

**PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KEPERAWATAN DAN KESEHATAN
UNIVERSITAS MUHAMMADIYAH SEMARANG**

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Mila Mirantiwi

Efektifitas pengaturan posisi tidur dalam berbagai posisi (*supinasi*, *pronasi* dan *side lying*) secara *midline* terhadap status hemodinamik bayi prematur di Ruang Neonatal Resiko Tinggi RSUP Dr. Kariadi Semarang

xii + 49 Halaman + 15 tabel + 3 gambar + 12 lampiran

Abstrak

Latar Belakang: Memposisikan bayi prematur adalah tugas dasar perawatan bayi baru lahir. Karena posisi yang tepat dapat mengoptimalkan kalitas hidup bayi untuk berkembang secara fisik maupun secara psikis. **Tujuan Penelitian:** Untuk menganalisis efektifitas pengaturan posisi tidur dalam berbagai posisi (*supinasi*, *pronasi* dan *side lying*) secara *midline* terhadap status hemodinamik bayi prematur di Ruang Neonatal Resiko Tinggi RSUP Dr. Kariadi Semarang. **Metode Penelitian:** . Rancangan yang peneliti gunakan *One Grup Pre-test-Posttest Design*. Proses penelitian ini dilaksanakan bulan September 2019 - Maret 2020 dengan tehnik pengambilan sampel *consecutive sampling*, sampel penelitian sebanyak 15 responden. **Hasil:** Pada pemberian posisi *side lying* terhadap denyut nadi sebelum dan sesudah intervensi menunjukkan signifikasi (Pv 0.09). Pada saturasi oksigen posisi *pronasi* menunjukkan signifikasi (Pv 0.02). Pada respirasi posisi *side lying* menunjukkan signifikasi (Pv 0.24). **Kesimpulan:** Ada pengaruh bermakna posisi *side lying* pada bayi prematur terhadap peningkatan denyut nadi. Ada pengaruh bermakna posisi *pronasi* pada bayi prematur terhadap peningkatan saturasi oksigen. Ada pengaruh bermakna posisi *side lying* pada bayi prematur terhadap peningkatan respirasi. **Saran:** supaya perawat melakukan pengaturan posisi tidur dalam berbagai posisi (*supinasi*, *pronasi* dan *side lying*) secara *midline* yang selama ini belum dilakukan secara maksimal.

Kata Kunci : Status hemodinamik bayi, pengaturan posisi tidur dalam berbagai posisi (*supinasi*, *pronasi* dan *side lying*) secara *midline*

Pustaka : 30 (2008 – 2017)

**UNDERGRADUATE NURSING STUDY PROGRAM
FACULTY OF NURSING AND HEALTH SCIENCES
UNIVERSITY OF MUHAMMADIYAH SEMARANG**

Mini thesis, April 2020
Mila Mirantiwi

Effectiveness of sleeping position adjustment in various positions (supination, pronation and side lying) in midline to hemodynamic status of premature infants in the High Risk Neonatal Room of Dr. Kariadi Semarang Hospital.

xii + 49 pages + 15 tables + 3 pictures + 12 appendixes

Abstract

Background: Positioning a premature baby is the basic task of caring for a newborn baby. Because the right position can optimize the quality of life of babies to develop physically and psychologically. **Research Target:** To analyze the effectiveness of mid-position sleeping arrangements in various positions (supination, pronation and side lying) on the hemodynamic status of premature infants in the High Risk Neonatal Room of Kariadi Hospital Semarang. **Research Methods:** The Design that researchers used One Group Pre-test-Posttest Design. The process of this research was conducted in September 2019 - March 2020 with consecutive sampling technique, research sample as much as 15 respondents. **Results:** The giving of side lying position on the pulse before and after the intervention showed significance ($P_v 0.09$). On oxygen saturation the pronation position shows significance ($P_v 0.02$). On respiration the side lying position shows significance ($P_v 0.24$). **Conclusion:** There was a significant influence on the position of side lying in premature infants on increased pulse. There is a significant influence on the position of pronation in preterm infants to an increase in oxygen saturation. There is a significant influence on the position of side lying in premature babies to increase respiration. **Suggestion:** for nurses to arrange sleeping positions in various positions (supination, pronation and side lying) in a midline which has not been done optimally.

Keywords: *Infant hemodynamic status, setting sleeping position in various positions (supination, pronation and side lying) in midline.*

References : 26 (2008 – 2019)