ABSTRAK

HUBUNGAN PENGETAHUAN, PENDIDIKAN, DAN PARITAS DENGAN PENATALAKSANAAN PERAWATAN METODE KANGURU

Bayi prematur dan bayi berat lahir rendah (BBLR) rentan mengalami hipotermia sehingga memerlukan perawatan khusus. Perawatan metode kanguru (PMK) direkomendasikan WHO, namun penerapannya oleh ibu belum optimal. Pengetahuan, pendidikan, dan paritas diduga memengaruhi penatalaksanaan PMK. Tujuan penelitian ini bertujuan menganalisis hubungan pengetahuan, pendidikan, dan paritas dengan penatalaksanaan PMK serta menentukan variabel yang paling berhubungan. Penelitian kuantitatif analitik dengan desain *cross-sectional* di PMB Resi Muryati pada Oktober 2026. Sampel berjumlah 30 ibu yang memiliki bayi prematur/BBLR, diambil dengan teknik total sampling. Pengetahuan, pendidikan, dan paritas diukur dengan kuesioner, sedangkan penatalaksanaan PMK dinilai melalui lembar observasi (checklist). Analisis menggunakan uji Chi-Square/Fisher's Exact dan regresi logistik ganda. Hasil peneliitian menunjukkann sebanyak 43,3% ibu berpengetahuan baik, 46,7% berpendidikan menengah, dan 50,0% multipara. Penatalaksanaan PMK baik dilakukan oleh 46,7% ibu. Pengetahuan berhubungan bermakna dengan penatalaksanaan PMK (p = 0,011), sedangkan pendidikan (p = 0,236) dan paritas (p = 0,215) tidak berhubungan bermakna. Pada analisis multivariat, pengetahuan merupakan variabel yang paling berhubungan (AOR 7,45; 95% CI 1,23–45,03; p = 0,029). Pengetahuan ibu merupakan faktor yang paling berhubungan dengan penatalaksanaan PMK. Disarankan edukasi dan pendampingan PMK sejak awal perawatan, dengan materi yang disesuaikan dengan tingkat pendidikan dan pengalaman ibu.

Kata kunci: perawatan metode kanguru, pengetahuan, pendidikan, paritas, bayi prematur, BBLR

ABSTRACT

THE EFFECTIVENESS OF GENTLE TOUCH BABY MASSAGE BASED ON FAMILY-CENTERED CARE ON SLEEP QUALITY AND MOTOR ACHIEVEMENT OF INFANTS AGED 3–6 MONTHS

Premature and low birth weight (LBW) infants are prone to hypothermia and require special care. Kangaroo mother care (KMC) is recommended by the WHO, yet its implementation by mothers remains suboptimal. Knowledge, education, and parity are thought to influence KMC practice. This research aims to analyze the relationship between knowledge, education, and parity and the practice of KMC, and to identify the variable most strongly associated with it. This was a quantitative analytic study with a cross-sectional design conducted at PMB Resi Muryati in October 2026. The sample consisted of 30 mothers of premature/LBW infants, selected by total sampling. Knowledge, education, and parity were measured using questionnaires, while KMC practice was assessed through direct observation using a checklist. Data were analyzed using the Chi-Square/Fisher's Exact test and multiple logistic regression. The research results show A total of 43.3% of mothers had good knowledge, 46.7% had secondary education, and 50.0% were multiparous. Good KMC practice was found in 46.7% of mothers. Knowledge was significantly associated with KMC practice (p = 0.011), whereas education (p = 0.236) and parity (p = 0.215) were not. In the multivariate analysis, knowledge was the variable most strongly associated with KMC practice (AOR 7.45; 95% CI 1.23–45.03; p = 0.029). Maternal knowledge is the factor most strongly associated with KMC practice. KMC education and mentoring from the beginning of care are recommended, with materials tailored to mothers' educational level and experience.

Keywords: *kangaroo mother care, knowledge, education, parity, premature infants, low birth weight*