

The Relationship between Postpartum Mothers' Knowledge and the Implementation of Bounding Attachment in Newborns

ABSTRACT

Background: The puerperium is a crucial period after childbirth that lasts for 6 weeks. During this time, the mother's body undergoes physical changes such as the return of the uterus to its original size, the release of lochea, and other hormonal changes. During this postpartum period, the mother can build closer affection. Given the importance of emotional bonding (bounding attachment) between mother and baby, it is the foundation of the child's psychological development. But there are still many mothers who pay less attention to this. Some factors that can influence the implementation of bounding attachment are through good maternal knowledge. **Objective:** To determine the relationship between postpartum mothers' knowledge and the implementation of bounding attachment in newborns at Pratama Sunggal Clinic. **Methods:** This type of research is quantitative research with an analytic survey approach and cross-sectional design, conducted through the distribution of questionnaires or direct interviews to 33 respondents. Data analysis used was univariate and bivariate analysis, using chi-square test to identify the relationship between variables. **Results:** Based on the chi-square test, the relationship between postpartum mothers' knowledge and the implementation of bounding attachment showed a p value of 0.002. So from the results obtained, it shows that there is a significant relationship between the independent and dependent variables.

Keywords: Postpartum Mother's Knowledge, Bounding Attachment

Hubungan Pengetahuan Ibu Nifas Dengan Pelaksanaan Bounding Attachment Pada Bayi Baru Lahir

ABSTRAK

Latar Belakang: Masa nifas merupakan periode krusial pasca persalinan yang berlangsung selama 6 minggu. Selama masa ini, tubuh ibu mengalami perubahan fisik seperti kembalinya rahim seperti semula, keluarnya lochea, dan perubahan hormonal lainnya. Dalam masa nifas ini maka ibu dapat membangun kasih sayang yang lebih erat lagi. Mengingat pentingnya ikatan emosional (bounding attachment) antara ibu dan bayi, merupakan pondasi perkembangan psikologis anak. Namun masih banyak ibu yang kurang memperhatikan hal tersebut. Beberapa faktor yang dapat mempengaruhi terlaksananya bounding attachment yaitu melalui pengetahuan ibu yang baik. **Tujuan:** Mengetahui hubungan pengetahuan ibu nifas dengan pelaksanaan bounding attachment pada bayi baru lahir di Klinik Pratama Sunggal. **Metode:** Jenis penelitian ini merupakan penelitian kuantitatif dengan pendekatan melalui survei analitik dan desain cross-sectional, dilakukan melalui pembagian kuesioner atau wawancara langsung kepada 33 responden. Data analisis yang digunakan yaitu analisis univariat dan bivariat, dengan menggunakan uji chi-square untuk mengidentifikasi hubungan antara variabel. **Hasil:** Berdasarkan uji chi-square hubungan antara pengetahuan ibu nifas dengan pelaksanaan bounding attachment menunjukkan nilai p sebesar 0,002. Maka dari hasil yang diperoleh menunjukkan adanya hubungan yang signifikan antara variabel independen dan dependen

Kata Kunci: Pengetahuan Ibu Nifas, Bounding Attachment