

# Aplikasi teori adaptasi Roy dan Loss and Grieving Kubler Ross pada ibu Post Partum dengan intra uterine fetal death (IUFD): laporan kasus = Applications of the adaptation nursing theory of Roy and Loss and Grieving Kubler Ross on Mother Post Partum with Intra Uterine Fetal Death (IUFD)

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## Abstrak

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Intrauterine fetal death (IUFD) adalah janin yang mati dalam rahim dengan berat 500 gram atau lebih atau kematian janin dalam rahim pada kehamilan 20 minggu atau lebih. Terdapat beberapa faktor penyebab IUFD yaitu maternal, fetal, dan plasenta. Kematian janin akan berdampak pada fisik maupun psikologis ibu sehingga dapat memengaruhi adaptasi mereka terhadap lingkungan. Teori adaptasi Roy dan Loss and Grieving Kubler Ross mengkaji dan menganalisa secara mendalam respon seseorang dalam beradaptasi terhadap perubahan serta membantu seseorang dalam mencapai adaptasinya baik secara fisiologis maupun psikologis. Penerapan teori adaptasi Roy dan Kubler Ross dalam lima kasus ini ditemukan masalah keperawatan berkaitan dengan fisik dan psikologis. Diagnosa yang muncul pada ibu post partum dengan IUFD sesuai dengan literatur diantaranya nya gangguan rasa nyaman nyeri, berduka dan kehilangan, gangguan istirahat dan tidur, defisit nutrisi, inefektif menyusui, resiko infeksi, gangguan keseimbangan volume cairan. Hasil intervensi yang dilakukan berdasarkan prinsip adaptasi Roy dan Loss and Grieving Kubler Ross pada kelima kasus menunjukkan bahwa aplikasi teori tersebut berhasil membantu menyelesaikan masalah keperawatan dan meningkatkan adaptasi dan mekanisme coping klien.

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### **ABSTRACT**

Intrauterine fetal death (IUFD) is a dead fetus in the womb with the weight 500 grams or more or death of the fetus in the womb at 20 weeks or more. There are several factors causing IUFD that is maternal, fetal, and placenta. Fetal death will have an impact on the physical and psychological mothers so as to influence their adaptation to the environment. Roy and Loss and Grieving's adaptation theory Kubler Ross examines and analyzes in depth a person's response to adaptation to change and helps one achieve his or her adaptation both physiologically and psychologically. The application of the theory of adaptation Roy and Kubler Ross in these five cases found nursing problems related to physical and psychological. Diagnosis that occurs in the post-partum mother with IUFD in accordance with the literature between the discomfort of pain, loss and grieving, rest and sleep disorders, nutritional deficits, ineffective breastfeeding, infection risk, disturbance of fluid volume balance. The results of the intervention based on Roy's adaptation principle and Loss and Grieving Kubler Ross in the five cases indicate that the application of the theory successfully helped solve nursing problems and improve client's coping and adaptation mechanisms.