

Pengaruh Perawatan Metode Kanguru Kombinasi *Maternal Singing* dengan Selawatan terhadap Perilaku Tidur-Terjaga Bayi Berat Lahir Rendah

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Abstrak

Latar Belakang : Bayi berat lahir rendah dengan segala pengalaman stress dan komplikasi yang di alaminya menyebabkan bayi mengalami kesulitan untuk beristirahat dan periode tidur menjadi terganggu. Musik dan Perawatan Metode Kanguru (PMK) termasuk dalam perawatan komplementer di Ruang NICU.

Tujuan : untuk mengetahui pengaruh perawatan metode kanguru kombinasi *maternal singing* dengan selawatan terhadap perilaku tidur-terjaga bayi berat lahir rendah

Tempat : Penelitian dilakukan bulan Mei-Juni 2018 di RSUD Wates

Metode : Rancangan penelitian *Quasy Experimental Non Equivalent pretest-posttest with control group* yang melibatkan 34 responden (17 kelompok intervensi dan 17 kelompok kontrol) dengan *concecutive sampling*. Pengukuran outcome perilaku tidur menggunakan *Anderson Behavioral State Scale* (ABSS). Uji beda untuk melihat pengaruh *maternal singing* terhadap perilaku tidur-terjaga bayi menggunakan *paired t-test*. Uji hipotesis membandingkan selisih rata-rata skor perilaku tidur-terjaga kedua kelompok menggunakan *uji independent t-test*.

Hasil : Uji beda dengan *paired t-test* menunjukkan penurunan rata-rata skor perilaku tidur bayi antara sebelum dan sesudah intervensi dengan selisih rerata (IK 95%) : -2,70 (-3,85-(-1,54)) dan nilai $p=0,000$. Beda selisih rerata skor perilaku tidur bayi antara kelompok intervensi dan kelompok kontrol adalah 3,73; IK 95% (1,76-5,70) dan nilai $p=0,001$.

Kesimpulan : Hasil penelitian menunjukan bahwa perawatan metode kanguru kombinasi *maternal singing* dengan selawatan berpengaruh terhadap penurunan rata-rata skor perilaku tidur bayi dengan berat lahir rendah

Kata Kunci : Perawatan metode kanguru, *maternal singing*, perilaku tidur-terjaga, bayi berat lahir rendah

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Effect of Kangaroo Mother Care Combined with Maternal Singing with Selawatan on Sleep-Awake Behavior of Low Birth Weight Baby

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Abstract

Background: Low birth weight babies with all experience of stress and complications that they experience cause the baby to have difficulty to rest and disturbed sleep period. Music and Kangaroo Mother Care included in complementary treatments in the NICU.

Objective: To determine the effect of kangaroo mother care combined with maternal singing with selawatan on sleep-awake behavior of low birth weight babies

Location: The study was conducted in May-June 2018 at RSUD Wates

Methods: Study design is Quasy Experimental Non Equivalent pretest-posttest with control group design involving 34 respondents (17 intervention groups and 17 control groups) with concecutive sampling. Measurement of outcome on sleep behavior using Anderson Behavioral State Scale (ABSS). Homogeneity analysis using Chi-Square test. Normality test using Shapiro-Wilk Test. Different test to see the effect of kangaroo mother care combine with maternal singing on baby sleep-awake behavior using paired t-test. Hypothesis test comparing the difference of mean sleep awake behavior score of both groups using independent t-test.

Result: Study result showed that the respondent characteristics of both group is homogen ($p>0,05$) and data were normally distributed ($p>0,05$). Different test with paired t-test showed a decrease in the mean baby sleep behavior score between before and after intervention with mean difference of -2,70; IK 95% (-3,85 – (-1,54)) p value=0,000. The mean difference of baby sleep behavior score between intervention group and control group is 3,73; IK 95% (1,76 - 5,70) and p value=0,001.

Conclusion: The study results showed that kangaroo mother care combined with maternal singing with selawatan affects the decrease in mean sleep behavior score of low birth weight baby

Keywords: Kangaroo mother care, maternal singing, sleep-awake behavior, low birth weight baby

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