

TINJAUAN NARATIF ANALISIS PERSALINAN *LOTUS BIRTH*



1. Dr. dr. Bobby Indra Utama, Sp.OG (K) Urogin
2. Henni Fitria, SST., M.Keb

**PROGRAM STUDI KEBIDANAN PROGRAM SARJANA
DEPARTEMEN KEBIDANAN FAKULTAS KEDOKTERAN
UNIVERSITAS ANDALAS**

2024

ABSTRACT

NARRATIVE REVIEW ANALYSIS OF LOTUS BIRTH

By

**Widya AP, Bobby Indra Utama, Henni Fitria,
Rauza Sukma Rita, Aldina Ayunda Insani, Erda Mutiara Halida**

Backgrounds and Objectives

Indonesia's Infant Mortality Rate (IMR) still has not reached the 2030 SDG'S and 2020-2024 RPJMN targets in the health sector. IMR needs attention because it is a sensitive indicator for measuring the success of achieving health. As an effort to reduce the IMR, recently a birth method has begun to develop which is expected to help reduce birth trauma in mothers and babies, namely Lotus Birth, but has not been widely used. This study aims to explore the Lotus Birth birth.

Method

This type of research is a narrative literature review. Article searches were accessed through the Science Direct, Pubmed, Indonesian Scientific Journal, Google Scholar databases. The selected articles were based on inclusion and exclusion criteria.

Result

The results of the study showed that the reasons for choosing lotus birth were often based on spiritual and philosophical beliefs. Several requirements need to be met before choosing the lotus birth method, namely by considering aspects of the baby's birth weight and based on gestational age. This lotus birth method has risks, the risks that often occur are infection and acute jaundice. Therefore, it is important to ensure that this practice is carried out under the supervision of health workers. Midwives have an important role in education and monitoring.

Conclusion

Lotus birth is an alternative method of childbirth practice that offers physiological and emotional benefits for both mother and baby. However, lotus birth has risks that need to be anticipated through education, preparation, supervision of health workers, especially midwives to ensure the process is safe and in accordance with medical standards.

References: 35 (2014-2024)

Keyword: lotus birth, midwives, benefit of lotus birth, risk of lotus birth

ABSTRAK

TINJAUAN NARATIF ANALISIS PERSALINAN *LOTUS BIRTH*

Oleh

Widya AP, Bobby Indra Utama, Henni Fitria,
Rauza Sukma Rita, Aldina Ayunda Insani, Erda Mutiara Halida

Latar Belakang dan Tujuan Penelitian

Angka Kematian Bayi (AKB) di Indonesia masih belum mencapai target SDG'S tahun 2030 dan RPJM tahun 2020-2024. Sebagai salah satu upaya penurunan Angka Kematian Bayi, dewasa ini mulai berkembang metode persalinan yang diharapkan dapat membantu mengurangi trauma persalinan pada ibu dan bayi yakni *Lotus*. Penelitian ini bertujuan untuk mengeksplorasi mengenai persalinan *Lotus Birth*.

Metode

Jenis penelitian ini adalah *narrative literature review*. Pencarian artikel diakses melalui database *Science Direct*, *Pubmed*, *Indonesian Scientific Journal*, *Google Scholar*. Artikel yang dipilih berdasarkan pada kriteria inklusi, dan eksklusi, duplikat jurnal, judul, Bahasa, hingga menghasilkan 13 jurnal yang akan dianalisis.

Hasil

Hasil penelitian menunjukkan bahwa didapatkan alasan memilih *lotus birth* sering kali didasari oleh keyakinan spiritual dan filosofis. Beberapa syarat perlu di penuhi sebelum memilih metode *lotus birth* yaitu dengan memperhatikan aspek dari berat badan bayi lahir dan berdasarkan usia kehamilan. Metode *lotus birth* ini memiliki risiko, risiko yang banyak terjadi adanya infeksi dan penyakit kuning akut. Oleh karena itu, penting untuk memastikan bahwa praktik ini dilakukan dalam pengawasan tenaga kesehatan. Bidan memiliki peran penting dalam edukasi dan monitoring.

Kesimpulan

Persalinan *lotus birth* merupakan metode alternatif dalam praktik persalinan yang menawarkan manfaat fisiologis dan emosional bagi ibu dan bayi. Namun, persalinan *lotus birth* memiliki risiko yang perlu diantisipasi melalui edukasi, persiapan, pengawasan tenaga kesehatan, terutama bidan untuk memastikan proses aman dan sesuai standar medis.

Daftar Pustaka: 35 (2014-2024)

Kata Kunci: *lotus birth, midwives, benefit of lotus birth, risk of lotus birth*