

**PERSALINAN BAYI MEMAKAI METODE *LOTUS BIRTH* DAN  
PRAKTEK PENGASUHANNYA  
( STUDI KASUS DI KLINIK BERSALIN PERMATA BUNDA  
SINGARAJA )**

**KETUT PUTRA SEDANA**

**ABSTRAK**

Penelitian ini bertujuan untuk menganalisis (1) proses persalinan dengan metode *lotus birth* di Klinik Bersalin Permata Bunda Singaraja; (2) alasan para ibu (keluarga) memilih proses persalinan secara *lotus birth* dari kajian sosiokultural; (3) proses dan tindakan memperlakukan plasenta setelah putus dari tali pusat; (4) praktek-praktek pengasuhan anak fase usia emas pasca persalinan *lotus birth* yang diterapkan oleh keluarga; dan (5) kaitan antara pola asuh bayi (anak) *lotus birth* dan inisiasi pendidikan karakter. Untuk mencapai tujuan tersebut, telah dilakukan penelitian menggunakan pendekatan kualitatif melalui kajian sosiologi-antropologi kesehatan dan pendidikan terhadap metode *lotus birth* dan praktek pengasuhannya. Subjek penelitian ini adalah bayi (anak) yang dilahirkan secara *lotus birth* yang tercatat di buku register Klinik Bersalin Permata Bunda periode Januari 2012-Desember 2019. Obyek penelitiannya berkaitan dengan praktek pengasuhan bayi (anak) pasca persalinan secara *lotus birth*. Data penelitian dikumpulkan melalui penyebaran kuesioner, observasi, dan wawancara. Teknik analisisnya dilakukan secara deskriptif komparatif melalui kajian sosiologi-antropologi. Temuan penelitian adalah sebagai berikut: (1) penanganan metode persalinan *lotus birth* di Klinik Bersalin Permata Bunda Singaraja sangat unik, yaitu ada treatment psikologis agar pasien lebih rileks dan nyaman, serta rasa sakit jauh berkurang; (2) semua responden (37 orang ibu) menyatakan bahwa persalinan secara *lotus birth* bermanfaat bagi bayi dan akan memilih kembali *lotus birth* untuk persalinan kehamilan berikutnya; (3) perlakuan plasenta setelah putus dari si bayi mengikuti prosesi sesuai keyakinan yang dianut keluarga, berdasarkan pada kepercayaan/agamanya dan adat/budaya yang telah dilakukan secara turun-temurun; (4) praktek pengasuhan anak *lotus birth* sebagian besar terpusat pada ibunya dan ada upaya positif keluarga untuk mencapai sesuatu yang lebih baik selama pengasuhan; dan (5) praktek pengasuhan anak *lotus birth* merupakan inisiasi untuk pembentukan karakter dari kajian secara psiko-anatomic dan sosio-kultur-spiritual.

Kata-kata kunci: *lotus birth*, plasenta, praktek pengasuhan, pembentukan karakter.

**BABY DELIVERY USING THE LOTUS BIRTH METHOD AND ITS  
PARENTING  
( A CASE STUDY IN PERMATA BUNDA MATERNITY SINGARAJA  
CLINIC )**

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**ABSTRACT**

*This study aims at analyzing (1) the process of delivery using the lotus birth method at the Permata Bunda Maternity Clinic, Singaraja; (2) reasons for mothers (families) to choose the lotus birth process from sociocultural studies; (3) the process and action of treating the plasenta after the separation from the umbilical cord; (4) parenting practices which are applied by the family for the golden age phase after lotus birth; and (5) the relationship between the parenting of lotus birth baby (child) and the character education. To achieve those objectives, research has been carried out using a qualitative approach through a sociological-anthropological study of health and education for lotus birth method and its parenting. The subjects of this study were the lotus birth babies (children) who were recorded in the register book of the Permata Bunda Maternity Clinic by the period of January 2012 to December 2019. The object of the research was related to the parenting for babies (children) after delivery by lotus birth method. Research data were collected through questionnaires, observations, and interviews. The analysis technique is carried out in a comparative descriptive manner through socio-anthropological studies. The research findings are as follows: (1) the handling of the lotus birth method at the Permata Bunda Maternity Clinic is very unique, namely there are psychological treatments so that the patient is more relaxed and comfortable, and the pain is much reduced; (2) all respondents (37 mothers) stated that lotus birth was beneficial for the baby and would choose lotus birth again for the next pregnancy; (3) the treatment of the plasenta after the separation from the baby follows a procession according to the beliefs held by the family, based on their beliefs/religion and customs/culture that have been passed down from generation to generation; (4) lotus birth parenting practices are mostly centered on the mother and there are positive efforts done by family to achieve something better during parenting; and (5) lotus birth parenting practice is an initiation for character building from psycho-anatomic and socio-cultural-spiritual studies.*

**Key words: lotus birth, placenta, parenting, character building.**