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**Hubungan Pemberian Nutrisi dengan Perubahan Kadar Bilirubin pada Neonatus
Hiperbilirubinemia di RSUD Waled Kabupaten Cirebon**

xii + 75 halaman + 10 tabel + 2 bagan + 14 lampiran

ABSTRAK

Kejadian ikterus neonatorum atau hiperbilirubinemia dinegara berkembang sekitar 50% pada bayi baru lahir normal, sementara sekitar 80% pada bayi kurang bulan (premature). Salah satu penatalaksanaan bagi neonatus hiperbilirubinemia adalah pemberian nutrisi. Tujuan penelitian ini untuk mengidentifikasi hubungan pemberian nutrisi dengan perubahan kadar bilirubin pada neonatus hiperbilirubinemia di RSUD Waled Kabupaten Cirebon.

Jenis penelitian ini yaitu penelitian kuantitatif dengan rancangan korelasi analitik menggunakan pendekatan case control. Populasi dan sampel penelitian ini adalah neonatus yang mengalami hiperbilirubinemia di Ruang Perawatan Neonatus RSUD Waled Kabupaten Cirebon. Sampel yang diambil menggunakan *accidental sampling* selama satu bulan, yaitu pada 01-30 Juni 2023 sebanyak 34 responden. Responden diamati selama 3 (tiga) hari berturut-turut. Instrument yang digunakan berupa lembar observasi yaitu dengan lembar studi dokumentasi rekam medic. Analisa data menggunakan uji *Korelasi Spearman*.

Hasil penelitian ini menunjukkan sebagian besar (67.6%) pemberian nutrisi untuk neonatus hiperbilirubinemia dengan pemberian nutrisi yang sesuai, dan sebagian besar (64.7%) kadar bilirubin pada neonatus hiperbilirubinemia setelah dilakukan 3 (tiga) hari pemantauan pemberian nutrisi mengalami penurunan. Pada hasil Uji Korelasi Rank Spearman didapat *p-value* $0,001 < 0,05$ dimana dikatakan ada hubungan pemberian nutrisi dengan perubahan kadar bilirubin, diperoleh nilai *r* (*Correlation Coefficient*) positif dengan memiliki kategori sedang sebesar 0.542 sehingga hubungan kedua variabel tersebut searah dengan demikian dapat diartikan bahwa pembeian nutrisi yang sesuai maka dapat menurunkan kadar bilirubin.

Kadar bilirubin pada neonatus hiperbilirubinemia mengalami perubahan yaitu penurunan kadar bilirubin, dengan berdasarkan pemberian nutrisi yang sesuai. Diharapkan kepada perawat dapat meningkatkan asuhan keperawatan pada neonatus hiperbilirubinemia dalam upaya optimalisasi tumbuh kembang sejak awal kehidupan.

Kata kunci : Pemberian Nutrisi, Neonatus, Hiperbilirubinemia, Kadar Bilirubin

Daftar pustaka : 54 (2015-2023)

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Correlation of Nutrition with Changes in Bilirubin Levels in Hyperbilirubinemia Neonates at Waled Hospital, Cirebon Regency

xii + 75pages +10 table + 2 charts + 14 appendices

ABSTRACT

The incidence of neonatal jaundice or hyperbilirubinemia in developing countries is around 50% in normal newborns, while about 80% in premature babies (premature). One of the management for hyperbilirubinemia neonates is nutrition. The purpose of this study was to identify the relationship between nutritional provision and changes in bilirubin levels in hyperbilirubinemia neonates at Waled Hospital, Cirebon Regency.

This type of research is quantitative research with an analytic correlation design using a case control approach. The population and sample of this study were neonates with hyperbilirubinemia in the Neonatal Care Room at Waled Hospital, Cirebon Regency. Samples were taken using accidental sampling for one month, namely on 01-30 June 2023 as many as 34 respondents. Respondents were observed for 3 (three) consecutive days. The instrument used was an observation sheet, namely a medical record documentation study sheet. Data analysis used the Spearman Correlation test.

The results of this study showed that most (67.6%) of the nutrition for hyperbilirubinemia neonates was given appropriate nutrition, and the majority (64.7%) of the bilirubin levels in hyperbilirubinemia neonates after 3 (three) days of monitoring nutrition decreased. The results of the Spearman Rank Correlation Test obtained a p-value of $0.001 < 0.05$ where it was said that there was a relationship between nutrition and changes in bilirubin levels. A positive r (Correlation Coefficient) value was obtained by having a moderate category of 0.542 so that the relationship between the two variables was in the same direction, thus it could be interpreted that the provision of appropriate nutrition can reduce bilirubin levels.

Bilirubin levels in hyperbilirubinemia neonates undergo changes, namely a decrease in bilirubin levels, based on appropriate nutrition. It is expected that nurses can improve nursing care for hyperbilirubinemia neonates in an effort to optimize growth and development from the beginning of life.

Keywords : ***Nutrition, Neonates, Hyperbilirubinemia, Bilirubin Levels***

References : ***54 (2015-2023)***