QUALITATIVE STUDY: MOTHER'S COPING IN CARE OF LBW INFANTS

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**Abstract**

Mothers who have LBW babies need an adaptation process in caring for their babies. Mothers who are not emotionally ready to take care of their babies can cause low birth weight babies to be hospitalized again. The purpose of this study was to determine the mother's coping in caring for LBW infants. This research was conducted at the Muhammadiyah Hospital of Tegal. Respondents of this study were postpartum mothers who had LBW babies as many as 6-10 people. The method used in this research is qualitative with a phenomenological approach. The results of this study obtained 3 themes, namely maternal coping mechanisms, positive and negative coping responses. Support . The system from the family and health workers is needed by mothers in caring for LBW babies Keywords: LBW Babies, Coping.

**Introduction**

The Infant Mortality Rate (IMR) is an indicator used to show the state of health status in a community, including maternal and infant services (Central Java Statistics Agency, 2019). As many as 7000 babies born in the world die every day, while in Indonesia the neonatal mortality rate is 15 per 1000 live births (WHO, 2018) indicators that can be used as a benchmark for infant health, such as predicting the risk of child health, growth, and future development of children, and the possibility of survival is by knowing the weight of the newborn (Deshpande, J, 2011). Low Birth Weight (LBW) babies are 20 times more likely to experience complications and die compared to babies born with normal weight. LBW has a risk of cognitive deficits, motor delays, cerebral palsy, disorders of the respiratory system, central nervous system, cardiovascular, hematology, gastrointestinal, kidney, thermoregulation and behavioral problems (Mathewshon, KJ 2017: Chang H Y et al 2015). Babies born small require special handling so that their growth is not stunted or known as stunting. (Atitwa EB, 2015). Low birth weight (LBW) is one of the main risk factors for stunting in toddlers. The first 1000 days of life is a critical period of child development, starting from the time of conception to postpartum this is determined by the maturation of the metabolism that affects the growth and development of the child. If infection problems occur or are less than optimal, the child's growth can be disrupted, causing poor nutrition, which can manifest as or as malnutrition (Ruairi, C Robertson, 2019) WHO states that 15% to 20% of all births worldwide are LBW babies. The prevalence of LBW varies between regions with the highest 28% in South Asia and the lowest 6% in East Asia and the Pacific region [9]. In Indonesia, LBW is the main cause of neonatal mortality, which is 7150 births or 35%. In Central Java, LBW cases were 24% (Ministry of Health, 2019) The percentage of LBW in Tegal district was 7.36% (Tegal District Health Office, 2018) Interventions to reduce malnutrition and prevent prematurity and LBW are to encourage early stimulation for optimal development of Ahishakiye , A et al 2019) Mother's knowledge regarding optimal care for LBW can be increased through educational practices, discussions, and the use of technology as a learning medium as a way to prevent the impact of stunting as an effort to increase mother's knowledge and confidence in caring for LBW (Sugiarti, 2020) Research This is important because identifying the care needs of LBW babies will produce comprehensive LBW care information. Care of LBW babies by mothers and their families so as to reduce the risk of LBW babies experiencing stunting and other complications. The advantage of this research is that it uses a qualitative method, so that this research can in-depth know the care of LBW babies at home. In addition, research on similar topics using qualitative methods is still very rarely done.

Method

This research was conducted at Muhammadiyah Hospital Tegal. The consideration of researchers choosing the research location is because it is a hospital that has a fairly large number of LBW babies, which is 30 patients every month. The form of in-depth interview questions includes several parts, namely how to cope with mothers in caring for LBW babies. The method used in this research is qualitative with a case study design. This research uses informants of mothers and families who have LBW babies as many as 6-8 people. The data in this study were obtained through in-depth interviews with informants, both main informants and supporting informants. The main informants in this study were postpartum mothers, while the supporting informants came from families and nurses. Determination of informants in this study was done through purposive sampling technique. In-depth interviews were conducted using an interview guide instrument and a voice recorder. In addition, researchers also prepared cameras and stationery to document activities during data collection. Data analysis was carried out using this method using Colaizzi [22]. The validity of the data in this study was carried out through source triangulation and member checking methods. Source triangulation is carried out by conducting interviews from the main informant's data sources and supporting informants, while member checking

RESULT

Based on the results of the study, various themes were obtained, namely maternal coping in caring for LBW infants, namely maternal coping mechanisms, positive and negative coping responses.

1. Coping Mechanism The coping mechanism is done by praying, support from family Support and family support such as giving enthusiasm, attention, much needed by mothers in caring for LBW babies as stated by several participants below "From the family, they provide support by telling them to be patient, which is important to be healthy like other children", P6

"You have to be patient, don't be pessimistic, jealous or anything, lots of prayers, take care of it quickly" P7

"Mothers need mental support if they can take care of LBW babies, from their families and mothers"P4 The support from the family is to pray together for a healthy baby to be like other babies” P2

"At the very least, the mother's husband's family support gives encouragement to her mother, if she eats or whatever, so that her mother doesn't take care of her baby, she's happy, so educate the family so that it doesn't burden her mother's mind.. (usually this is what she is told to do)."P1 2.

2.Positive coping

Mothers who are experienced in caring for LBW babies are prepared to take care of LBW babies as stated by the following participants:

"I always give enthusiasm, yes, the child's condition like this is a little input because it mainly takes care of health, My child gives nutritious food, wants to go for 7 months, the important thing is fish and milk vegetables, I only take a bath weighing 3.5 kg if the weight is stiff, I can't stand it wind” P8 3.

3 Negative Coping

At first I was sad because my child is LBW, I have tried to eat nutritious food but my child is small, at first I did not pay attention to my child P3

DISCUSSION

The postpartum period is considered a sensitive period in which mothers are more susceptible to psychological stress. WHO (2020) states that small and sick newborns may require additional follow-up to assess recovery, feeding, and weight. maintain temperature, breastfeed well and the mother is confident in caring for her baby. Parents and caregivers should be educated and taught to build their confidence in caring for their babies at home. Research by Lee et al (2019), shows that mothers with low birth weight babies have several emotional changes in the care of their babies starting from the beginning of changes in parenting methods, forming an intimate mother-child bond and worries and expectations about child development. This shows that a follow-up program with early intervention is needed to increase mother's confidence in child-rearing skills and can increase mother's attachment and quality of family life with LBW. Maternal knowledge is part of the adaptation process and coping (Obtaining information on the infants and their treatment would promote maternal knowledge and coping skills (Altimier and White, 2014). However, several studies reported that parents' need for information and knowledge was not met during the hospitalization of their newborn (Hasanpour et al., 2017). Mothers who are not able to acquire sufficient knowledge about the infant's condition may have a delayed attachment process with their infant. Lack of information about infant care can cause stress, contributing to poor maternal coping strategies for low birth weight (LBW) infants. This study aims to examine the relationship between knowledge of LBW infants on care and maternal coping strategies. coping strategies, implying that increasing knowledge and decreasing stress levels will improve maternal coping. Therefore, it is recommended that nurses equip mothers and families to be active and proactive learning opportunities through health education programs on infant care. Ervina, 2020 CONCLUSION LBW babies require additional attention and care while being cared for at home to minimize the risk to the baby's health. Increased attention to keeping LBW babies warm Additional support for breastfeeding and monitoring the growth and development of babies Paying attention to mothers and babies can optimize mothers who care for LBW babies

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