

Intisari

PENGARUH PERAWATAN BAYI LEKAT TERHADAP PENCAPAIAN PERTUMBUHAN BAYI BERAT LAHIR RENDAH DI RS DR SARDJITO YOGYAKARTA

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Latar belakang : Perawatan ibu dan bayi merupakan faktor yang secara tidak langsung mempengaruhi pertumbuhan dan status gizi bayi. Metode perawatan konvensional, bayi berat lahir rendah (BBLR) memerlukan inkubator atau bahkan *radiant heater* untuk mencegah hipotermi, tetapi kedua alat tersebut relatif mahal dan rumit dalam pemeliharaan, sehingga dikembangkan cara perawatan bayi lekat (PBL) yaitu suatu cara perawatan adanya kontak kulit ke kulit dengan melekatkan bayi di dada ibunya yang ternyata dapat membantu menstabilkan suhu tubuh dan memperbaiki keadaan umumnya.

Tujuan : Penelitian ini dilakukan untuk mengetahui pengaruh PBL dan melihat perbedaan tingkat pencapaian pertumbuhan antara BBLR yang dirawat cara PBL dengan perawatan cara konvensional pada usia 3 bulan.

Cara Penelitian : Penelitian ini bersifat kuasi eksperimen dengan rancangan *Non-Equivalent Control Group*, dilaksanakan di ruang Perinatologi RS DR. Sardjito Yogyakarta. Sampel penelitian adalah pasangan Ibu-BBLR, dipilih secara *Consecutive sampling* terbagi menjadi dua kelompok yaitu kelompok perlakuan (mendapat perawatan sesuai protap dan PBL) dan kontrol (mendapat perawatan sesuai protap RS tanpa PBL). Pengukuran pertumbuhan BBLR dilakukan dua kali. Analisis dengan program SPSS, taraf *signifikansi* $p = 0,05$ dan tingkat kepercayaan 95%.

Hasil Penelitian : Rata-rata *z score* BB/U kelompok perlakuan $-1,193 \pm 0,600$ dan kelompok kontrol $-1,308 \pm 0,586$ (perbedaan rata-rata : $0,1159$, CI 95% = yaitu $-0,123$ s.d. $+0,355$), uji statistik *t test* tidak terdapat perbedaan pada kedua kelompok ($p=0,339$). Rata-rata *z score* PB/U kelompok perlakuan $-2,20 \pm 1,158$ dan kelompok kontrol $-2,52 \pm 0,956$ (perbedaan rata-rata : $0,325$, CI 95% = yaitu $-0,103$ s.d. $+0,753$), uji statistik *t test* tidak terdapat perbedaan pada kedua kelompok ($p = 0,136$). Rata-rata lingkaran kepala, kelompok perlakuan $39,19 \pm 3,04$ dan kelompok kontrol $38,54 \pm 1,95$ (perbedaan rata-rata: $0,65$ cm; CI 95% = $-0,381$ s.d. $+1,685$), uji statistik *t-test* tidak ada perbedaan bermakna pencapaian pertumbuhan diantara kedua kelompok ($P = 0,213$).

Kesimpulan : Pengaruh PBL terhadap pertumbuhan BBLR berdasarkan indeks BB/U dan PB/U, serta LK/U pada kelompok perlakuan didapatkan nilai rerata yang lebih tinggi, meskipun secara statistik tidak ditemukan adanya perbedaan bermakna diantara kedua kelompok.

Kata kunci : Perawatan Bayi Lekat, BBLR, Pertumbuhan

ABSTRACT

THE EFFECT OF KANGAROO MOTHER CARE IMPLEMENTATION ON THE GROWTH OF LOW BIRTH WEIGHT INFANTS IN DR SARDJITO HOSPITAL YOGYAKARTA

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Background: The nursing of mother and infant is a factor indirectly affecting the infant's growth and its nutritional status. In conventional care method, a low birth weight infants (LBWi) needs an incubator or even radiant heater to prevent hypotermi, but both devices are so costly that a new way of nursing called kangaroo mother care (KMC) is developed. The new method involves skin to skin contact the neonate on its mother's chest, which obviously helps to stabilize the infant's temperature and improves its general condition.

Aim: To determine the influence of KMC and the difference in growth achievement between LBWi nursed with KMC and the others with conventional method up to the age of three months.

Methods: The study was a quasi experiment with Non-Equivalent Control Group design, carried out at DR Sardjito Hospital Yogyakarta. The sample consists of pairs of Mother- LBWi, chosen using consecutive sampling were divided into two groups of treatment group (given protap and KMC treatment) and control group (given hospital's protap without KMC). The measurements of growth were conducted twice. SPSS program was used in the analysis with significance level $p = 0.05$ and confidence interval of 95%.

Result of the study: On average the z score of weight/age tended to be higher by the treatment group $-1,193 \pm 0,600$ and control group $-1,308 \pm 0,586$ (mean difference : 0, 1159, CI 95% = -0.123 to $+0.355$), the statistical test of t test didn't indicated any difference between the two groups ($p=0,339$). The average z score of height/age by the treatment group tended to be higher $-2,20 \pm 1,158$ and control group $-2,52 \pm 0,956$ (mean difference: 0, 325, CI 95%= $-0,103$ to $+0,753$), the statistical t test didn't indicated by difference between the two groups ($p=0,136$). The average head circumference tended to be higher by the treatment group $39,19 \pm 3,04$ and control group $38,54 \pm 1,95$ (mean difference of 0,65; CI 95% = -1.381 to $+1.685$), the statistic test of t test indicated no significant difference of growth achievement between the two groups ($P=0.213$).

Conclusion: The influence of KMC on the low birth weight infant's growth is based on the index of weight/age and height/age, and head circumference on the treatment group obtains higher average score, despite no statistically significant differences between the two groups.

Keywords: Kangaroo Mother Care, Low Birth Weight Infants, Growth