

ABSTRAK

PENGARUH EDUKASI PENERAPAN PERAWATAN METODE KANGURU TERHADAP PENGETAHUAN IBU DENGAN BAYI BBLR DI RUANG PERINATOLOGI RSUD SULTAN IMANUDDIN PANGKALAN BUN

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Bayi dengan BBLR berisiko tinggi mengalami kematian dibandingkan dengan bayi yang memiliki berat normal. Bayi BBLR berisiko untuk mengalami hipotermi. Hal ini karena tipisnya lemak subkutan pada bayi sehingga sangat mudah dipengaruhi oleh suhu lingkungan sehingga membutuhkan perawatan didalam inkubator. Tidak semua orangtua mampu untuk membiayai anaknya untuk mendapatkan perawatan inkubator karena itu dilakukannya perawatan metode kanguru (PMK) untuk mendapatkan suhu yang optimal dari skin to skin dengan ibu. Tujuan penelitian ini untuk menganalisis pengaruh edukasi penerapan Perawatan Metode Kanguru terhadap pengetahuan ibu dengan bayi BBLR di Ruang Perinatologi RSUD Sultan Imanuddin Pangkalan Bun.

Penelitian ini menggunakan metode *pra eksperimental* dengan desain penelitian *one group pretest – posttest only design*. Jumlah populasi 30 ibu dengan bayi BBLR yang dirawat di Ruang Perinatologi. Sampel penelitian menggunakan teknik *total sampling*. Didapatkan hasil tingkat pengetahuan ibu sebelum diberikan edukasi yaitu 43,3% memiliki pengetahuan kurang, setelah diberikan edukasi yaitu 46,67% baik. Hasil uji statistik *Wilcoxon* didapatkan *p* value $0,001 < 0,05$. Hal ini menunjukkan bahwa ada pengaruh yang signifikan antara edukasi penerapan perawatan metode kanguru (PMK) terhadap pengetahuan ibu dengan bayi BBLR.

Diharapkan pengetahuan tentang penerapan perawatan metode kanguru (PMK) pada ibu dengan bayi BBLR dapat diterapkan sehari-hari dirumah tidak hanya saat di rumah sakit.

Kata kunci: BBLR, metode kanguru, pengetahuan, PMK

ABSTRACT

THE EFFECT IN EDUCATION OF THE IMPLEMENTATION KANGAROO METHOD CARE ON THE MOTHERS' KNOWLEDGE WITH BBLR BABIES IN THE PERINATOLOGY ROOM OF SULTAN IMANUDDIN HOSPITAL PANGKALAN BUN

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Babies with BBLR are at high risk of death compared to babies with normal weight. BBLR babies are at risk of hypothermia. This is because the subcutaneous fat in babies is thin, so it's very easily affected by environmental temperature, so they need care in an incubator. Not all parents can afford to pay for their children to receive incubator treatment, kangaroo method care (KMC) is carried out to obtain optimal temperature from skin to skin with the mother. The purpose of this study was to analyze the influence of education on the implementation of Kangaroo Method Care on the knowledge of mothers with BBLR babies in the Perinatology Room of Sultan Imanuddin Hospital, Pangkalan Bun.

This study used pre-experimental method with one group pretest-posttest only design. Population was 30 mothers with BBLR babies who were treated in the Perinatology Room. Sample used total sampling technique. The results showed that the mother's level of knowledge before being given education was 43.3% with poor knowledge, after being given education it was 46.67% good. The results of the Wilcoxon statistical test obtained a p value of $0.001 < 0.05$. This shows that there is a significant influence between education on the application of kangaroo care methods (PMK) on the knowledge of mothers with BBLR babies.

It's hoped that knowledge about the application of the kangaroo method care (KMC) for mothers with BBLR babies can be applied every day at home, not only when in the hospital.

Key Words : BBLR, Kangaroo Method, Knowledge, KMC