

## Pengaruh Paket Pendidikan Kesehatan Pada Ibu Terhadap Praktik Perawatan Bayi Berat lahir Rendah di Jakarta Pusat = The Effect of Health Education Package on Mothers Towards the Practice of Low-Birth-Weight Infant Care in Central Jakarta

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### Abstrak

Pendidikan kesehatan pada ibu dapat meningkatkan praktik perawatan bayi berat lahir rendah (BBLR), namun kemampuan ibu untuk melakukan praktik perawatan BBLR di rumah belum banyak digali. Penelitian ini bertujuan untuk menilai pengaruh paket pendidikan kesehatan pada ibu terhadap praktik perawatan BBLR di Jakarta Pusat. Penelitian dilakukan terhadap 159 ibu dengan BBLR yang bayinya dinyatakan boleh pulang dari ruang Perinatologi dengan pendekatan quasi eksperimen (78 ibu kelompok intervensi dan 81 ibu kelompok kontrol) dan teknik pengambilan sampel secara consecutive sampling. Ibu dengan BBLR yang berdomisili di wilayah intervensi mendapatkan paket pendidikan kesehatan yang diberikan oleh perawat puskesmas.

Paket pendidikan kesehatan terdiri dari penyuluhan tentang perawatan BBLR, yang diberikan pada 3-5 hari setelah BBLR keluar RS dan pendampingan pada ibu dan keluarga pada minggu ke-2 dan ke-6 setelah penyuluhan atau pengukuran awal. Ibu yang berdomisili di wilayah kontrol mendapatkan booklet tentang perawatan BBLR. Kedua kelompok dilakukan pengukuran dengan waktu yang sama sebanyak 4x yaitu 3 hari setelah keluar RS, 2, 6 dan 12 minggu setelah penyuluhan atau pengukuran awal. Pengumpulan data kualitatif juga dilakukan untuk melengkapi informasi yang diperlukan setelah mendapatkan gambaran hasil kuantitatif. Analisis multivariat dilakukan dengan Regresi Linier Ganda General Estimating Equation (GEE).

Hasil memperlihatkan pemberian paket pendidikan kesehatan pada ibu dengan BBLR memberikan efek peningkatan praktik ibu dalam perawatan BBLR sebesar 25,19%. Praktik perawatan BBLR pada ibu di kelompok intervensi lebih tinggi dibandingkan kelompok kontrol pada setiap waktu pengukuran ( $p=0,000$ ). Variabel sikap dan dukungan kader kesehatan yang dilatih merupakan konfonder yang mempengaruhi hubungan pendidikan kesehatan terhadap praktik ibu dalam perawatan BBLR.

Kesimpulan: Pemberian paket pendidikan kesehatan yang dilakukan berkelanjutan selama 6 minggu berdampak efektif terhadap peningkatan praktik perawatan BBLR di rumah dan terhadap peningkatan status kesehatan bayi. Paket pendidikan kesehatan dapat dikembangkan di komunitas dengan melibatkan kader kesehatan untuk memberikan pendampingan pada ibu dengan BBLR diwilayahnya. Pelatihan ataupun sosialisasi tentang perawatan BBLR perlu diberikan pada tenaga kesehatan puskesmas dan kader kesehatan, sehingga dapat melakukan pendampingan secara tepat pada ibu dengan BBLR.

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Health education for mothers can improve low birth weight (LBW) infant care practices. Yet, the ability of mothers to exercise LBW infant care at home has not been much explored. This study aims to assess the effect of health education packages on mothers towards LBW infant care practices in Central Jakarta. The

study was conducted on 159 LBW mothers whose babies were permitted to return from the perinatology room with a quasi-experimental approach (78 mothers in the intervention group and 81 mothers in the control group). The sampling technique of this study was consecutive sampling. LBW mothers who were domiciled in the intervention areas received health education packages provided by nurses in health centers.

The health education package consisted of counseling on LBW care given in 3-5 days after LBW infant out of the hospital and mentoring for mothers and families at the 2nd and 6th weeks after counseling or initial measuring. Mothers who lived in the control area received a booklet on LBW infant care. The two groups were measured with the same time as much as 4 times, which was 3 days after leaving the hospital, 2, 6 and 12 weeks after counseling or the initial measurements. Qualitative data collection were also done to complete the information needed after getting a picture of the quantitative results. Multivariate analysis was carried out with Multiple Linear Regression General Estimating Equation (GEE).

The results showed the provision of health education packages to mothers with LBW have an effect to increase the practice of mothers in LBW infant care by 25.19%. The practice of LBW infant care among mothers in intervention group were higher than those in control groups at each measurement ( $p = 0,000$ ). The attitude and support of trained health cadres variable are confounders that influence the relationship of health education to the practice of mothers in LBW care.

**Conclusion:** The provision of health education packages carried out continuously for 6 weeks has an effective impact on improving the practice of LBW infant care at home and has an impact on improving the health status of infants. Community-based health education packages developed by involving health cadres to provide assistance to mothers with LBW infant in their area. Training or socialization of LBW infant care to be given to health center workers and cadres, so they could provide appropriate assistance to LBW mothers.