Abstract

Low birth weight (LBW) babies are at high risk of complications, such as hypothermia and growth retardation. One effective method for addressing these issues is Kangaroo Care (KMC), which involves direct skin-to-skin contact between mother and baby. This researchintendedTo determine the effect of PMK on body temperature stability and weight gain in LBW infants at Sitti Khadijah Hospital for Women and Children in Gorontalo City. This study usedDesignquasi-experimental with one group pre-test and post-test approach.A sample of 24 low birth weight infants was selected using accidental sampling techniques and underwent PMK for three days. Data were analyzed using thePaired Sample T-test dan Wilcoxon. Results showed that the baby's body temperature did not increase significantly (p > 0.05), but remained stable within the normal range (36.5°C). Meanwhile, the baby's weight increased significantly every day, namely 22.29 grams on day 1, 42.29 grams on day 2, and 63.75 grams on day 3 (p = 0.000).The conclusion, PMK does not increase body temperature significantly, but is effective in maintaining body temperature stability and increasing the weight of LBW babies.

Keywords: *LBW, Kangaroo Method, Body Temperature, Body Weight.*

Abstrak

Bayi Berat Lahir Rendah (BBLR) memiliki risiko tinggi mengalami komplikasi, seperti hipotermia dan gangguan pertumbuhan. Salah satu metode efektif untuk menangani masalah tersebut adalah Perawatan Metode Kanguru (PMK), yakni perawatan dengan kontak kulit langsung antara ibu dan bayi. Penelitian ini bertujuan untuk mengetahui pengaruh PMK terhadap stabilitas suhu tubuh dan peningkatan berat badan bayi BBLR di RSIA Sitti Khadijah Kota Gorontalo. Penelitian ini menggunakan *Desain quasi eksperimen dengan pendekatan one group pre-test and post-test.* Sampel berjumlah 24 bayi BBLR yang dipilih menggunakan teknik accidental sampling dan dilakukan PMK selama tiga hari. Data dianalisis menggunakan uji *Paired Sample T-test dan Wilcoxon.* Hasil menunjukkan bahwa suhu tubuh bayi tidak mengalami peningkatan signifikan (p > 0,05), namun tetap stabil pada kisaran normal (36,5°C). Sedangkan, berat badan bayi meningkat secara signifikan setiap hari yaitu hari ke-1 sebesar 22,29 gram, hari ke-2 sebesar 42,29 gram, dan hari ke-3 sebesar 63,75 gram (p = 0,000). Kesimpulannya, PMK tidak meningkatkan suhu tubuh secara signifikan, namun efektif menjaga stabilitas suhu tubuh dan meningkatkan berat badan bayi BBLR.

Kata Kunci: BBLR, Metode Kanguru, Suhu Tubuh, Berat Badan