

ABSTRACT

Işın ALKAN, Effect of Lullabies on Babies in the Neonatal Intensive Care Units, Bülent Ecevit University, Institute of Health Sciences, Department of Pediatric Nursing, Master of Science Thesis, 2016.

This study was carried out with an experimental design in order to determine whether the lullaby, which was listened from mother's voice and a stranger's voice to the babies born at term and hospitalized in neonatal intensive care unit, had an effect on saturation values, peak heart rate, respiration, fever, stress symptoms, growth development and hospitalization time of the newborn. Data of the study were obtained from 90 newborn babies who were hospitalized in Neonatal Intensive Care Unit of Zonguldak Maternity And Children Hospital between September 2015-January 2016 and who met the eligibility criteria.

Before treatment, families were verbally informed; and they filled "written consent form" and "baby identifier information form". Routine treatments were carried out at every three hours in Neonatal Intensive care unit; and lullaby concert was performed by choosing one of the suitable treatment hours. Stress symptoms, PHR, respiration, saturation and fever were recorded by the researcher on "Newborn response follow-up form" at pre-treatment and post-treatment (lullaby concert). Data were evaluated by SPSS 18 package program. When the babies in the study groups were examined; no statistically significant differences were found in the mean values of growth (weight, height, head circumference) between experimental (groups that were listening to lullaby from mother's voice and stranger's voice) and control groups ($p > 0,05$). When hospitalization times of experimental and control groups in the study were examined, it was found that hospitalization times of the babies who listened to a lullaby from mother's voice were significantly lower than the babies who listened from a stranger's voice ($p < 0,05$). While PHR, respiration and fever values were observed within normal limits ($p > 0,05$), significant differences were observed in stress and relaxation levels ($p < 0,05$).

In conclusion, it was determined that lullaby which was listened to the newborns in intensive care unit from mother's and stranger's voices were effective in decreasing stress symptoms of the babies and it had positive effects on keeping peak heart rate, saturation, respiration and fever values within normal values. Besides, hospitalization times were reduced in the group which was listened from mother's voice but it did not have an effect on their growth and development.

Keywords: Mother's voice, Lullaby, Stress, Newborn