

**PENERAPAN KONSEP *FAMILY CENTERED MATERNITY CARE* : *HOME CARE*
TERHADAP TINGKAT PENGETAHUAN PERAWATAN BAYI DAN KEMANDIRIAN
PADA IBU POSTPARTUM PRIMIPARA DI PURWOKERTO**

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ABSTRAK

Masa nifas (post-partum) merupakan masa yang rawan bagi ibu. Di Indonesia sekitar 60% kematian ibu terjadi setelah melahirkan dan hampir 50% dari kematian pada masa nifas terjadi pada 24 jam pertama setelah persalinan, diantaranya disebabkan oleh adanya komplikasi masa nifas. Konsep keperawatan maternitas yang berpusat pada keluarga yaitu FCMC: home care diarahkan pada pemenuhan kebutuhan ibu pada masa nifas. Penelitian ini bertujuan untuk mengevaluasi tingkat pengetahuan perawatan bayi dan kemandirian pada ibu postpartum primipara di purwokerto sebelum dan setelah periode intervensi pada kelompok kontrol dan kelompok intervensi. Penelitian ini bersifat kuantitatif dengan menggunakan desain penelitian quasi-eksperimen. Jumlah sampel 48 ibu primipara direkrut di wilayah Purwokerto. Analisis data penelitian ini menggunakan korelasi, pair t-test, dan independent t-test. Hasil analisis didapatkan ada perbedaan yang signifikan rata-rata tingkat pengetahuan perawatan bayi perawatan bayi dan kemandirian pada kelompok kontrol dan intervensi, demikian juga sebelum dan setelah periode intervensi pada kelompok intervensi ($p < 0.001$). Tindakan home care dapat meningkatkan pengetahuan perawatan bayi dan kemandirian ibu postpartum. FCMC: home care dapat digunakan untuk meningkatkan pengetahuan perawatan bayi dan kemandirian ibu postpartum.

Kata Kunci: Family centered, Home care, Pengetahuan Perawatan Bayi, Kemandirian, Post Partum

ABSTRACT

Post partum phase is critical period for mothers. In Indonesian, Maternal mortality is mainly caused by post partum complications approximately at 60% and 50% of maternal mortality occurs during the first 24 hours after delivery. The most common cause of maternal mortality is complication of post partum. Concept of maternity nursing applied in family focuses on Family Center Maternity Care (FCMC) by preparing home care in fulfilling needs of post partum period. The objective of the study was to compare the levels of baby care knowledge and self-care in mothers experiencing first birth in Purwokerto between experimental and control group. This research using Quasi-experimental. Forty-eight mothers experiencing first birth were recruited from Prof. dr. Margono Soekarjo hospital and maternal clinic in Purwokerto. Data analysis by using SPSS software employed independent t-test and paired t-test. The findings of the study show that the levels of baby care knowledge and self-care in mothers experiencing first birth were significantly different between experimental and control group as well as before and after intervention in experimental group ($p < 0.001$). Application of FCMC: home care could enhance the level of baby care knowledge and self-care in mothers experiencing first birth during post-partum phase. FCMC by home care was effective to improve baby care knowledge and self-care in mothers experiencing first birth.

Keywords: Family centered, Home care, Baby care knowledge, Self-care, Post-partum