

ABSTRAK

Masalah BBLR yang utama yaitu pemenuhan asupan nutrisi tidak adekuat yang bisa disebabkan oleh tidak baiknya refleks *rooting-sucking*. Peningkatan refleks *rooting-sucking* bisa ditingkatkan dengan pemberian perawatan metode kanguru disertai musik *mozart*. Tujuan penelitian untuk mengetahui refleks *rooting sucking* pada BBLR sebelum dan setelah dilakukan perawatan metode kanguru disertai musik *mozart* di ruang Melati RSUD Kota Bandung.

Desain penelitian berupa *Quasi Eksperiment two group pretest-posttest design*. Populasi sebanyak 50 orang. Teknik pengumpulan sampel *purposive sampling* dengan 18 orang kelompok intervensi perawatan metode kanguru dan 18 orang kelompok intervensi perawatan metode kanguru disertai musik *mozart*. Data dalam bentuk distribusi frekuensi dan uji pengaruh menggunakan *wilcoxon* dan uji beda menggunakan *mann whitney*.

Hasil penelitian diketahui refleks *rooting-sucking* sebelum perawatan metode kanguru lebih dari setengahnya tidak baik (66,7%) dan setelah dilakukan menjadi sedang (50%). Refleks *rooting-sucking* sebelum dilakukan perawatan metode kanguru disertai musik *mozart* lebih dari setengahnya tidak baik (72,2%) dan setelah dilakukan menjadi baik (66,7%). Terdapat pengaruh perawatan metode kanguru terhadap refleks *rooting- sucking* pada BBLR ($p\text{-value } 0,004 < 0,05$). Terdapat pengaruh perawatan metode kanguru disertai musik *mozart* terhadap refleks *rooting-sucking* pada BBLR ($p\text{-value } 0,000 < 0,05$). Ada perbedaan signifikan antara perawatan metode kanguru dengan perawatan metode kanguru disertai musik *mozart* terhadap refleks *rooting-sucking* ($p\text{-value } 0,009 < 0,05$).

Simpulan didapatkan hasil bahwa perawatan metode kanguru disertai musik *mozart* lebih efektif meningkatkan refleks *rooting-sucking* dibandingkan BBLR yang hanya dilakukan perawatan metode kanguru saja. Disarankan kepada Rumah Sakit supaya pemberian perawatan metode kanguru disertai musik *mozart* sebagai upaya meningkatkan refleks *rooting-sucking* pada BBLR.

Kata Kunci : BBLR, Musik *Mozart*, Perawatan Metode Kanguru
Sumber : 28 buku (2016-2019)
8 Jurnal (2015-2018)

ABSTRACT

The main problem of LBW is the fulfillment of inadequate nutritional intake which can be caused by poor rooting-sucking reflex. Improvement of the rooting-sucking reflex can be improved by giving the kangaroo method of care accompanied by Mozart music. The purpose of this study was to determine the rooting sucking reflex in LBW before and after the kangaroo method treatment with Mozart music in the Melati room of the Bandung City Hospital.

The research design was a quasi-experimental two group pretest-posttest design. The population is 50 people. The sampling technique was purposive sampling with 18 people in the intervention group with the kangaroo method and 18 in the intervention group with the kangaroo method with Mozart music. Data in the form of frequency distribution and influence test using Wilcoxon and different test using Mann Whitney.

The results showed that more than half of the rooting-sucking reflex before treatment with the kangaroo method was not good (66.7%) and after it was done it became moderate (50%). More than half of the rooting-sucking reflex before being treated with the kangaroo method with Mozart music was not good (72.2%) and after being treated it was good (66.7%). There is an effect of kangaroo care method on rooting-sucking reflex in LBW ($p\text{-value } 0.004 < 0.05$). There is an effect of kangaroo treatment with Mozart music on the rooting-sucking reflex in LBW ($p\text{-value } 0.000 < 0.05$). There was a significant difference between kangaroo method treatment and kangaroo treatment with Mozart music on the rooting-sucking reflex ($p\text{-value } 0.009 < 0.05$).

The conclusion is that the kangaroo method treatment with Mozart's music is more effective in improving the rooting-sucking reflex than LBW who is only treated with the kangaroo method. It is recommended to the hospital that the kangaroo method of treatment is accompanied by Mozart music as an effort to improve the rooting-sucking reflex in LBW.

Keywords : Kangaroo Method Care, LBW, Mozart's Music
Source : 28 books (2016-2019)
8 Journals (2015-2018)