

**Hubungan Pelaksanaan Fototerapi Dengan Keberlangsungan
Pemberian ASI Eksklusif di Ruang Perinatologi RSUD Wates
Provinsi Daerah Istimewa Yogyakarta Tahun 2012**

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INTISARI

Latar Belakang : Pemberian ASI eksklusif disarankan berdasarkan bukti dari manfaat ASI dan kandungan gizi yang tepat untuk bayi. Fototerapi yang dilakukan pada penanganan hiperbilirubinemia pada bayi mempunyai efek samping : peningkatan suhu, peningkatan *insensible water loss*, dan ruangan terpisah sehingga bayi mempunyai risiko tidak mendapatkan ASI eksklusif.

Tujuan Penelitian: Diketuinya hubungan antara pelaksanaan fototerapi dengan keberlangsungan pemberian ASI eksklusif di ruang Perinatologi RSUD Wates Provinsi Daerah Istimewa Yogyakarta tahun 2012.

Metode Penelitian : Rancangan penelitian ini adalah *prospective cohort*. Dilaksanakan tanggal 1-31 Desember 2012. Sampel diambil dengan metode *purposive sampling*, pada bayi yang dirawat di ruang Perinatologi dengan kelompok terpapar dan kelompok kontrol masing-masing berjumlah 34 dan pengamatan menggunakan lembar observasi kemudian dilakukan analisis menggunakan *chi-square Test* dengan tingkat kemaknaan $p < 0,05$.

Hasil : Hasil analisis menunjukkan tidak ada hubungan pelaksanaan fototerapi dengan keberlangsungan ASI eksklusif ($p = 0,27$).

Kesimpulan dan saran : Tidak ada hubungan pelaksanaan fototerapi dengan keberlangsungan ASI eksklusif. Saran bagi ibu, diharapkan tetap menyusui bayinya sesering mungkin walaupun ruangan terpisah dengan bayinya.

Kata Kunci : ASI eksklusif, fototerapi

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**The Correlation Between Phototherapy and Continuity of Exclusive Breastfeeding
at Perinatology Room of Wates Hospital
Provinsi Daerah Istimewa Yogyakarta 2012**

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ABSTRACT

Background : Exclusive breastfeeding is recommended based on the evidence of the benefits and proper nutrients for the baby. Phototherapy is done for the treatment of hyperbilirubinemia in infants with several side effects such as: increased temperature, increased insensible water loss, and a separate room will increase a risk for discontinuing exclusive breastfeeding.

Objective : This study aimed for identifying the correlation between phototherapy and continuity of exclusive breastfeeding at Perinatology room of Wates Hospital Propinsi Daerah Istimewa Yogyakarta 2012.

Method : This was a prospective cohort study that was conducted from 1st December until 31 December 2012. Sixty eight hospitalized babies at a neonatology ward were involved in this study. Using a purposive sampling method, 34 babies receiving phototherapy were assigned into the treatment group and 34 babies were assigned into control group. The breastfeeding continuity was measured using a valid and reliable observational checklist which was constructed by the researcher.

Result : There was no correlation between phototherapy with continuation of exclusive breastfeeding ($p = 0.27$)

Conclusion and suggestion : Phototherapy treatment did not interrupt continuity of breastfeeding. Based on this study, we strongly recommend that during the phototherapy treatment affecting on separation between mothers and baby, the breastfeeding continuity needs to be concerned.

Keywords : exclusive breastfeeding, phototherapy.

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