

# Efektifitas Perencanaan Pulang Bayi Berat Lahir Rendah Berbasis Aplikasi Mobile terhadap Stres Ibu, Kepercayaan Diri Ibu dan Kesehatan Bayi = The Effectiveness of Mobile Application-Based Discharge Planning for Low Birth Weight Babies Towards Maternal Stress, Maternal Confidence and Baby Health

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## Abstrak

Proses pemulangan bayi berat badan lahir rendah (BBLR) dari rumah sakit ke rumah menjadi proses transisi yang sulit bagi orang tua. Ibu yang memiliki BBLR cenderung memiliki kepercayaan diri rendah dan mengalami stres dalam melakukan perawatan bayi. Tujuan penelitian ini adalah menganalisis efektifitas perencanaan pulang bayi berat lahir rendah berbasis aplikasi mobile terhadap stres ibu, kepercayaan diri ibu dan kesehatan bayi. Penelitian ini menggunakan desain penelitian dengan sequential exploratory mixed methods. Penelitian tahap pertama menggunakan pendekatan deskriptif kualitatif dengan delapan ibu yang memiliki BBLR yang dipilih secara purposive sampling. Aplikasi perencanaan pulang BBLR dibangun dari hasil penelitian kualitatif, studi literatur dan konsultasi pakar. Penelitian tahap kedua menggunakan desain quasi experiment pre-post test with control group, melibatkan 42 responden pada kelompok perlakuan dan 42 responden kelompok kontrol. Hasil penelitian kualitatif menemukan tiga tema yaitu (a) informasi perawatan rutin bayi (b) variasi sumber informasi (c) jenis komunikasi yang diperlukan. Hasil uji Generalized Linear Models Repeated Measures (GLM RM), secara simultan menunjukkan perbedaan pengaruh perencanaan pulang BBLR berbasis aplikasi mobile pada keseluruhan waktu pengamatan saat masuk RS, keluar RS dan setelah empat minggu keluar RS ( $p < 0.05$ ). Hasil independent t-test didapatkan bahwa ada pengaruh perlakuan secara signifikan terhadap stres ibu dan kepercayaan diri ibu dan hasil Mann-Whitney U test menunjukkan pengaruh perlakuan terhadap kesehatan bayi setelah empat minggu keluar RS ( $p < 0.05$ ). Perencanaan pulang yang ditindak lanjuti dengan asuhan berkelanjutan dapat digunakan di tatanan layanan kesehatan untuk membantu ibu dalam menyiapkan kepulangan BBLR ke rumah dan memandirikan ibu dalam perawatan bayi di rumah.

.....The discharge process of low birth weight (LBW) babies from the hospital to home is a difficult transition process for parents. Mothers with LBW tend to lack confidence and face stressful situations in caring for their babies. The purpose of this study is to analyze the effectivity of mobile application-based LBW discharge planning and follow up care on maternal stress, confidence, and the baby's health. This study uses sequential exploratory mixed methods as the research design. The first phase of this research used qualitative descriptive approach with 8 participants consisting of mothers with LBW, selected with purposive sampling method. The LBW discharge planning application was built from the results of qualitative research, literature studies, and expert consultations. While the second phase used a quasi-experiment pre-post test with control groups, involved 42 respondents that belonged to treatment group and 42 other that belonged to control group. The results of the qualitative research found 3 themes: a) routine baby care information, b) information source variations, and c) type of communication needed. The results of the Generalized Linear Models Repeated Measures (GLM RM) test simultaneously show differences in the effect of mobile application-based LBW discharge planning on the overall observation time at hospital

admission, hospital discharge, and after four weeks of hospital discharge ( $p < 0.05$ ). The results of the independent t-test found that there was a significant effect of treatment on the mother's stress and self-confidence, and the results of the Mann-Whitney U test showed the effect of treatment on the baby's health after four weeks of discharge from the hospital ( $p < 0.05$ ). Discharge planning, reinforced by follow-up care, can be carried out in a healthcare setting to assist mothers in preparing for the return of LBW to their homes and empower them to care for babies at home.