

ABSTRAK

METODE *KANGAROO MOTHER CARE* DAN *SWADDLING* PADA BAYI BERAT LAHIR RENDAH DI TATANAN KOMUNITAS

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Latar Belakang: Bayi yang lahir dengan berat badan rendah atau Bayi Berat Lahir Rendah (BBLR) sangat rentan untuk mengalami hipotermi karena tipisnya cadangan lemak di bawah kulit dan belum matangnya pusat pengatur panas di otak. Beberapa perawatan alternatif untuk menstabilkan suhu tubuh BBLR, yaitu dengan Metode *Kangaroo Mother Care* dan *Swaddling*. **Tujuan :** Menganalisis perbandingan efektifitas Metode *Kangaroo Mother Care* dan *Swaddling* pada Bayi Berat Lahir Rendah di Tatanan Komunitas. **Metode:** *Systematic Revive* mengakses lima database yaitu *Scopus*, *Science Direct*, *PubMed*, *Garuda* dan *Proquest*. Pencarian dilakukan dari bulan 1 Mei – 25 Juni 2020. Tahun artikel dibatasi dari tahun 2015 – 2020. Kata kunci “*low birth weight bab*”*OR* “*Kangoro Mother Care*”*OR* “*community care*”*OR* “*Swaddling*”. Menilai kualitas kualitas artikel menggunakan *The Center for review and Dissemination and the Joanna Briggs Institute Guideline* sebagai petunjuk dalam menilai kualitas studi. **Hasil:** sebanyak 25 artikel di analisis sesuai dengan kriteria inklusi. Studi menggunakan intervensi KMC (n=18). Studi menggunakan *Swaddling* (n=4). Studi menggunakan intervensi KMC dan *Swaddling* (=3). Desain penelitian *Randomized controlled trials (RCTs)*, *Quasi-experimental*, dan *Cross Sectional*. Jumlah sampel bervariasi mulai dari 6 responden sampai 8.402 responden dengan berat kisaran 1500 – 2250 gram. **Kesimpulan:** Metode *kangaroo mother care* lebih efektif untuk meningkatkan suhu tubuh sedangkan *swaddling* dapat menjadi perawatan lanjutan setelah metode *kangaroo mother care* untuk menjaga kehangatan pada bayi berat lahir rendah

Kata Kunci: *Kangaroo Mother Care*; *Swaddling*; Bayi Berat Lahir Rendah; Komunitas

ABSTRACT

KANGAROO MOTHER CARE AND SWADDLING METHODS IN LOW BORN WEIGHT BABIES IN COMMUNITY SETTINGS

By S. Tauriana

Background: Infants born with low birth weight or Low Birth Weight Infants (LBW) are very susceptible to hypothermia due to thin fat reserves under the skin and immature heat regulating centers in the brain. Some alternative treatments to stabilize LBW body temperature, namely the Kangaroo Mother Care and Swaddling Methods. Objective: To analyze the comparative effectiveness of the Kangaroo Mother Care and Swaddling Methods in Low Birth Weight Babies in Community Settings. Methods: Systematic Review accessed five databases, namely Scopus, Science Direct, PubMed, Garuda and Proquest. Search was conducted from 1 May - 25 June 2020. The year of the article is limited from 2015 - 2020. Keywords "low birth weight chapter" OR "Kangaroo Mother Care" OR "community care" "OR" Swaddling. Assessing the quality of articles using The Center for review and Dissemination and the Joanna Briggs Institute Guideline as a guide for assessing study quality. Results: 25 articles were analyzed according to the inclusion criteria. The study used KMC intervention (n = 18). Study using Swaddling (n = 4). The study used KMC and Swaddling interventions (= 3). The study design was randomized controlled trials (RCTs), quasi-experimental, and cross sectional. The number of samples varied from 6 respondents to 8,402 respondents with weights ranging from 1500 to 2250 grams. Conclusion: The kangaroo mother care method is more effective at increasing body temperature while swaddling can be a follow-up treatment after the kangaroo mother care method to maintain warmth in low birth weight babies

Keywords : Kangaroo Mother Care; Swaddling; Low Birth Weight Babies; Community