

# Efektivitas Perawatan Metode Kanguru Terhadap Kenaikan Berat Badan dan Lama Rawat Bayi Berat Lahir Rendah yang Disusui Langsung dan Tidak Disusui Langsung = Effectiveness Of The Kangaroo Method Care On Weight Gain And Length Of Stay Of Infants With Low Birth Weight Who Are Directly Breastfed And Not Directly Breastfed

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## Abstrak

Metode kanguru telah terbukti mampu meningkatkan berat badan bayi dengan berat lahir rendah dan mempersingkat lama hari rawat, akan tetapi dua hal tersebut juga dipengaruhi oleh pemberian nutrisi yang optimal khususnya ASI. Penelitian ini bertujuan untuk mengetahui efektivitas perawatan metode kanguru terhadap kenaikan berat badan dan lama rawat bayi dengan berat lahir rendah yang disusui langsung dan tidak disusui langsung. Penelitian ini menggunakan crossover design dengan 32 BBLR di ruang Perinatologi pada tiga rumah sakit di Tangerang. Kriteria inklusi dalam penelitian ini adalah bayi berat badan < 2500 gram, bayi yang menerima nutrisi ASI maupun susu formula, bayi dapat menghisap walaupun masih lemah, tidak dipuaskan, tidak terdapat masalah pernafasan, dan bayi tidak mendapatkan produk penambah berat badan atau Human Milk Fortifier. Teknik pengambilan sampel dengan random sampling. Hasil penelitian menunjukkan tidak ada perbedaan signifikan pada berat badan bayi yang diberikan intervensi PMK dengan disusui langsung dan PMK tanpa disusui langsung ( $p=0,451$ ,  $<0,05$ ). Hasil penelitian dari lama hari rawat menunjukkan tidak ada perbedaan signifikan pada kedua grup ( $p=0,096$ ). Intervensi ini diharapkan dapat dilanjutkan di ruang rawat Perinatologi dengan durasi lebih dari 60 menit.

.....The application of the kangaroo method has been shown to be able to weight gain for low birth weight infants and shorten the length of hospitalization, but these two things are also influenced by optimal nutrition, especially breast milk. This study aims to determine the effectiveness of the kangaroo method of care for weight gain and length of stay of infants with low birth weight who are breastfed directly and not directly breastfed. This study used a crossover design with 32 LBW in the Neonatology room at three hospitals in Tangerang. The inclusion criteria in this study were body weight <2500 grams, infants who received both breast milk and formula milk, babies could suck even though they were still weak, not fasted, no respiratory problems, and the baby's mother was willing to take part in the study. Sampling technique with random sampling. The results showed that there was no significant difference in the weight of infants who were given the FMD intervention with direct breastfeeding and FMD without direct breastfeeding ( $p=0.451$ ,  $<0.05$ ). The results of the study of length of stay showed that there was no significant difference between the two groups ( $p=0.096$ ). This intervention is expected to be continued in the Neonatology ward with a duration of more than 60 minutes.