

Universitas Ngudi Waluyo
Prodi Kebidanan Program Sarjana
Skripsi, Januari 2021
Febri Aryana Selvi. SS
152191148

Efektifitas Metode Kangguru Untuk Mengurangi Nyeri Penyuntikan Intra Muscular Imunisasi HB0 Pada Bayi Baru Lahir Di klinik Rahayu Ungaran Tahun 2020

ABSTRAK

Latar Belakang : Efek samping ataupun reaksi lokal sementara dari pemberian imunisasi adalah nyeri. Bayi belum dapat mengungkapkan rasa nyeri yang dirasakan dengan kata-kata melainkan bayi mengespresikan sensasi nyeri melalui tangisan. Metode kangguru mempunyai efek anestesi dengan memblok transmisi rangsangan nosiseptif melalui serat aferen sehingga menghambat nyeri melalui modulasi sistem endogen, mengubah kadar kortisol darah bayi dan pelepasan beta-endorfin, yang mengurangi stress.

Tujuan : Penelitian ini dilakukan untuk mengetahui efektifitas metode kangguru dalam mengurangi nyeri penyuntikan intra muscular HB0 pada bayi baru lahir di Klinik Rahayu Ungaran.

Metode : Penelitian ini merupakan penelitian *quasi eksperimen design* (penelitian eksperimen semu) dengan desain penelitian *two grub post test-only*. Pengambilan sampel dilakukan dengan tehnik *accidental sampling*, yaitu sebanyak 15 orang kelompok intervensi yang di berikan metode kangguru dan 15 orang kelompok kontrol yang tidak di berikan metode kangguru. Tehnik analisis data univaried menggunakan distribusi frekuensi dan analisis data bivaried menggunakan uji Mann Whitney test.

Hasil : Hasil penelitian ini menunjukkan rata-rata rasa nyeri pada kelompok intervensi 9,20 sedangkan pada kelompok kontrol 21,80 dengan nilai *P value* (0,000) < 0,05 maka terdapat perbedaan signifikan antara rasa nyeri kelompok intervensi dengan kelompok kontrol.

Simpulan : Penerapan metode kangguru efektif mengurangi nyeri dibandingkan dengan tanpa penerapan metode kangguru. Diharapkan tenaga kesehatan dapat meningkatkan manajemen nyeri dengan menerapkan metode kangguru sebagai asuhan kebidanan untuk mengurangi nyeri penyuntikan intra muscular pada bayi baru lahir.

Kata Kunci : Nyeri, Metode Kangguru, Injeksi Intra Muscular, Bayi Baru Lahir
Kepustakaan : (2020-2021)

Ngudi Waluyo University
Midwifery Study Program, Undergraduate Program
Thesis, January 2021
Febri Aryana Selvi. SS
152191148

The Effectiveness Of Kangaroo Method To Reduce The Pain Of Intra-Muscular Injection Hb0 Immunization In Newborns At The Rahayu Clinic, Ungaran, 2020

ABSTRACT

Background: Side effects or temporary local reactions from immunization are pain. Pain is the emotion-perception of tissue damage in the body. Babies can not express the pain they feel in words but babies express the sensation of pain through crying. The kangaroo method has an anesthetic effect by blocking the transmission of nociceptive stimuli via afferent fibers thereby inhibiting pain through modulation of the endogenous system, altering infant blood cortisol levels and releasing beta-endorphins, which reduce stress.

Purpose: This study was conducted to determine the effectiveness of the kangaroo method in reducing the pain of intra-muscular injection of HBO in newborns at the Rahayu Clinic, Ungaran.

Methods: This study is a quasi-experimental research design (quasi-experimental research) with a two-grub post test only research design. Sampling was done using accidental sampling technique, namely 15 people in the intervention group who were given the kangaroo method and 15 people in the control group who were not given the kangaroo method. The unvaried data analysis technique used frequency distribution and bivaried data analysis used the Mann Whitney test.

Results: The results of this study showed that the average pain in the intervention group was 9.20 while in the control group it was 21.80 with a P value $(0.000) < 0.05$, so there was a significant difference between pain in the intervention group and the control group.

Conclusion: The application of the kangaroo method is effective in reducing pain compared to without the application of the kangaroo method. It is hoped that health workers can improve pain management by applying the kangaroo method as midwifery care to reduce the pain of intra-muscular injection in newborns.

Keywords: Pain, Kangaroo Method, Intra Muscular Injection, New Babies
Born Literature: (2020-2021)