ABSTRAK

Melahirkan bayi dengan berat badan lahir rendah (BBLR) menjadi beban berat bagi ibu karena memicu kecemasan yang berlebihan sehingga mengurangi rasa percaya diri dalam merawat bayinya. Penelitian ini bertujuan untuk mengetahui hubungan antara tingkat kecemasan dengan kesiapan ibu dalam merawat bayi BBLR di RSIA Sitti Khadijah Kota Gorontalo. Metode penelitian ini adalah kuantitatif menggunakan teknik *accidental sampling* terhadap 50 responden ibu yang memiliki bayi BBLR di ruang NICU. Instrumen yang digunakan adalah kuesioner EPDS untuk kecemasan dan kuesioner dasar untuk kesiapan merawat bayi, dengan analisis data menggunakan uji *Chi-Square*. Hasil penelitian menunjukkan sebagian besar ibu mengalami cemas ringan (60%), cemas berat (24%), dan tidak cemas (16%). Sementara itu, mayoritas ibu merasa kurang siap merawat bayinya (70%) dan hanya 30% yang siap. Hasil uji statistik diperoleh nilai *p-value*=0,000 (p<0,05), yang menunjukkan bahwa tingkat kecemasan berbanding terbalik secara signifikan dengan kesiapan ibu. Disimpulkan bahwa kecemasan yang tinggi menjadi penghambat utama kesiapan ibu merawat bayi BBLR secara mandiri. Disarankan pihak rumah sakit memberikan pelatihan praktis dan pendampingan psikologis sebelum ibu pulang.

Kata Kunci : Bayi Berat Lahir Rendah (BBLR), Ibu Baru, Rasa Cemas, Kesiapan Merawat Bayi

Abstract

Giving birth to a low birth weight (LBW) infant can place a substantial psychological burden on mothers, as excessive anxiety may reduce their confidence in caring for their infants. This study aimed to examine the relationship between maternal anxiety levels and mothers' readiness to care for LBW infants at Sitti Khadijah Mother and Child Hospital, Gorontalo City. This quantitative study employed an accidental sampling technique involving 50 mothers of LBW infants admitted to the Neonatal Intensive Care Unit (NICU). Data were collected using the Edinburgh Postnatal Depression Scale (EPDS) to assess maternal anxiety and a basic questionnaire to assess mothers' readiness to provide infant care. The data were analyzed using the Chi-square test. The findings showed that 60% of the mothers experienced mild anxiety, 24% experienced severe anxiety, and 16% reported no anxiety. Regarding readiness to provide care, 70% of the mothers were not ready to care for their infants independently, whereas 30% were ready. Statistical analysis revealed a significant inverse association between maternal anxiety levels and readiness to care for LBW infants ($p = 0.000$; $p < 0.05$). It was concluded that higher levels of maternal anxiety constituted a major barrier to mothers' readiness to independently care for their LBW infants. Therefore, healthcare providers are encouraged to provide practical caregiving training and psychological support to mothers before hospital discharge.

***Keywords**: Low Birth Weight (LBW) Infants; Mothers; Anxiety; Readiness for Infant Care*