

## Efektivitas Metode Video dan Demonstrasi terhadap Kangaroo Mother Care Self Efficacy

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<b>Abstract</b>	<p>ABSTRAK Berat badan lahir rendah merupakan penyebab tertinggi angka kematian bayi. Bayi Berat Lahir Rendah (BBLR) beresiko mengalami hipotermi. Kangaroo Mother Care (KMC) atau perawatan metode kangguru merupakan salah satu intervensi hipotermi. Penelitian ini bertujuan untuk mengetahui perbedaan efektivitas video dan demonstrasi pada discharge planning terhadap kangaroo mother care self efficacy pada ibu yang memiliki BBLR. Metode penelitian menggunakan desain quasi experimental non randomized pretest and posttest dengan kelompok kontrol. Teknik sampling yang digunakan kuota sampling dengan jumlah 19 responden di setiap kelompok. Analisis data menggunakan independent sample t test. Hasil studi menunjukkan tidak ada perbedaan skor self efficacy antara kedua kelompok sesudah perlakuan (<math>p=0,187</math>) dengan nilai signifikansi 5%. Kedua metode edukasi baik video maupun demonstrasi sama-sama efektif untuk meningkatkan self efficacy. Perawat dapat menggunakan video untuk menggantikan demonstrasi saat melakukan discharge planning perawatan metode kangguru.</p> <p>ABSTRACT Low Birth Weight (LBW) is the highest cause of infant mortality in the first month of life. Low birth weight babies are at risk of experiencing hypothermia. One of the treatments for hypothermia is kangaroo mother care (KMC). The study aims to determine the differences in the effect of video and demonstration in discharge planning addressed to mother's kangaroo mother care self-efficacy with low birth weight baby. This research used quasi experimental non-randomized pretest and posttest design. The sampling technique of this research used quota sampling, which was 19 respondents in each group. The data was analyzed using the Independent Sample t-Test. The result showed that there were no differences in self-efficacy scores between the video and demonstration groups after treatment (<math>p=0,187</math>) with a 5% score significant. Both methods, video, and demonstration education are equally effective in improving mother self-efficacy. Nurses can use video to replace demonstrations when performing discharge planning treatments for kangaroo mother care.</p>
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