in the Neonatal Intensive Care Unit in a limited resource setting: A case from Indonesia. *F1000Research* 11 : 468.
- Vance, Ashlee J, Pan, W., Malcolm, W.H., & Brandon, D.H. (2020). Development of parenting self-efficacy in mothers of high-risk infants. *Early Hum. Dev.* 141 : 104946.
- Vance, Ashlee J., Pan, W., Malcolm, W.H., & Brandon, D.H. (2020). Development of parenting self-efficacy in mothers of high-risk infants. *Early Hum. Dev.* 141.
- Vargas-Porras, C., Roa-Díaz, Z.M., Hernández-Hincapié, H.G., Ferré-Grau, C., & de Molina-Fernández, M.I. (2021). Efficacy of a multimodal nursing intervention strategy in the process of becoming a mother: A randomized controlled trial. *Res. Nurs. Heal.* 44 : 424–437.
- Verma, R., Shibly, S., Fang, H., & Pollack, S. (2015). Do early postnatal body weight changes contribute to neonatal morbidities in the extremely low birth weight infants. *J. Neonatal. Perinatal. Med.* 8 : 113–118.
- Vesel, L., Kisenge, R., Koujalagi, M., Manji, K., Mvalo, T., Nayak, R., *et al.* (2022). Low Birthweight Infant Feeding Practices and Growth Patterns in the First Six Months of Life in Resource-Limited Settings. *Curr. Dev. Nutr.* 6 : 611.
- Villamizar-Carvajal, B., Vargas-Porras, C., & García-Corzo, J.R. (2018). Decrease of premature mothers' stress levels in the intensive care unit. *Enfermería*

*Intensiva (English ed.)* 29 : 113–120.

Villar, J., Giuliani, F., Bhutta, Z.A., Bertino, E., Ohuma, E.O., Ismail, L.C., *et al.* (2015). Postnatal Growth Standards for Preterm Infants: The Preterm Postnatal Follow-up Study of the INTERGROWTH-21(st) Project - PubMed. *Lancet Glob Heal.* 3 : 681–691.

Vohr, B.R. (2022). NICU discharge preparation and transition planning: editorial. *J. Perinatol.* 42 : 1–2.

WHO (2003). Kongoro mother care: A Practical Guide, Who.

Widiyono (2021). Buku Referensi Betapa Menakjubkannya Terapi Musik Bagi Kesehatan, *Angewandte Chemie International Edition*, 6(11), 951–952.

Wittkowski, A., Garrett, C., Calam, R., & Weisberg, D. (2017). Self-report measures of parental self-efficacy: A systematic review of the current literature. *J. Child Fam. Stud.* 26 : 2960–2978.

Xiao, F., & Xian, Y. (2024). Enhancing the Nutrition and Dietary Patterns of Premature Infants by Optimizing Early Neonatal Nutrition. *Curr. Top. Nutraceutical Res.*

Yazarloo, M., Hojjati, H., & Gharebagh, Z.A. (2020). The effect of spiritual self-care education on stress of mothers of premature infants admitted to NICU of hospitals affiliated to golestan university of medical sciences (2019). *Pakistan J. Med. Heal. Sci.* 14 : 1615–1619.

Yilmaz, G., & Alemdar, D.K. (2022). The effect of supportive nursing interventions on reducing stress levels of mothers of infants in the neonatal intensive care unit: a randomized controlled trial. *Clin. Nurs. Res.* 31 : 941–951.

Yolanda, D., Rahmadani, P., & Merianti, L. (2023). Alqur'an Muratal Therapy and Postpartum Blues. *Int. Heal. J.* 1 : 38–41.

Yu, M., & Kim, K.E. (2016). A Structural Equation Model for Parenting Stress in Mothers of Premature Infants. *J. Child Fam. Stud.* 25 : 1334–1344.

Zhang, R., Huang, R. wena, Gao, X. rong, Peng, X. ming, Zhu, L. hui, Rangasamy, R., *et al.* (2018). Involvement of parents in the care of preterm infants: A pilot study evaluating a family-centered care intervention in a Chinese neonatal ICU. *Pediatr. Crit. Care Med.* 19 : 741–747.

Zhang, X., Donnelly, B., Thomas, J., Sams, L., O'Brien, K., Taylor, S.N., *et al.* (2020). Growth in the High-Risk Newborn Infant Post-Discharge: Results from a Neonatal Intensive Care Unit Nutrition Follow-up Clinic. *Nutr. Clin. Pract.* 35 : 738–744.

Zimet, G.D., Dahlem, N.W., Zimet, S.G., & Farley, G.K. (1988). The multidimensional scale of perceived social support. *J. Pers. Assess.* 52 : 30–41.