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HUBUNGAN DUKUNGAN KELUARGA DENGAN KEMAMPUAN IBU POSTPARTUM DALAM PERAWATAN TALI PUSAT BAYI BARU LAHIR DI WILAYAH KERJA PUSKESMAS GUNUNG SARI ULU

ABSTRAK

Latar Belakang: Perawatan bayi yang baru lahir adalah upaya yang dilakukan untuk menjaga kesehatan bayi dengan melibatkan aktivitas seperti mandi bayi secara akurat dan perawatan tali pusat yang dapat mencegah terjadinya infeksi dan mempercepat proses pelepasan tali pusat. Hasil studi pendahuluan yang dilakukan di Puskesmas Gunung Sari Ulu didapatkan data jumlah bayi baru lahir pada tahun 2020 sebanyak 283 bayi, tahun 2021 sebanyak 216 bayi, tahun 2022 sebanyak 216 bayi dan periode Januari-April 2023 sebanyak 72 bayi. Hasil wawancara tentang dukungan keluarga dengan 10 ibu postpartum diperoleh 6 orang mendapatkan dukungan yang baik dari keluarganya dan 4 orang kurang mendapatkan dukungan dari keluarganya. Hasil wawancara tentang tentang perawatan tali pusat diperoleh 3 ibu postpartum mengerti tentang perawatan tali pusat dan 7 ibu postpartum kurang memahami perawatan tali pusat. Penelitian ini bertujuan untuk mengetahui hubungan dukungan keluarga dengan kemampuan ibu postpartum dalam perawatan tali pusat bayi baru lahir di Wilayah Kerja Puskesmas Gunung Sari Ulu.

Metode: Jenis penelitian menggunakan penelitian kuantitatif dengan desain penelitian deskriptif korelasional dengan pendekatan *cross sectional* Populasi penelitian adalah ibu nifas di Wilayah Kerja Puskesmas Gunung Sari Ulu Kota Balikpapan dan teknik pengambilan sampel menggunakan *total sampling* sebanyak 82 orang. Pengumpulan data menggunakan lembar kuesioner. Analisis data adalah analisis univariat dan analisis bivariat menggunakan uji *chi square* (χ^2).

Hasil: Gambaran dukungan keluarga ibu postpartum dengan kategori tinggi yaitu 42 orang (51,2%) dan kategori rendah yaitu 40 orang (48,8%). Gambaran kemampuan ibu postpartum dalam perawatan tali pusat bayi baru lahir dengan kategori baik yaitu 50 orang (61%), kategori cukup yaitu 28 orang (34,1%) dan kategori kurang yaitu 11 orang (4,9%). Hasil uji statistik *chi square* (χ^2) diperoleh *p value* (0,017) < α (0,05) menunjukkan bahwa H_a diterima.

Simpulan: Terdapat hubungan antara dukungan keluarga dengan kemampuan ibu postpartum dalam perawatan tali pusat bayi baru lahir di Wilayah Kerja Puskesmas Gunung Sari Ulu.

Kata Kunci: Dukungan Keluarga, Perawatan Tali Pusat, Bayi Baru Lahir.

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THE RELATIONSHIP BETWEEN FAMILY SUPPORT AND THE ABILITY OF POSTPARTUM MOTHERS TO CARE FOR THE UMBILICAL CORD OF NEWBORNS IN THE WORKING AREA OF THE GUNUNG SARI ULU HEALTH CENTER

ABSTRACT

Background: Newborn care is care provided to maintain the health of the baby, including proper bathing of the baby and care of the umbilical cord, which can prevent infection and accelerate the release of the umbilical cord. The results of a preliminary study conducted at the Gunung Sari Ulu Health Center obtained data on the number of newborns in 2020: as many as 283 babies; in 2021, there were 216 babies; in 2022, there were 216 babies; and in the January–April 2023 period, there were 72 babies. The results of interviews about family support with 10 postpartum mothers showed that 6 people got good support from their families and 4 people got less support from their families. The results of interviews about umbilical cord care revealed that 3 postpartum mothers understood umbilical cord care and 7 postpartum mothers did not understand umbilical cord care. This study aims to determine the relationship between family support and the ability of postpartum mothers to care for the umbilical cord of newborns in the Working Area of the Gunung Sari Ulu Health Center.

Methods: This type of research used quantitative research with a descriptive correlational research design and a cross-sectional approach. The study population was postpartum women in the Working Area of the Gunung Sari Ulu Health Center, Balikpapan City, and the sampling technique used a total of 82 people. Collecting data using a questionnaire sheet Data analysis is univariate analysis and bivariate analysis using the chi square test (2).

Results: The description of family support for postpartum mothers is in the high category, namely 42 people (51.2%), and in the low category, namely 40 people (48.8%). The description of the ability of postpartum mothers to care for the umbilical cord of newborns was in the good category, namely 50 people (61%), the sufficient category, namely 28 people (34.1%), and the poor category, namely 11 people (4.9%). Chi square statistical test results (2) obtained a value of $(0.017) < \alpha (0.05)$, indicating that H_a is accepted.

Conclusion: There is a relationship between family support and the ability of postpartum mothers to care for the umbilical cord of newborns in the Working Area of the Gunung Sari Ulu Health Center.

Keywords: Family Support, Care for the Umbilical Cord, Newborns.