

# Pengaruh dukungan teman senasib terhadap kepercayaan diri ibu, pelaksanaan perawatan metode kanguru (PMK) dan kenaikan berat badan bayi berat lahir rendah = The effect of peer support on self confidence of mother, kangaroo mother care implementation and weight gain of low birth weight

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## Abstrak

Perawatan Metode Kanguru (PMK) terbukti meningkatkan berat badan bayi lahir rendah, namun pelaksanaan PMK masih kurang optimal karena kurangnya kepercayaan diri ibu dan pemahaman ibu mengenai PMK terbatas. Penelitian ini bertujuan mengidentifikasi pengaruh dukungan teman senasib terhadap kepercayaan diri ibu, pelaksanaan PMK dan berat badan bayi. Desain penelitian yaitu randomise control trial pre-post test equivalent group dengan 24 responden kelompok intervensi dan 24 responden kelompok kontrol. Intervensi yaitu edukasi PMK (tiga sesi) dan observasi pelaksanaan PMK serta kenaikan berat badan bayi selama tujuh hari.

Hasil penelitian terdapat perbedaan kepercayaan diri ibu, pelaksanaan PMK dan berat badan bayi antara kelompok kontrol dan kelompok intervensi ( $p = 0,001; 0,001; 0,030$ ). Terdapat hubungan antara berat lahir bayi dengan kepercayaan diri ibu dan kenaikan berat badan bayi, serta penyakit penyerta dengan kenaikan berat badan bayi. Penelitian ini efektif meningkatkan kepercayaan diri ibu, pelaksanaan PMK dan berat badan bayi. Peneliti merekomendasikan implementasi dukungan teman senasib saat kunjungan rumah.

*Kangaroo Mother Care (KMC) has been shown to increase low birthweight, but KMC implementation is less optimal because of self-confidence mother was poor and mother's understanding about KMC is limited. This research aims to determine effect of peer support on mother's self-confidence, KMC implementation and infant weight gain. The research methodology use was randomized a controlled-random experimental approach with pre-post test equivalent group of 24 respondents in the intervention group and 24 respondents in the control group. The intervention was KMC education (three sessions) and observation of KMC implementation and infant weight gain for seven days.*

*The results was difference of mother's confidence, KMC implementation and infant weight gain between control group and intervention group ( $p = 0,001; 0,001,0,030$ ). There was relationship between infant birth weight to mother's self-confidence and infant weight gain, as well as comorbidities with infant weight gain. This research was effectively improved mother's self-confidence, KMC implementation and infant weight gain. Researchers recommend the implementation of peer support during home visits.*