

Hubungan Pengetahuan Ibu Tentang Gentle Baby Care Dengan Kejadian Rewel Pada Bayi Usia 3 Bulan Di Rsud Raja Musa Sungai Guntung Kecamatan Kateman Kabupaten Indragiri Hilir Tahun 2026

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Abstrak

Pada usia 3 bulan, bayi berada dalam fase transisi di mana mereka menjadi lebih responsif terhadap lingkungan eksternal, namun sistem saraf mereka masih belum matang (*imature*) (*Crying and Colic in Infancy*, 2022). Dalam periode ini, rewel atau tangisan berlebihan (*excessive crying*) sering kali menjadi keluhan utama yang dihadapi oleh ibu. Mengingat bahwa rewel adalah masalah umum yang memengaruhi kesejahteraan ibu dan bayi, serta potensi GBC sebagai intervensi non-farmakologis, penelitian ini dirasa penting. Penelitian ini bertujuan untuk menggali dan membuktikan secara empiris hubungan antara tingkat pengetahuan ibu mengenai praktik perawatan harian secara GBC dengan upaya minimalisasi kejadian rewel pada bayi usia 3 bulan. Jenis penelitian ini adalah penelitian kuantitatif dengan menggunakan pendekatan crosssectional, dilakukan di RSUD Raja Musa Sungai Guntung Kecamatan Kateman Kabupaten Indragiri Hilir. Teknik pengambilan sampel, total sampling dengan Jumlah Sampel sebanyak 64 orang. Hasil Penelitian mayoritas yang memberikan ASI eksklusif, yaitu sebanyak 33 orang (51,6%), memiliki pengetahuan Baik sebanyak 2 (3,1%) orang bayi dan 31 (48,4%) Orang Bayi Tidak Rewel, sedangkan sebanyak 25 orang (39,1%), memiliki pengetahuan Cukup sebanyak 9 Orang (14,1%) Rewel dan 16 Orang (25%) Tidak Rewel. Minoritas Responden Berpengathuan Kurang sebanyak 6 orang (9,4%) dengan seluruh bayi yakni 6 orang (100%) mengalami Rewel. Uji *chi square* menunjukkan bahwa H_a diterima dan H_0 ditolak dengan nilai p sebesar 0,000 ($p < 0,05$). Dengan demikian, dapat disimpulkan bahwa Kejadian Rewel sangat terkait dengan Pengetahuan Ibu tentang Gentle Care Baby Care Pada Bayi usia 3 Bulan. Saran diharapkan bagi ibu dan petugas Kesehatan tetap mencari dan mmeberikan informasi tentang memberikan informasi yang jelas kepada setiap ibu yang memiliki bayi tentang gentle baby care

Kata Kunci : Pengetahuan Ibu, Gentle Baby Care, Kejadian Rewel, Bayi Usia 3 Bulan

Abstract

At 3 months of age, babies are in a transitional phase where they become more responsive to the external environment, but their nervous systems are still immature (*Crying and Colic in Infancy*, 2022). During this period, fussiness or excessive crying is often the main complaint faced by mothers. Considering that fussiness is a common problem that affects the well-being of mothers and babies, as well as the potential of GBC as a non-pharmacological intervention, this study is considered important. This study aims to explore and empirically prove the relationship between the level of maternal knowledge regarding daily care practices using GBC and efforts to minimize the incidence of fussiness in 3-month-old babies. This type of research is quantitative research using a cross-sectional approach, conducted at Raja Musa Sungai Guntung Regional Hospital, Kateman District, Indragiri Hilir Regency. The sampling technique was total sampling with a sample size of 64 people. The results of the study showed that the majority of those who exclusively breastfed, namely 33 people (51.6%), had good knowledge of 2 (3.1%) babies and 31 (48.4%) babies were not fussy, while 25 people (39.1%), had sufficient knowledge of 9 people (14.1%) were fussy and 16 people (25%) were not fussy. The minority of respondents had less knowledge of 6 people (9.4%) with all babies, namely 6 people (100%) experiencing fussiness. The chi square test showed that H_a was accepted and H_0 was rejected with a p value of 0.000 ($p < 0.05$). Thus, it can be concluded that the occurrence of fussiness is closely related to maternal knowledge about gentle baby care in 3-month-old babies. Suggestions are expected for mothers and health workers to continue to seek and provide clear information to every mother who has a baby about gentle baby care.

Keywords: Mother's Knowledge, Gentle Baby Care, Fussy Incidents, 3-Month-Old Babies