

ABSTRAK

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Karya Ilmiah Akhir, Juli 2025
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Penerapan Kangaroo Mother Care (KMC) terhadap Status Termoregulasi pada Bayi Berat Badan Lahir Rendah (BBLR) di Ruang Paviliun Seruni RSUD dr. H. Koesnadi Bondowoso

Xvi + 61 halaman + 9 tabel + 5 lampiran

Abstrak

Bayi dengan berat badan lahir rendah (BBLR) merupakan kelompok neonatus yang berisiko tinggi mengalami gangguan termoregulasi, seperti hipotermia. Hipotermia dapat memperburuk kondisi klinis bayi dan meningkatkan risiko komplikasi serius. Salah satu metode yang terbukti efektif dalam menjaga stabilitas suhu tubuh bayi BBLR adalah Kangaroo Mother Care (KMC), yaitu perawatan dengan kontak kulit langsung antara bayi dan ibu. Penelitian ini bertujuan untuk menganalisis penerapan intervensi KMC terhadap status termoregulasi bayi BBLR di Ruang Paviliun Seruni RSUD dr. H. Koesnadi Bondowoso. Desain penelitian ini adalah studi kasus deskriptif pada satu bayi BBLR yang diberikan intervensi KMC selama tiga hari. Pengumpulan data dilakukan melalui observasi langsung, pengukuran suhu tubuh, dan studi dokumentasi. Evaluasi dilakukan setiap hari untuk memantau perubahan suhu tubuh bayi. Hasil penelitian menunjukkan bahwa suhu tubuh bayi meningkat secara bertahap dari kondisi hipotermia ke suhu normal setelah penerapan KMC. Pada hari ketiga, suhu tubuh bayi stabil pada rentang normal ($36,5^{\circ}\text{C}$ – $37,5^{\circ}\text{C}$), menunjukkan efektivitas KMC dalam meningkatkan kemampuan termoregulasi bayi. Selain itu, terjadi peningkatan kedekatan emosional antara ibu dan bayi serta partisipasi aktif keluarga dalam perawatan. Penerapan intervensi KMC secara konsisten terbukti efektif dalam menjaga suhu tubuh bayi BBLR. Intervensi ini dapat dijadikan pilihan utama dalam praktik keperawatan neonatal, terutama di fasilitas kesehatan dengan keterbatasan alat seperti inkubator.

Kata Kunci: Kangaroo Mother Care, BBLR, Termoregulasi, Suhu Tubuh, Hipotermia

ABSTRACT

**MUHAMMADIYAH UNIVERSITY OF JEMBER
NERS PROFESSIONAL STUDY PROGRAM
FACULTY OF HEALTH SCIENCES**

Final Scientific Paper, July 2025
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*Implementation of Kangaroo Mother Care (KMC) Intervention on
Thermoregulation Status in Low Birth Weight Infants (LBW) at Seruni Pavilion
Room, RSUD dr. H. Koesnadi Bondowoso*

Xvi + 61 Pages + 9 Tables + 5 Appendices

Abstract

Low Birth Weight (LBW) infants are a group of neonates who are highly vulnerable to thermoregulation disorders such as hypothermia, which can worsen clinical conditions and increase the risk of mortality. Kangaroo Mother Care (KMC) is a non-pharmacological intervention involving direct skin-to-skin contact between mother and baby, proven to effectively support the stabilization of body temperature. This study aims to describe the implementation of KMC intervention on thermoregulation status in LBW infants. This research employed a descriptive method with a case study approach involving one LBW infant treated at the Seruni Pavilion Room of RSUD dr. H. Koesnadi Bondowoso. Data were collected through direct observation, body temperature measurements before and after the intervention, and documentation review. The intervention was carried out over three consecutive days. The results showed a gradual increase in the infant's body temperature from hypothermia to the normal range (36.5°C–37.5°C) after the application of KMC. In addition to physiological improvement, there was also an enhanced emotional bond between mother and baby and greater family involvement in care. Daily evaluations indicated that KMC was clinically and objectively effective in supporting infant thermoregulation. The standardized implementation of KMC proved to be effective in improving temperature stability in LBW infants and is recommended as a nursing intervention, especially in health facilities with limited warming equipment.

Keywords: Kangaroo Mother Care, LBW, Thermoregulation, Body Temperature, Hypothermia