

PENGARUH MEMBACAKAN CERITA ISLAMI TERHADAP IKATAN IBU HAMIL DENGAN BAYI DALAM KANDUNGAN DI PUSKESMAS JATIMAKMUR

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Abstrak

Bayi dalam kandungan mulai bisa mendengarkan suara sang ibu pada awal trimester kedua. Kemampuan tersebut memungkinkan terbentuknya ikatan antara ibu hamil dengan sang bayi. Aktifitas yang dapat dilakukan untuk membentuk ikatan ibu-bayi salah satunya dengan membacakan cerita Islami, sebagai upaya melakukan pendidikan dalam kandungan. Tujuan penelitian ini untuk mengetahui pengaruh membacakan cerita Islami terhadap ikatan ibu hamil dengan bayi dalam kandungan. Penelitian ini menggunakan penelitian Kuasi-eksperimen *within group pre and posttest*. Diperoleh 27 ibu hamil trimester II dan III di Puskesmas Jatimakmur sebagai sampel. Teknik pengambilan sampel menggunakan *accidental sampling*. Instrumen penelitian menggunakan kuesioner ikatan *Maternal Antenatal Attachment Score* (MAAS) dan cek validasi intervensi. Analisa data menggunakan Uji T-Dependent (*paired sample*). Hasil penelitian menunjukkan terdapat perbedaan rata-rata skor ikatan *pretest* (M= 61,30; SD= 8,352) dan *posttest* (M= 81,22; SD= 8,798). Berdasarkan uji statistik diperoleh nilai $p=0,000$ ($p\ value < 0,05$), sehingga terdapat pengaruh signifikan dalam membacakan cerita terhadap peningkatan ikatan ibu hamil dengan bayi sejak dalam kandungan. Hasil penelitian ini dapat digunakan sebagai kegiatan yang dilakukan ibu hamil untuk memperkuat ikatan dengan bayinya. Diharapkan penelitian selanjutnya dapat menggunakan lebih banyak partisipan dan mengobservasi intervensi secara langsung.

Kata Kunci : Kehamilan, Ikatan, Kelekatan Antenatal, Membacakan Cerita Islami, Pendidikan Sejak dalam Kandungan

EFFECT OF READING ISLAMIC STORIES ON BONDING BETWEEN PREGNANT WOMEN AND BABY SINCE IN THE WOMB AT PUSKESMAS JATIMAKMUR

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Abstract

Babies in the womb begin to hear the mother's voice at the beginning of the second trimester. This ability allows the formation of a bond between the pregnant mother and the baby. One of the activities that can be done to form a mother-infant bond by reading Islamic stories, as an effort to carry out education in the womb. The purpose of this study was to determine the effect of reading Islamic stories on mother-infant bonding between pregnant mother and their babies in the womb. This study uses a quasi-experimental research within group pre and posttest. There were 27 pregnant women in the second and third trimesters at the Puskesmas Jatimakmur as samples. The sampling technique used was accidental sampling. The research instrument used the Maternal Antenatal Attachment Score (MAAS) bond questionnaire and intervention validation checks. Data analysis using T-Dependent Test (paired sample). The results showed that there was a difference in the average pretest ($M = 61.30$; $SD = 8.352$) and posttest ($M = 81.22$; $SD = 8,798$) bonding scores. Based on statistical tests obtained p value = $0.000 < 0.05$, so that there is a significant influence in reading stories to increase the bond between pregnant women and their babies from the time they are in the womb. The results of this study can be used as an activity for pregnant women to strengthen bonds with their babies. It is hoped that further research can use more participants and observe the intervention directly.

Keywords: Preganancy, Bonding, Antenatal attachment, Reading Islamic Stories, Education Since Pregnancy