

ABSTRAK

PENGARUH *ROOMING IN* TERHADAP *BONDING ATTACHMENT* PADA IBU POST PARTUM SPONTAN DAN SC DI RUANG BENGKIRAI RSUD SULTAN IMANUDDIN PANGKALAN BUN KOTAWARINGIN BARAT

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Upaya penurunan Angka Kematian Bayi (AKB) pada masa neonatal salah satunya dengan melakukan *bonding attachment*. Ada berbagai cara untuk mendukung terjadinya *bonding attachment* antara ibu dengan bayi diantaranya dengan pelaksanaan *rooming in* dan pemberian ASI eksklusif yang dilaksanakan setelah persalinan (Wijaya et al., 2023). Dengan diterapkannya *rooming in* diharapkan tercipta *bonding attachment* yang baik antara ibu dan bayi sehingga berdampak pada pemberian ASI untuk menunjang capaian ASI Eksklusif yang lebih meningkat. Penelitian ini menggunakan metode *crosssectional*. Pengumpulan data menggunakan kuesioner PBQ dan lembar observasi. Jumlah populasi 86 ibu post partum dengan teknik sampling *purposive sampling* didapatkan jumlah sample 50 ibu yang terdiri dari 25 ibu post partum spontan dan 25 ibu post partum SC. Hasil penelitian, 84% ibu post partum memiliki ikatan yang baik. Berdasarkan uji *Chi-Square* didapatkan hasil $p = 0,000 < 0,05$ maka H_0 ditolak dan H_1 diterima yang berarti ada hubungan *rooming in* dan *bonding attachment* pada ibu post partum. Distribusi data yang diperoleh dari 2 kelompok setelah dilakukan uji normalitas data bersifat tidak normal, kemudian dilakukan uji statistik perbedaan 2 kelompok menggunakan uji *Mann-Whitney U* didapatkan hasil $p = 0,445 > 0,05$ maka tidak ada perbedaan signifikan diantara kelompok ibu post partum spontan maupun ibu post partum SC. Diharapkan penelitian ini bisa dikembangkan dengan desain penelitian yang berbeda lagi sebagai dukungan dalam upaya pencapaian ASI Eksklusif.

Kata Kunci : **ASI, *Bonding attachment*, *Rooming In***

ABSTRACT

THE EFFECT OF ROOMING IN ON BONDING ATTACHMENT TO POST PARTUM SPONTANEOUS AND SC MOTHERS AT BENGKIRAI ROOM RSUD SULTAN IMANUDDIN PANGKALAN BUN KOTAWARINGIN BARAT

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Efforts to reduce the Infant Mortality Rate (IMR) during the neonatal period include carrying out bonding attachments. There are various ways to support the occurrence of bonding attachment between mother and baby, including the implementation of rooming in and exclusive breastfeeding after delivery (Wijaya et al., 2023). By implementing rooming in, it's hoped that a good bonding attachment will be created between mother and baby it will have an impact on breastfeeding to support increased achievement of exclusive breastfeeding. This study used a cross-sectional method, with a population of 86 postpartum mothers. Using a purposive sampling technique, the sample was 50 mothers, consisting of 25 spontaneous postpartum mothers and 25 SC postpartum mothers. The results of the study, 84% of postpartum mothers have a good bonding. Based on the Chi-Square test, the result was $p=0.000<0.05$, H_0 was rejected and H_1 was accepted, which means there is a relationship between rooming in and bonding attachment in post partum mothers. The distribution of data from 2 groups after the normality test was performed not normal, then a statistical test of the difference between 2 groups using Mann-Whitney U test with the result $p = 0.445 > 0.05$, there was no significant difference between the spontaneous postpartum mother group and the postpartum SC mother group. Hopefully that this research can be developed with a different research design as support for efforts to achieve exclusive breastfeeding.

Key Words : ASI, Bonding Attachment, Rooming In