

ABSTRAK

EFEKTIFITAS MEDIA *BOOKLET* PERAWATAN BBLR DI RUMAH TERHADAP KESIAPAN IBU MERAWAT BBLR SEBELUM PEMULANGAN DI RSUD WONOSARI TAHUN 2023

Shintha Kusumaning Pribadi, Yulianti Eka Purnamaningrum, Anton Kristidjono
Prodi Sarjana Terapan Kebidanan.
Jurusan Kebidanan Poltekkes Kemenkes Yogyakarta.
Jalan Mangkuyudan MJ III/304

Latar Belakang: Edukasi sangat penting dilakukan sebagai program perencanaan pulang untuk membantu ibu meningkatkan pengetahuan dan keterampilan ibu merawat bayinya saat mempersiapkan kepulangan ibu dan bayi. *Booklet* merupakan salah satu media edukasi yang memiliki informasi yang lengkap untuk menambah pengetahuan ibu.

Tujuan: Mengetahui apakah media *booklet* efektif terhadap peningkatan kesiapan ibu dalam merawat BBLR sebelum pemulangan dari Rumah Sakit di RSUD Wonosari, Gunungkidul.

Metode: Penelitian ini merupakan penelitian kuantitatif. Metode penelitian yang digunakan adalah *quasi eksperimen* dengan *design pre test-post test with control group*. Penelitian ini dilaksanakan pada 02 Februari sampai 25 Maret 2023. Populasi dalam penelitian ini adalah Ibu yang memiliki bayi dengan kriteria BBLR di RSUD Wonosari. Sampel dalam penelitian ini ada 26 responden kelompok eksperimen dan 26 responden kelompok kontrol. Penelitian ini menggunakan data primer Analisa data menggunakan uji Paired T-Test.

Hasil: Pada kelompok eksperimen didapatkan data rentang usia responden sebanyak 76,9 % antara 20-35 tahun. 88,5% merupakan ibu tidak bekerja, 84,6% responden mendapatkan dukungan sosial, 53,8% berpendidikan menengah, dan 50% merupakan primipara. Pada kelompok kontrol didapatkan data usia responden sebanyak 76,9% , antara 20-35 tahun. 76,9% ibu tidak bekerja, 84,6% mendapatkan dukungan sosial dengan tingkat pendidikan 50% berpendidikan menengah dan 57,7% merupakan primipara. Hasil analisis data sebelum dan sesudah dilakukan penyuluhan dengan media *booklet* pada kelompok eksperimen rata- rata kesiapan ibu $5,000 \pm 1,846$. Sedangkan perbedaan rata-rata kesiapan pada kelompok kontrol sebelum dan sesudah penyuluhan dengan media leaflet yaitu $2,714 \pm 1,243$. Kedua perlakuan tersebut meningkatkan kesiapan ibu akan tetapi perbedaan rata-rata kesiapan sebelum dan sesudah pada kelompok eksperimen yaitu penyuluhan dengan media *booklet* lebih besar. Selain itu, selisih rata- rata antara responden yang dilakukan penyuluhan dengan media *booklet* dan penyuluhan dengan media leaflet adalah $2,286 \pm 0,421$ dengan p-value $0,000 \leq 0,05$ maka H_0 ditolak dan H_a diterima.

Kesimpulan: Media *Booklet* perawatan BBLR di Rumah efektif dalam meningkatkan kesiapan ibu dalam merawat BBLR sebelum pemulangan di RSUD Wonosari.

Kata kunci: *booklet*, BBLR, kesiapan, perawatan bayi

ABSTRACT

MEDIA EFFICIENCY OF THE LOW-BIRTH-WEIGHT BABIES PUBLICATIONS BOOKLET AT HOME TOWARDS THE MOTHER'S PREPARATIONS TO CARE FOR THE BABIES BEFORE DISCHARGE IN RSUD WONOSARI IN 2023

*Shintha Kusumaning Pribadi, Yuliasti Eka Purnamaningrum, Anton Kristidjono
Applied Midwifery Undergraduate Study Program.
Department of Midwifery Poltekkes Kemenkes Yogyakarta.
Jalan Mangkuyudan MJ III/304*

Background: Education is very important as a home planning program to help mothers improve their knowledge and skills of mothers caring for their babies when preparing for the mothers' and babies' return. The booklet is an educational medium with complete information to increase mothers' knowledge.

Objective: Find out if the media booklet effectively improves the mother's readiness in treating low-birth-weight babies before returning from the Hospital in RSUD Wonosari, Gunungkidul.

Methods: This research is quantitative. The research method used is quasi-experimental with the design of pretest-posttest with a control group. The study was conducted from February 02 to March 25, 2023. The population in this study is a mother who has a baby with BBLR criteria in RSUD Wonosari. The sample in this study included 26 respondents in the experimental group and 26 respondents in the control group. This study uses primary data Analysis data using the Paired T-Test test.

Results: In the experimental group, data were obtained for the age range of respondents of 76.9% between 20-35 years. 88,5% were unemployed mothers, 84.6% received social support, 53.8% had secondary education, and 50% were primary. In the control group obtained data of the age of respondents of 76.9%, between 20-35 years. 76.9% of mothers are not working, 84.6% receive social support with a level of education 50% secondary education, and 57.7% are primary. Results of data analysis before and after disclosure with media booklet on the experimental group - average mother readiness $5,000 \pm 1,846$. Meanwhile, the average difference in readiness for the control group before and after counselling with the leaflet media is $2,714 \pm 1,233$. Both treatments increased the mother's readiness, but the average difference in readiness before and after the experimental group is that the counselling with the booklet media is greater. In addition, the average difference between respondents who performed booklet media disclosure and media leaflet disclosures was $2,286 \pm 0,421$ with a p-value of $0,000 \leq 0,05$ then H_0 was rejected and H_a was accepted.

Conclusion: Media Booklet for low-birth-weight babies treatment at home effectively increases mothers' readiness to care for the babies before discharge from RSUD Wonosari.

Keywords: booklet, low-birth-weight babies, readiness, baby care