

EFEKTIVITAS METODE KANGURU TERHADAP KECUKUPAN ASI PADA BAYI CUKUP BULAN DI KLINIK SITI KHOLIJA TAHUN 2022

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ABSTRAK

Latar Belakang: Bayi baru lahir harus melakukan adaptasi terhadap lingkungan diluar rahim. Proses adaptasi ini diperberat dengan kelahiran bayi premature atau BBLR karena berbagai organ tubuh belum berfungsi secara maksimal. Hipotermi menjadi salah satu resiko yang cenderung terjadi dikarenakan lemak subkutan masih tipis. Salah satu intervensi yang dapat dilakukan dalam mencegah komplikasi akibat BBLR adalah dengan metode perawatan kanguru. **Tujuan:** Tujuan penelitian ini adalah untuk mengetahui Efektifitas Metode Kanguru Terhadap Kecukupan ASI pada Bayi Cukup Bulan di Klinik Siti Kholijah Tahun 2022. **Metode:** Jenis penelitian ini menggunakan desain penelitian *quasi eksperimen* dengan *pre-test and post-test with control group design*. Penelitian ini dilakukan di Klinik Siti Kholijah. Penelitian ini dilakukan pada bulan Oktober Tahun 2022. Populasi dalam penelitian ini adalah seluruh ibu post partum yang melahirkan di Klinik siti kholijah sebanyak 40 orang. Teknik pengambilan subjek menggunakan *accidental sampling* dimana sampel dipilih berdasarkan ketersediaannya. Adapun kriteria responden untuk penelitian ini adalah ibu yang dirawat di klinik siti kholijah, alamat dari masing-masing responden terjangkau oleh peneliti, persalinan normal, melahirkan bayi hidup, bayi tanpa komplikasi, bayi berusia 2 jam baru lahir dan bersedia menjadi objek dalam penelitian. Metode pengumpulan data yang dilakukan dalam penelitian ini menggunakan lembar observasi dengan instrument berupa kuesioner yang dibuat oleh peneliti berdasarkan literatur yang ada. Analisis data menggunakan uji Wilcoxon. **Hasil:** Hasil penelitian diperoleh Berdasarkan uji Wilcoxon di dapatkan nilai *p value* sebesar 0,001 sehingga dapat disimpulkan bahwa bahwa metode kanguru efektif terhadap kecukupan ASI pada bayi cukup bulan. **Kesimpulan:** Metode Kanguru efektif terhadap Kecukupan ASI pada Bayi Cukup Bulan.

Kata Kunci: Metode Kanguru, Kecukupan ASI, Bayi

THE EFFECTIVENESS OF THE KANGAROO METHOD ON ADEQUACY OF BREAST MILK IN BABIES AT ENTIRE MONTHS IN THE SITI KHOLIJAH CLINIC IN 2022

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ABSTRACT

Background: *Newborns must adapt to the environment outside the womb. This adaptation process is exacerbated by the birth of premature or low birth weight babies because various organs of the body have not functioned optimally. Hypothermia is a risk that tends to occur because the subcutaneous fat is still thin. One of the interventions that can be done in preventing complications due to LBW is the kangaroo care method.* **Objective:** *The purpose of this study was to determine the effectiveness of the Kangaroo Method on the Adequacy of Breastfeeding in Term Infants at the Siti Kholijah Clinic in 2022.* **Methods:** *This type of research used a quasi-experimental research design with pre-test and post-test with control group design. This research was conducted at Siti Kholijah Clinic. This research was conducted in October 2022. The population in this study were all post partum mothers who gave birth at the Siti Kholijah Clinic as many as 40 people. The technique of taking the subject used accidental sampling where the sample was selected based on its availability. The respondents' criteria for this study were mothers who were treated at the Siti Kholijah clinic, the addresses of each respondent were reached by the researcher, normal deliveries, live babies, babies without complications, babies aged 2 hours just born and willing to be the object of the study. The method of data collection carried out in this study used an observation sheet with an instrument in the form of a questionnaire made by the researcher based on the existing literature. Data analysis using Wilcoxon test.* **Results:** *The results were obtained. Based on the Wilcoxon test, a p value of 0.001 was obtained, so it can be concluded that the kangaroo method is effective on the adequacy of breast milk in term infants.* **Conclusion:** *The Kangaroo Method is effective on the adequacy of breast milk in term infants.*

Keywords: *Kangaroo Method, Adequacy of Breastfeeding, Infant*