

ABSTRAK

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Pengaruh *Kangaroo Mother Care* Terhadap Adaptasi Fisiologis Bayi Berat Badan Lahir Rendah di Ruang Perinatologi RSD dr. Soebandi Jember

Abstrak

Bayi Berat Badan Lahir Rendah (BBLR) berisiko mengalami gangguan adaptasi fisiologis akibat ketidakmatangan sistem organ, seperti hipotermia, gangguan pernapasan, ketidakstabilan denyut jantung, dan penurunan saturasi oksigen. Salah satu intervensi nonfarmakologis yang direkomendasikan adalah *Kangaroo Mother Care* (KMC) melalui kontak kulit ke kulit antara ibu dan bayi untuk meningkatkan stabilitas fisiologis. Penelitian ini bertujuan menganalisis pengaruh *Kangaroo Mother Care* terhadap adaptasi fisiologis bayi Berat Badan Lahir Rendah di Ruang Perinatologi RSD dr. Soebandi Jember. Penelitian ini menggunakan desain *pre-experimental* dengan pendekatan *one group pretest-posttest*. Sampel berjumlah 30 bayi BBLR yang dipilih menggunakan teknik purposive sampling. Intervensi KMC dilakukan selama minimal 60 menit per hari selama dua hari berturut-turut. Adaptasi fisiologis diukur berdasarkan *Heart Rate* (HR), *Respiratory Rate* (RR), suhu tubuh, dan saturasi oksigen (SpO₂). Analisis data menggunakan *Paired Sample t-test* dengan tingkat signifikansi 0,05. Setelah pemberian KMC terjadi peningkatan rata-rata *Heart Rate*, *Respiratory Rate*, suhu tubuh, dan saturasi oksigen dibandingkan sebelum intervensi. Hasil uji *Paired Sample t-test* menunjukkan nilai $p = 0,012$ ($p < 0,05$) yang berarti terdapat pengaruh signifikan *Kangaroo Mother Care* terhadap adaptasi fisiologis bayi BBLR. *Kangaroo Mother Care* berpengaruh signifikan dalam meningkatkan adaptasi fisiologis bayi Berat Badan Lahir Rendah sehingga dapat direkomendasikan sebagai intervensi keperawatan yang efektif.

Kata kunci: *Kangaroo Mother Care*, Bayi Berat Badan Lahir Rendah, Adaptasi Fisiologis.

Daftar Pustaka (2022-2025)

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
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The Effect of Kangaroo Mother Care on the Physiological Adaptation of Low Birth Weight Infants in the Perinatology Unit of RSD dr. Soebandi Jember

Abstract

Low Birth Weight (LBW) infants are at high risk of impaired physiological adaptation due to the immaturity of their organ systems, including hypothermia, respiratory disorders, unstable heart rate, and decreased oxygen saturation. One of the recommended non-pharmacological interventions is Kangaroo Mother Care (KMC), a skin-to-skin contact method between the mother and infant that helps improve physiological stability. This study aimed to analyze the effect of Kangaroo Mother Care on the physiological adaptation of Low Birth Weight infants in the Perinatology Unit of RSD dr. Soebandi Jember. This study employed a quantitative pre-experimental design with a one-group pretest-posttest approach. A total of 30 LBW infants were selected using purposive sampling. The KMC intervention was administered for a minimum of 60 minutes per day over two consecutive days. Physiological adaptation was assessed based on heart rate (HR), respiratory rate (RR), body temperature, and oxygen saturation (SpO₂). Data were analyzed using the Paired Sample t-test with a significance level of 0.05. Following the KMC intervention, the mean values of heart rate, respiratory rate, body temperature, and oxygen saturation increased compared to the pre-intervention measurements. The Paired Sample t-test showed a statistically significant effect ($p = 0.012$; $p < 0.05$), indicating that Kangaroo Mother Care significantly improved the physiological adaptation of Low Birth Weight infants. Therefore, Kangaroo Mother Care can be recommended as an effective nursing intervention to improve the physiological adaptation of Low Birth Weight infants.

Keywords: Kangaroo Mother Care, Low Birth Weight Infants, Physiological Adaptation.

Bibliography (2022-2025)