

Penurunan Kecemasan Postpartum dan Peningkatan Ikatan Ibu Bayi akibat Perawatan Terpisah melalui Regularly Video Call dan Guided Imagery = Decreased Postpartum Anxiety and Increased Maternal Bonding due to Separate Care Through Regularly Video Call and Guided Imagery

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Abstrak

Latar belakang. Perawatan terpisah ibu dan bayi baru lahir merupakan kondisi yang tidak fisiologis. Kondisi ini membatasi kemampuan ibu untuk dapat merawat bayinya sehingga ibu merasa tidak berdaya, menimbulkan kecemasan serta memengaruhi ikatan ibu bayi.

Tujuan. Menguji perbandingan efektivitas intervensi regularly video call saja dengan intervensi gabungan regularly video call dan guided imagery dalam menurunkan kecemasan ibu postpartum dan meningkatkan ikatan ibu-bayi akibat perawatan terpisah.

Metode. Desain penelitian berupa quasy experimental pada 70 ibu postpartum di RSAB Harapan Kita pada bulan Februari-April 2024.

Hasil. Penelitian menunjukkan ada perbedaan yang signifikan pada kecemasan postpartum (p value 0,000) dan ikatan ibu bayi (p value 0,000) sebelum dan setelah intervensi pada kedua kelompok. Perbandingan efektivitas intervensi menunjukkan bahwa regularly video call dan guided imagery berpengaruh terhadap penurunan kecemasan sebesar 19,5% (p value 0,012) namun tidak berpengaruh terhadap peningkatan ikatan ibu bayi sebesar 18% (p value 0,096).

Diskusi. Temuan utama penelitian ini menunjukkan bahwa intervensi regularly video call efektif untuk mengurangi kecemasan postpartum dan meningkatkan ikatan ibu bayi. Regularly video call dapat dijadikan intervensi alternatif bagi ibu yang dilakukan perawatan terpisah.

.....Introduction. Separate care of mother and newborn is unphysiological condition. This condition is limiting mother to take care her baby, so that mother is feeling powerless, anxiety, and decreasing maternal bonding.

Purpose. To examine the effectiveness between regularly video call, and combination of regularly video call and guided imagery to reducing postpartum maternal anxiety and increasing maternal bonding due to separate care.

Method. This research design used a quasy experimental on 70 postpartum mothers at RSAB Harapan Kita in February-April 2024.

Result. This study showed that were significant differences in postpartum anxiety (p value 0.000) and maternal bonding (p value 0.000) before and after intervention in both groups. Comparison the effectiveness of intervention showed that regularly video call and guided imagery had a significant effect to reducing anxiety by 19,5% (p value 0.012), but didn't have a significant effect on increasing maternal bonding by 18% (p value 0.096).

Discussion. The main findings of this study showed that regularly video call intervention was effective to reducing postpartum anxiety and improving maternal bonding. Regularly video call can be used as an alternative intervention for mothers who are treated separately.