

**ABSTRAK**

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**Pengaruh Pendidikan Kesehatan terhadap Pengetahuan, Sikap, dan Perilaku Ibu dalam Merawat Bayi Berat Badan Lahir Rendah (BBLR) di Rumah Sakit Umum Daerah Tugurejo Semarang**

**xvi+ 68 Halaman + 10 Tabel + 4 Gambar + 13 Lampiran**

Angka kematian bayi Berat Badan Lahir Rendah (BBLR) dan rehospitalisasi di RSUD Tugurejo masih tinggi akibat ketidakmampuan ibu dalam merawat bayi BBLR. Dari 38 bayi BBLR yang dipulangkan pada Desember 2014, 2 bayi mengalami penurunan berat badan, 2 bayi mengalami hipotermi, dan 2 bayi mengalami gangguan nafas. Penelitian ini bertujuan untuk mengetahui pengaruh pendidikan kesehatan terhadap pengetahuan, sikap, dan perilaku ibu dalam merawat bayi BBLR di RSUD Tugurejo Semarang.

Penelitian eksperimen dengan desain *pre post test with control group*. Populasi dalam penelitian ini adalah semua bayi BBLR yang lahir di RSUD Tugurejo Semarang pada Agustus - Oktober 2015. Subjek penelitian sejumlah 42 ibu yang dipilih secara *consecutive sampling*. Data dikumpulkan dengan wawancara menggunakan kuesioner terstruktur. Data dianalisis dengan *wilcoxon signed ranks test, paired sample test, Independent T Test* dan *Mann whitney*

Hasil penelitian menunjukkan adanya peningkatan rerata skor pengetahuan pada kelompok intervensi dari  $58,0 \pm 10,81$  menjadi  $65,1 \pm 12,17$  ( $p=0,001$ ), sedangkan pada kelompok control tidak ada peningkatan. Peningkatan rerata skor sikap dari  $67,5 \pm 4,85$  menjadi  $68,4 \pm 5,05$  ( $p=0,001$ ), sedangkan pada kelompok control tidak ada peningkatan. Peningkatan rerata skor perilaku dari  $2,1 \pm 0,99$  menjadi  $5,7 \pm 1,15$  ( $p=0,001$ ) sedangkan kelompok control dari  $2,0 \pm 0,84$  menjadi  $3,2 \pm 1,22$  ( $p=0,001$ ). Peningkatan skor pengetahuan ( $p=0,008$ ) dan perilaku ( $p=0,001$ ) pada kelompok intervensi lebih tinggi dibanding kelompok kontrol

Pendidikan kesehatan yang dilaksanakan di ruang Perinatologi Rumah Sakit Umum Daerah Tugurejo meningkatkan pengetahuan dan perilaku ibu dalam merawat BBLR. Diharapkan petugas kesehatan melaksanakan pendidikan kesehatan pada ibu yang memiliki bayi BBLR sebelum bayi diijinkan pulang.

Kata kunci : Pendidikan Kesehatan, Pengetahuan, Sikap, Perilaku Ibu dalam Merawat BBLR

Kepustakaan: 37 (2003-2014)

## ABSTRACT

**Asri Budiarti**

**The Influence of Health Education towards Knowledge, Attitude, and Practice of Mothers in caring for Low-Birth Weight Babies (LBWB) at Tugurejo Public Hospital in Semarang  
xvi + 68 pages + 10 tables + 4 figures + 13 appendices**

Infant Mortality Rate with Low-Birth Weight and rehospitalisation at Tugurejo Public Hospital was high due to inability of mothers in caring for Low-Birth Weight Babies (LBWB). From 38 LBWB who were returned in December 2014, weight of two babies decreased, two babies suffered from hypothermia, and two babies suffered from respiratory disorder. The aim of this study was to figure out the influence of health education towards knowledge, attitude, and practice of mothers in caring for LBWB at Tugurejo Public Hospital in Semarang.

This was an experimental study using pretest-posttest with control group. Population was all LBWB born at Tugurejo Public Hospital in Semarang during the period of August – October 2015. Number of samples were 42 mothers selected using a technique of consecutive sampling. Data were collected using a structured questionnaire and analysed using wilcoxon signed ranks test, paired sample t test, independent t test and Mann-Whitney test.

The results of this research showed that mean score of knowledge in an intervention group increased from  $58.0 \pm 10.81$  to  $65.1 \pm 12.17$  ( $p=0.001$ ), otherwise there was no increase in a control group. Similarly, mean score of attitude rose from  $67.5 \pm 4.85$  to  $68.4 \pm 5.05$  ( $p=0.001$ ) in the intervention group and there was no increase in the control group. Meanwhile, mean score of practice mounted from  $2.1 \pm 0.99$  to  $5.7 \pm 1.15$  ( $p=0.001$ ) whereas in the control group, mean score of practice went up from  $2.0 \pm 0.84$  to  $3.2 \pm 1.22$  ( $p=0.001$ ). The increase of scores of knowledge ( $p=0.008$ ) and practice ( $p=0.001$ ) in the intervention group was higher than that of in the control group.

Health education conducted in a Perinatology Room at Tugurejo Public Hospital was to improve knowledge and practice of mothers in caring for LBWB. Health officers are expected to implement health education for mothers who have LBWB before they are allowed backing home.

Keywords : Health Education, Knowledge, Attitude, Practice of Mothers in Caring LBWB

Bibliography: 37 (2003-2014)