

## Peningkatan suhu bayi prematur melalui terapi sentuhan / Ema Hikmah, Yeni Rustina, Hening Pujasari

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### Abstrak

Terapi sentuhan merupakan salah satu terapi nonfarmakologis yang dapat diberikan pada bayi prematur.

Tujuan penelitian

mengidentifikasi pengaruh terapi sentuhan terhadap suhu dan nadi bayi prematur di ruang perinatologi RS X

Tangerang. Desain

penelitian menggunakan kuasi eksperimen dengan pre dan post test. Teknik pengambilan sampel dengan cara consecutive

sampling. Responden berjumlah 30 bayi prematur, dengan 15 bayi pada kelompok intervensi dan 15 bayi pada kelompok

kontrol. Pengujian rata-rata suhu dan nadi pada kelompok kontrol dan kelompok intervensi menggunakan uji t-test. Hasil

penelitian menunjukkan peningkatan rata-rata suhu bayi prematur secara signifikan pada kelompok intervensi ( $p=0,000, \leq 0,05$ );

0,05). Kesimpulannya, terapi sentuhan dapat meningkatkan suhu bayi prematur. Disarankan agar terapi sentuhan dapat diterapkan

dalam asuhan keperawatan pada bayi prematur.

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Therapeutic touch is one of non pharmacologic therapy that can be given to premature babies. The purpose of study was to

identify the effects of therapeutic touch on the temperature and pulse of premature babies at Perinatal Unit, X Hospital in

Tangerang. Quasi-experimental research design was used with pre and post test. Sampling technique was by consecutive

sampling. Respondents were 30 premature infants, with 15 infants in the intervention group and 15 infants in the control

group. The average temperature and pulse in the control group and intervention group was measured by t-test. The results

showed an increase in the average temperature of premature infants in the intervention group were significant ( $p=0,000, \leq 0,05$ );

0,05). In conclusion, therapeutic touch can increase the temperature of premature infants. It is recommended that therapeutic

touch can be applied in nursing care in preterm infants.