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PERBEDAAN SUHU TUBUH BBL SEBELUM DAN SESUDAH IMD DI PUSKESMAS TARUS

ABSTRAK

Latar Belakang: BBL yang lahir di PKM Tarus telah dilakukan IMD pada 1 jam pertama bayi lahir, akan tetapi rata-rata belum dilakukan pengukuran suhu tubuh BBL sebelum IMD, pengukuran suhu dilakukan 1 jam setelah IMD berhasil sehingga tidak ada gambaran suhu tubuh BBL sebelum dan sesudah IMD.

Suhu tubuh BBL jika tidak dilakukan IMD dapat berpengaruh pada kesehatan BBL seperti kehilangan panas tubuh kemudian hipotermia, ketika BBL hipotermia akan menyebabkan komplikasi yang sering terlihat yaitu hipoglikemia dan asidosis dalam tubuh BBL. Proses IMD yang dilakukan yaitu kontak kulit ibu dan bayi (*skin to skin contact*) sehingga secara otomatis suhu tubuh ibu dapat mentransfer ke kulit BBL secara langsung dan dapat mempertahankan suhu tubuh BBL melalui proses IMD. Tubuh ibu memiliki kemampuan untuk menyesuaikan suhunya dengan suhu yang dibutuhkan bayi (*Thermoregulator Thermal Synchrony*).

Tujuan Penelitian: Mengetahui perbedaan suhu tubuh BBL sebelum inisiasi menyusui dini dan setelah inisiasi menyusui dini.

Metode Penelitian: Metode kuantitatif jenis penelitian Quasi Experiment (*Pre-Post Test Design*) dengan pendekatan *cross sectional*. Populasi 45 bayi, sampel yang di ambil 30 BBL dengan berat badan normal, alat ukur termometer digital, instrumen penelitian termometer digital dan lembar observasi, analisis data dengan SPSS.25.

Hasil Penelitian: Hasil penelitian dari 30 sampel di dapatkan nilai mean suhu tubuh BBL sebelum di lakukan inisiasi menyusui dini (IMD) adalah $36,5^{\circ}\text{C}$, nilai min= $36,3^{\circ}\text{C}$, nilai max= $36,9^{\circ}\text{C}$ SD= $16,1209$. Nilai Mean suhu tubuh BBL setelah di lakukan inisiasi menyusui dini (IMD) adalah $36,8^{\circ}\text{C}$, nilai min= $36,5^{\circ}\text{C}$, nilai max= $37,2^{\circ}\text{C}$ SD= $20,8580$

Kesimpulan: IMD dapat mempengaruhi suhu tubuh BBL, dengan adanya IMD maka suhu tubuh BBL dapat di pertahankan melalui kontak kulit ibu dan bayi.

Kata Kunci: Perbedaan suhu tubuh, Hubungan IMD, Suhu tubuh BBL.

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DIFFERENCE BODY TEMPERATURE BBL BEFORE AND AFTER IMD AT TARUS PUSKESMAS

ABSTRACT

Background: Babies born in PKM Tarus have IMD done in the first 1 hour of the baby's birth, but on average, BBL body temperature has not been measured before IMD, temperature measurements are taken 1 hour after IMD is successful so there is no picture of BBL body temperature before and after IMD. after IMD.

BBL body temperature if not done IMD can affect the health of BBL such as loss of body heat and then hypothermia, when BBL hypothermia will cause complications that are often seen, namely hypoglycemia and acidosis in the BBL body. The IMD process carried out is skin-to-skin contact (skin-to-skin contact) so that the mother's body temperature can automatically transfer to the BBL's skin directly and can maintain the BBL's body temperature through the IMD process. The mother's body has the ability to adjust its temperature to the temperature needed by the baby (Thermoregulator Thermal Synchrony).

Research Objectives: To determine the difference in body temperature of BBL before early initiation of breastfeeding and after early initiation of breastfeeding.

Research Methods: Quantitative research methods are Quasi Experiment (Pre-Post Test Design) with a cross-sectional approach. The population was 45 infants, 30 BBL samples were taken with normal weight, digital thermometer measuring instrument, digital thermometer research instrument and observation sheet, data analysis using SPSS.25.

Research Results: The results of the study from 30 samples obtained that the mean value of BBL body temperature before early initiation of breastfeeding (IMD) was 36.50C, min value = 36.30C, max value = 36.90C SD = 16.1209. Mean value of BBL body temperature after early initiation of breastfeeding (IMD) is 36.80C, min value = 36.50C, max value = 37.20C SD = 20.8580

Conclusion: IMD can affect the body temperature of infants with IMD, with the presence of IMD, the body temperature of infants can be maintained through skin contact between mother and baby.

Keywords: Differences in body temperature, BMI relationship, BBL body temperature.