

# Pengaruh Stimulasi Taktil Kinestetik terhadap Pertumbuhan, Neurobehaviour, Perkembangan Kognitif dan Bahasa pada Bayi Prematur : Suatu Studi Intervensi = Effect Tactile Kinesthetic Stimulation on Growth Neurobehaviour Cognitive and Language Development of Preterm Neonates an Intervention Study

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## Abstrak

Latar belakang: Bayi prematur berisiko mengalami gangguan pertumbuhan dan keterlambatan perkembangan. Stimulasi taktil kinestetik STK dini diperlukan untuk meningkatkan luaran tumbuh kembang pada bayi prematur. Tujuan: Menilai pengaruh STK pada bayi prematur. Metode: Studi intervensi bulan Agustus 2015-Juli 2017 di Unit Neonatologi RSCM. Subjek penelitian adalah bayi prematur, direkrut dengan randomisasi dibagi menjadi dua kelompok a perlakuan b kontrol. STK dilakukan tiga kali 15 menit setiap hari selama 10 hari. Pengukuran antropometri, neurobehaviour skor Dubowitz, perkembangan kognitif dan bahasa dinilai pada kedua kelompok. Hasil: Total 126 bayi 63 kelompok perlakuan, 63 kelompok kontrol didapatkan kenaikan BB, PB lebih baik pada kelompok perlakuan dibandingkan kontrol  $p < 0,05$ . Perkembangan kognitif, bahasa di antara kedua kelompok tidak berbeda signifikan DQ-CLAMS, DQ-CAT, FSDQ,  $p > 0,05$ . Simpulan: STK merupakan salah satu intervensi efektif untuk pertumbuhan bayi late preterm.

.....Background Preterm neonates are at risk of impaired growth and development. These neonates need tactile kinesthetic stimulation TKS at early age that hypothesized to have good outcome of growth development in their life. Objective To evaluate the effects of TKS in preterm neonates. Method An interventional study conducted during August 2015 July 2017 in Neonatal Unit Cipto Mangunkusumo Hospital. Preterm neonates recruited by random sampling, divided into two groups a intervention b control. TKS was provided three times 15 minute periods per day for 10 days to intervention group. Changes in anthropometri, neurobehaviour Dubowitz Score, cognitive and language skill were assessed in both groups. Results There were 126 preterm neonates 63 in intervention group, 63 in control group. Over the 10 day TKS period, the intervention group gained significantly more weight, height increment compared to the control group  $p < 0.05$ . There was no significant difference in cognitive, language in both groups DQ CLAMS, DQ CAT, FSDQ,  $p > 0.05$ . Conclusion TKS can be an effective way to enhance growth in late preterm neonates.