

# Pengaruh paket pendidikan kesehatan 'rindu' terhadap kesiapan ibu merawat bayi prematur setelah pulang dari rumah sakit di Kediri = The influence of 'RINDU' health education package to mother readiness for preterm infant caring after returning from Hospital in Kediri

Erna Rahma Yani, author

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## Abstrak

Low birth weight (LBW) and preterm birth are the most cause of infant death. After going home there is a problem of preterm infant care due to inadequate and inability mother to anticipate the emergency condition that threat the baby. The purpose of this study is to identify the influence of 'RINDU' health education package to mother readiness for nurturing preterm baby at home. The design of the study is quasi-experimental with pretest-posttest control group. The samples of this study was 50 mothers of preterm infant treated in Aura Syifa, Melinda, Muhammadiyah, and Gambiran district hospital at Kediri. The samples was devided in two groups, 25 participants of intervention group and 25 participants of control group.

Descriptive statistic were gotten the data that almost 56% mother were 25th years, 88% had the under junior high school, 52% participants had income more than Rp 450.000,00 and 76% had no experience to preterm infant care.

There are significant differences in the readiness of the mother in intervention and control group for caring preterm infant at home ( $p=0,000$ ;  $=0,05$ ). Readiness of mother take care of preterm infant is not influenced by age, education, incomes and experience ( $p>0,05$ ). 'RINDU' health education package effectively used to improve knowledge, attitude, and skill of mother to care the preterm babies at home. Nursing services in hospital should be using 'RINDU' a health education package as an independent nursing intervention programe for preterm infant's mother.