

INTISARI

PENGARUH PERAWATAN METODE KANGURU (PMK) TERHADAP STRES FISILOGIS PADA BAYI BERAT LAHIR RENDAH DI RS BHAYANGKARA JAYAPURA

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Latar belakang : Perawatan Metode Kanguru (PMK) atau Kangaroo Mother Care (KMC) adalah perawatan yang dilakukan pada bayi baru lahir dengan cara meletakkan bayi di dada ibu, dengan demikian akan terjadi kontak kulit ibu dengan bayinya dan hal ini akan membuat bayi terasa hangat.

Tujuan : Untuk mengetahui pengaruh Perawatan Metode Kanguru (PMK) terhadap stres fisiologis pada Bayi Berat Lahir Rendah (BBLR)

Metode : Desain penelitian yang digunakan kuantitatif dengan *pre and post test without control* (kontrol diri sendiri). populasinya adalah semua bayi berat lahir rendah yang sedang menjalani perawatan di ruang NICU sebanyak 47 bayi. Teknik sampling adalah purposive sampling. Teknik analisis data menggunakan uji nonparametric *Wilcoxon-Signed Rank Test*.

Hasil : (1) Rata-rata suhu tubuh bayi BBLR sebelum dilakukan Perawatan Metode Kanguru (PMK) mengalami Hipotermi (81%), bradycardi (81%), saturasi oksigen (81,15%). (2) Rata-rata suhu tubuh sesudah dilakukan Perawatan Metode Kanguru (PMK) suhu tubuh normal (78,6%), denyut nadi normal (100%), saturasi oksigen normal (100%). (3) Terdapat pengaruh PMK terhadap stress fisiologis pada bayi BBLR di RS Bhayangkara Jayapura ($p=0,0001$)

Kesimpulan : Terdapat pengaruh perawatan metode kanguru terhadap stress fisiologis pada bayi berat lahir rendah di RS Bhayangkara Jayapura

Kata Kunci : *Perawatan Metode Kanguru, Berat Lahir Rendah*

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ABSTRACT

THE EFFECT OF KANGAROO METHOD CARE (KMC) ON PHYSIOLOGICAL STRESS OF LOW BIRTH WEIGHT BABIES IN BHAYANGKARA JAYAPURA HOSPITAL

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Background: *Kangaroo Mother Care (KMC) is a treatment performed on newborns by placing the baby on the mother's chest so that the mother's skin makes contact with her baby and makes the baby feel warm.*

Objective: *To determine the effect of Kangaroo Mother Care (KMC) on physiological stress in Low Birth Weight (LWB) Babies.*

Method: *The research design used quantitative with pre and post-tests without control (self-control). The population is all low birth weight (LWB) babies undergoing treatment in the NICU with 47 babies. The sampling technique was purposive sampling. The data analysis technique used a nonparametric Wilcoxon-Signed Rank Test.*

Results: *(1) The average body temperature of LBW infants before being treated with the Kangaroo Mother Care (KMC) experiences hypothermia (81%), bradycardia (81%), and oxygen saturation (81.15%). (2) Average body temperature after Kangaroo Mother Care (KMC) shows normal body temperature (78.6%), normal pulse (100%), and normal oxygen saturation (100%). (3) There is an effect of KMC on physiological stress in LBW infants at Bhayangkara Jayapura Hospital ($p=0.0001$).*

Conclusion: *There is an effect of Kangaroo Mother Care on physiological stress in low birth weight infants at Bhayangkara Jayapura Hospital.*

Keywords: *Kangaroo Method Care, Low Birth Weight Babies*

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