

ABSTRAK

PENGARUH *KANGAROO MOTHER CARE* (KMC) INTERMITEN TERHADAP STRES IBU DENGAN BAYI BERAT LAHIR RENDAH (BBLR) DI RUANG PERAWATAN NEONATUS

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Latar Belakang: Kondisi bayi berat badan lahir rendah (BBLR) secara klinis memerlukan perawatan intensif yang memicu pemisahan fisik dan peningkatan stres pada ibu. Intervensi *kangaroo mother care* (KMC) intermiten merupakan upaya memperbaiki respon psikologis serta memfasilitasi kedekatan ibu dan bayi. Penelitian ini bertujuan mengetahui pengaruh KMC intermiten terhadap tingkat stres ibu dengan bayi BBLR di ruang neonatus.

Metodologi: Desain penelitian ini adalah *quasi-experimental* dengan pendekatan *one group pretest-posttest design without control group*. Sampel berjumlah 35 responden yang diambil dengan teknik *convenience sampling* di RSUD Prof. Dr. Margono Soekarjo. Tingkat stres diukur sebelum dan sesudah intervensi KMC selama 3 hari. Analisis data menggunakan uji *non-parametrik Wilcoxon Signed-Ranks Test*.

Hasil Penelitian: Karakteristik responden menunjukkan rata-rata usia ibu 31,06 tahun, mayoritas berpendidikan SLTA (40%), IRT (77,1%), multipara (60%), persalinan SC (88,6%), dan usia gestasi preterm (97,1%). Bayi didominasi kategori BBLR (65,7%). Hasil uji Wilcoxon menunjukkan p -value 0,001 ($p < 0,05$), yang berarti terdapat perbedaan signifikan skor stres ibu sebelum dan sesudah dilakukan intervensi. Nilai median skor stres ibu menurun sebesar 44,8% (dari 116 menjadi 64), dengan 97,1% responden mengalami penurunan skor stres ibu setelah intervensi.

Kesimpulan: Intervensi *Kangaroo Mother Care* (KMC) intermiten terbukti mampu menurunkan tingkat stres pada ibu dengan bayi BBLR secara nyata. Penerapan metode ini perlu penguatan edukasi dan motivasi berkelanjutan dari perawat agar ibu dapat melakukan KMC secara konsisten untuk mendukung kesehatan mental.

Kata Kunci: Bayi berat lahir rendah, KMC, NICU, *Preterm*, Stres ibu

ABSTRACT

THE EFFECT OF INTERMITTEN KANGAROO MOTHER CARE (KMC) ON STRESS IN MOTHER WITH LOW BIRTH WEIGHT (LBW) INFANTS IN THE NEONATAL CARE UNIT

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Background: Clinically, low birth weight (LBW) infants require intensive care, which causes physical separation and increased stress for mothers. Intermittent kangaroo mother care (KMC) is an intervention aimed at improving psychological responses and facilitating closeness between mothers and infants. This study aims to determine the effect of intermittent KMC on the stress levels of mothers with LBW infants in the neonatal ward.

Methodology: This study used a quasi-experimental design with a one-group pretest-posttest approach without a control group. The sample consisted of 35 respondents selected using convenience sampling at Prof. Dr. Margono Soekarjo General Hospital. Stress levels were measured before and after the 3-day KMC intervention. Data analysis was performed using the Wilcoxon Signed-Ranks Test.

Research Result: Respondent characteristics showed that the average age of mothers was 31.06 years, the majority had a high school education (40%), were housewives (77.1%), multiparous (60%), had a cesarean section (88.6%), and had a preterm gestational age (97.1%). Babies were predominantly in the low birth weight category (65.7%). The Wilcoxon test results showed a p-value of 0.001 ($p < 0.05$), which means that there was a significant difference in the mothers' stress scores before and after the intervention. The median value of the mothers' stress scores decreased by 44.8% (from 116 to 64), with 97.1% of respondents experiencing a decrease in their stress scores after the intervention.

Conclusion: Intermittent Kangaroo Mother Care (KMC) intervention has been proven to significantly reduce stress levels in mothers with LBW babies. The implementation of this method requires continuous education and motivation from nurses so that mothers can perform KMC consistently to support mental health.

Keywords: Low birth weight, KMC, NICU, Preterm, Maternal stress