

# Pengaruh perawatan metode kanguru yang dilakukan oleh ayah dan ibu terhadap lama tidur tenang bayi berat lahir rendah = The effect of kangaroo care performed by fathers and mothers on length of quiet sleep on low birth weight babies / Nenty Septiana

Nenty Septiana, author

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Abstrak

**ABSTRAK**

Nama : Nenty Septiana  
Program Studi : Magister Ilmu Keperawatan Anak Fakultas Ilmu Keperawatan  
Judul : Pengaruh Perawatan Metode Kanguru yang Dilakukan oleh Ayah dan Ibu terhadap Lama Tidur Tenang Bayi Berat Lahir Rendah Gangguan tidur yang dialami oleh BBLR akibat banyaknya stimulus selama perawatan akan mengganggu proses perkembangan dan kematangan otak bayi. Selama ini perawatan metode kanguru PMK hanya dilakukan oleh ibu. Tujuan penelitian ini mengetahui pengaruh PMK yang dilakukan oleh ayah dan ibu terhadap lama tidur tenang bayi berat lahir rendah BBLR . Rancangan penelitian ini menggunakan post test-only nonequivalent control group dengan 16 BBLR yang dirawat di tiga rumah sakit di Banda Aceh. Pengambilan sampel dilakukan secara consecutive sampling. Analisis menggunakan uji Paired t-test. Tidak terdapat perbedaan lama tidur tenang BBLR selama dilakukan perawatan metode kanguru oleh ibu dan ayah dengan nilai  $p=0,77$ . PMK bisa dilakukan oleh ibu ataupun ayah sehingga keterikatan antara ibu/ayah dan anak akan meningkat, tidur tenang BBLR akan lebih lama, dan PMK dapat dilanjutkan di rumah dengan adanya dukungan keluarga.

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**ABSTRACT**

Name Nenty Septiana  
Study Programme Postgraduate Programme Faculty of Nursing  
Title The Effect of Kangaroo Care Performed by Fathers and Mothers on Length of Quiet Sleep on Low Birth Weight Babies  
Sleep disturbances experienced by low birth weight baby may disrupt the process of neural development and maturity of the babies rsquo brain due to various stimuli during their care. To date, kangaroo care is only performed by the mothers. The purpose of this study to identify the effect of kangaroo care performed by fathers and mothers on length of quiet sleep of low birth weight LBW babies. The research design was post test only nonequivalent control group using a consecutive sampling technique with 16 respondents of low birth weight babies hospitalized in three hospitals in Banda Aceh. Statistical analysis using Paired t test. There is no significant difference between the duration of quiet sleep of LBW babies given kangaroo care performed by fathers and mothers p value 0,77 . Kangaroo care can be done by either fathers or mothers so that the emotional attachment between babies and their mother or father will be deepened, quiet sleep period of LBW babies will be extended, and can be continued at home with their family support.