

**PROGRAM STUDI ILMU KEPERAWATAN  
FAKULTAS ILMU KESEHATAN  
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**Pengaruh *Nesting* Terhadap Kualitas Tidur Bayi Berat Lahir Rendah  
(BBLR) di Ruang Perinatologi RSUD Raja Ahmad Tabib Kepulauan Riau**

**VI BAB + 100 hal+ 8 tabel + 12 lampiran**

**ABSTRAK**

**Latar Belakang:** Bayi Berat Lahir Rendah (BBLR) ialah masalah yang mesti memperoleh perhatian, sebab mempunyai risiko mortalitas serta morbiditas yang tinggi. Menyebabkan bayi membutuhkan ruangan perawatan khusus dan memberikan perawatan khusus *nesting*. *Nesting* ialah intervensi yang penting buat optimalisasi fungsi sistem organ pada Bayi Berat Lahir Rendah (BBLR). Bersumber dari data di RSUD Raja Ahmad Tabib tahun 2021 diperoleh data angka BBLR sebanyak 86 kasus, sedangkan tahun 2022 angka BBLR mengalami kenaikan menjadi 124 kasus.

**Tujuan penelitian:** Untuk mengetahui pengaruh *nesting* terhadap kualitas tidur Bayi Berat Lahir Rendah (BBLR) di ruang Perinatologi RSUD Raja Ahmad Tabib Kepulauan Riau.

**Metode penelitian:** Desain penelitian yang dipakai ialah penelitian kuantitatif dengan desain *Pre Experiment* dengan rancangan *One Group Pre test Post test* tanpa kontrol yang melibatkan satu kelompok subjek. Jumlah sampel sejumlah 15 bayi. Alat ukur penelitian menggun checklist. Analisa data yang dipakai ialah uji *wilcoxon*.

**Hasil:** Ada pengaruh yang signifikan dari penggunaan *nesting* terhadap kualitas tidur bayi Berat Badan Lahir Rendah (BBLR) sebelum intervensi (tanpa *nesting*) dan sesudah dilakukan intervensi (dengan *nesting*) p value 0,000.

**Kesimpulan:** Pemberian *nesting* berpengaruh terhadap kualitas tidur Bayi Berat Lahir Rendah (BBLR).

**Saran:** Perawat bisa mengembangkan hasil penelitian ini dengan memberikan intervensi pada Bayi Berat Lahir Rendah (BBLR) buat meningkatkan kualitas tidur bayi, serta meminimalisir pengaruh lingkungan perawatan intensif.

**Kata Kunci : BBLR, *Nesting*, Kualitas Tidur**

**NURSING STUDY PROGRAM  
FACULTY OF HEALTH SCIENCES  
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**THE EFFECT OF *NESTING* ON THE SLEEP QUALITY OF LOW BIRTH  
WEIGHT BABIES (LBW) IN THE PERINATOLOGY OF RAJA AHMAD  
TABIB HOSPITAL RIAU ISLAND**

**VI + 100 pages + 8 tables + 2 pictures + 2 schema + 12 attachments**

**ABSTRACT**

**Background:** Babies born with low birth weights (LBW) are a concern because of their elevated risk of both morbidity and mortality. Infants require particular care areas, such as those that offer nesting assistance. For low birth weight (LBW) patients, nesting is a crucial technique for maximizing organ system function. Based on data from the Raja Ahmad Tabib Hospital in 2021, Low Birth Weight (LBW) figure was 86 cases, while in 2022 the LBW figure increased to 124 cases.

**Research purposes:** To determine the effect of *nesting* on the sleep quality of Low Birth Weight (LBW) babies in the Perinatology at Raja Ahmad Tabib Hospital.

**Methods:** The research design used in this research is quantitative research with a *Pre Experiment* design with a One Group *Pre test Post test* without control design involving one group of subjects. The number of respondents was 15 babies. The research measuring tool uses a checklist. The data analysis used was the Wilcoxon test.

**Results:** There is a significant effect of using *nesting* on the sleep quality of Low Birth Weight (LBW) babies before the intervention (without *nesting*) and after the intervention (with *nesting*) p value 0.000.

**Conclusion:** *Nesting* affects the sleep quality of Low Birth Weight (LBW) Babies.

**Suggestion:** Nurses can develop the results of this research by providing interventions for Low Birth Weight (LBW) babies to improve the quality of the baby's sleep, as well as minimizing the influence of the intensive care environment.

**Keywords :** LBW, *Nesting*, Sleep Quality