

**PENGARUH VCO (*VIRGIN COCONUT OIL*) TERHADAP RUAM POPOK
PADA BAYI DI PUSKESMAS TALUN KENAS KECAMATAN STM HILIR
KABUPATEN DELI SERDANG**

**Verawaty Fitrinelda Silaban*, Siti Hardiani Nasution¹, Ratna Juwita Sembiring²,
Qurrotu A'yuni³, Winda Fatmala⁴**

Jurusan Kebidanan, Fakultas Keperawatan dan Kebidanan Universitas Prima
Indonesia, Medan, Indonesia.

Email : hardianisitinasution@gmail.com

ABSTRAK

Ruam popok merupakan ruam merah yang disebabkan oleh iritasi dari kulit yang terkena urin atau kotoran yang berlangsung lama di bagian mana saja di bawah popok. Permasalahan ini timbul dikarenakan kulit bayi yang masih sensitif, sehingga menyebabkan ruam merah di bagian bokong bayi. *Virgin Coconut Oil* (VCO) adalah salah satu terapi topikal yang dapat diberikan untuk mengatasi ruam popok. Tujuan penelitian untuk mengetahui bagaimana Pengaruh VCO (*Virgin Coconut Oil*) pada bayi Di Puskesmas Talun Kenas Kecamatan STM Hilir Kabupaten Deli Serdang. Metode penelitian dengan desain *quasy eksperiment* dengan *one group pretest-posttest* dengan teknik sampel yang digunakan *Purposive Sampling* berjumlah 36 bayi. Metode yang digunakan untuk pengumpulan data menggunakan lembar observasi dengan *uji wilcoxon*. Hasil uji statistik diperoleh pengetahuan dan sikap *p value* 0,000 ($p < 0,05$) yang berarti ada pengaruh yang signifikan sebelum dan sesudah diberikan VCO (*Virgin Coconut Oil*) terhadap Ruam Popok pada Bayi. Analisis data ditemukan sebelum bayi diberikan VCO yang mayoritas sedang sebanyak 26 bayi (72.7%), dan minoritas dengan ruam popok ringan sebanyak 10 bayi (27.2%) dan sesudah diberikan VCO, bayi yang mayoritas sedang sebanyak 26 bayi (72.7%), dan minoritas dengan ruam popok ringan sebanyak 10 bayi (27.2%). Setelah di berikan VCO terdapat penurunan ruam popok, yang di tandai dengan adanya bayi yang sembuh/ tidak ada bekas pada ruam popok, dengan kategori ruam popok pada bayi yang mayoritas tidak ada/sembuh sebanyak 19 bayi (52.7%) dan minoritas sedang sebanyak 1 bayi (2.7%). Dari hasil diatas didapatkan adanya pengaruh pemberian VCO (*Virgin Coconut Oil*) terhadap ruam popok pada bayi.

Kata Kunci : VCO (*Virgin Coconut Oil*), Bayi, Ruam Popok

ABSTRACT

Diaper rash is a red rash caused by irritation of the skin that has been exposed to urine or feces for a long time anywhere under the diaper. This problem arises because the baby's skin is still sensitive, causing a red rash on the baby's buttocks. Virgin Coconut Oil (VCO) is a topical therapy that can be given to treat diaper rash. The purpose of the study was to determine how the effect of VCO (Virgin Coconut Oil) on infants at the Talun Kenas Health Center, STM Hilir District, Deli Serdang Regency. The research method was a quasi-experimental design with one group pretest-posttest with the sample technique used by purposive sampling totaling 36 infants. The method used for data collection uses an observation sheet with the Wilcoxon test. The results of statistical tests obtained knowledge and attitudes p value 0.000 ($p < 0.05$) which means there is a significant effect before and after being given VCO (Virgin Coconut Oil) on Diaper Rash in Babies. Data analysis found that before the babies were given VCO, the majority were 26 babies (72.7%), and the minority with mild diaper rash were 10 babies (27.2%) and after being given VCO, the majority were 26 babies (72.7%), and the minority with mild diaper rash in 10 infants (27.2%). After being given VCO, there was a decrease in diaper rash, which was indicated by the presence of babies who recovered/no traces of diaper rash, with the category of diaper rash in infants in which the majority did not exist/recovered as many as 19 babies (52.7%) and a moderate minority of 1 baby. (2.7%). From the results above, it was found that there was an effect of giving VCO (Virgin Coconut Oil) on diaper rash in babies.

Keywords: *VCO (Virgin Coconut Oil), Baby, Diaper Rash*