

Universitas Ngudi Waluyo
Program Studi S1 Keperawatan Fakultas Kesehatan
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**EFEKTIVITAS PEMBERIAN PENDIDIKAN KESEHATAN TENTANG “
MOTHER – BABY CARE (M-BC)” TERHADAP PENGETAHUAN IBU
POSTPARTUM DALAM PERAWATAN BAYI BARU LAHIR**

ABSTRAK

Latar Belakang : Merawat bayi baru lahir hal yang terpenting dilakukan setelah bayi lahir dan dilakukan oleh ibu agar terjalin ikatan. Pengetahuan ibu dalam merawat bayi sangat dibutuhkan agar perawatan bayi dapat dilakukan secara baik. Merawat bayi Metode yang diberikan adalah model *Mother Baby Care (MBC)*.

Tujuan : Penelitian ini untuk mengetahui efektivitas pemberian penkes tentang model *Mother Baby Care (M-BC)* terhadap tingkat pengetahuan pada ibu postpartum dalam perawatan bayi baru lahir.

Metodologi : Jenis penelitian dalam penelitian ini adalah *kuantitatif* menggunakan desain penelitian *quasi eksperimen* dengan pendekatan *pre post test Control Group Design*. Pengambilan sampel menggunakan *Accidental sampling*. Didapatkan 42 responden dibagi menjadi 2 kelompok, kelompok intervensi yang diberikan pendidikan kesehatan menggunakan video sebanyak 21 responden dan kelompok kontrol yang diberikan ceramah sesuai SPO sebanyak 21 responden. Instrumen yang dipakai adalah kuisioner dan di analisa menggunakan *Wilcoxon* dan *Mann Whitney*.

Hasil : Analisis dengan hasil uji *Wilcoxon* pada pemberian pendidikan kesehatan tentang model *Mother Baby Care (M-BC)* pada ibu post partum dalam perawatan bayi baru lahir, didapatkan nilai ρ value sebesar $0,000 \leq \alpha (0,05)$. Selanjutnya menggunakan uji *Mann Whitney* didapatkan nilai ρ value sebesar $0,000 \leq \alpha (0,05)$.

Saran : Hasil penelitian diatas ibu post partum diberikan pendidikan kesehatan tentang model *Mother Baby Care (M-BC)* pada ibu postpartum dalam perawatan bayi baru lahir di RS Hermina Banyumanik dengan media video secara efektif dapat meningkatkan pengetahuannya terkait perawatan bayi baru lahir.

Kata Kunci : *Mother Baby Care*, Ibu Post Partum, Pendidikan Kesehatan, Pengetahuan

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**THE INFLUENCE OF PROVIDING HEALTH EDUCATION ABOUT
"MOTHER - BABY CARE (M-BC)" ON KNOWLEDGE OF POSTPARTUM
MOTHERS IN NEWBORN CARE**

ABSTRACT

Background: Newborn care is very important after the baby is born and is very beneficial for both the mother and the baby, such as the rapid recovery of the mother's organs that experience changes during pregnancy and the fostering of a loving relationship between mother and baby. The purpose of this study was to determine the effect of providing health education about the Mother Baby Care (M-BC) model on the level of knowledge of postpartum mothers in caring for newborns.

Methodology: The type of research used in this research is quantitative using a quasi-experimental research design with a Control Group Design approach. The sampling method used in this research is purposive sampling. It was found that 74 respondents were divided into 2 groups, namely the intervention group which was given health education using video by 37 respondents and the control group which was given lectures by nurses by 37 respondents. **Results:** Based on the analysis using computerization with the results of the Paired Sample T Test in providing health education about the Mother Baby Care (M-BC) model in postpartum mothers in newborn care, a p value of $0.000 < \alpha (0.05)$ was obtained. Furthermore, using the Independent Test test obtained a p value of $0.000 < \alpha (0.05)$.

Conclusion: From the results of the above study it can be concluded that there is an effect of giving health education about the Mother Baby Care (M-BC) model to postpartum mothers in caring for newborns at Hermina Banyumanik

Keywords: Mother Baby Care, Post Partum Mother, Health Education, Knowledge