

**PROGRAM STUDI S1 KEBIDANAN DAN PROFESI BIDAN
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**Efektivitas *Kangaroo Mother Care* (KMC) terhadap Kestabilan Suhu Tubuh
Bayi Berat Lahir Rendah**

Xiii + ..Halaman + 15 Tabel + 4 Lampiran

ABSTRAK

Bayi Berat Lahir Rendah (BBLR) masih menjadi salah satu penyumbang terbesar angka kesakitan dan kematian neonatal di Indonesia. Hipotermia merupakan komplikasi serius yang sering dialami BBLR akibat ketidakmatangan sistem termoregulasi, yang dapat memicu *cold stress*, hipoglikemia, hipoksemia, serta meningkatkan morbiditas dan mortalitas. *Kangaroo Mother Care* (KMC) merupakan intervensi non-farmakologis yang direkomendasikan WHO untuk menjaga kestabilan suhu tubuh BBLR melalui kontak kulit-ke-kulit. Penelitian ini bertujuan untuk mengetahui efektivitas intervensi *Kangaroo Mother Care* (KMC) dalam menstabilkan suhu tubuh pada Bayi Berat Badan Lahir Rendah (BBLR).

Penelitian ini menggunakan desain *Systematic Review* dengan mengacu pada pedoman PRISMA 2020 dan metodologi *Joanna Briggs Institute* (JBI). Pencarian literatur dilakukan pada 5 database (Scopus, PubMed, Garuda, Wiley, EBSCOhost) dengan rentang tahun 2020-2026. Kata kunci yang digunakan: "*Kangaroo Mother Care*" OR "*KMC*" OR "*skin-to-skin contact*" AND "*low birth weight infant*" OR "*LBW*" OR "*preterm infant*" AND "*body temperature*" OR "*thermoregulation*" OR "*hypothermia*" OR "*temperature stability*". Dari 336 artikel awal, diperoleh 8 artikel final yang memenuhi kriteria inklusi dan dianalisis menggunakan sintesis naratif. Dari 8 artikel yang dianalisis, 6 artikel berasal dari Indonesia dan 2 artikel dari luar negeri (Ethiopia dan India). Penelitian menunjukkan bahwa KMC efektif meningkatkan suhu tubuh BBLR secara signifikan dengan rentang peningkatan 0,294°C hingga 1,38°C ($p < 0,05$ hingga $p = 0,000$). Durasi KMC yang lebih panjang (≥ 8 jam/hari) memberikan efek yang lebih baik dalam mencegah hipotermia. Inovasi alat bantu seperti *Metka infant sling*, *KMC backpack*, dan *BEMPU bracelet* meningkatkan kepatuhan dan efektivitas KMC. Faktor-faktor yang mempengaruhi keberhasilan KMC antara lain durasi kontak, frekuensi, berat badan lahir, dan partisipasi orang tua. *Kangaroo Mother Care* (KMC) terbukti efektif dalam menstabilkan suhu tubuh BBLR. Durasi KMC yang lebih panjang dan inovasi alat bantu dapat meningkatkan efektivitas intervensi. KMC direkomendasikan sebagai intervensi rutin dalam perawatan BBLR, terutama di fasilitas kesehatan dengan keterbatasan akses terhadap inkubator.

Kata Kunci: *Kangaroo Mother Care*, KMC, Bayi Berat Lahir Rendah, BBLR, Suhu Tubuh, Termoregulasi, Hipotermia

**STUDY PROGRAM OF SI MIDWIFERY FACULTY OF MIDWIFERY
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**EFFECTIVENESS OF *KANGAROO MOTHER CARE* (KMC) ON BODY
TEMPERATURE STABILITY IN *LOW BIRTH WEIGHT INFANTS*
Xii + ...Pages + 15 Tables + 4 Appendices**

ABSTRACT

Low Birth Weight (LBW) infants remain one of the leading causes of morbidity and neonatal mortality in Indonesia. Hypothermia is a serious complication often experienced by LBW infants due to immature thermoregulation systems, which can trigger cold stress, hypoglycemia, hypoxemia, and increased morbidity and mortality. Kangaroo Mother Care (KMC) is a non-pharmacological intervention recommended by WHO to maintain body temperature stability in LBW infants through skin-to-skin contact. This study aimed to determine the effectiveness of Kangaroo Mother Care (KMC) intervention in stabilizing body temperature in Low Birth Weight Infants (LBW). This study used a Systematic Review design referring to PRISMA 2020 guidelines and Joanna Briggs Institute (JBI) methodology. Literature searches were conducted in 5 databases (Scopus, PubMed, Garuda, Wiley, EBSCOhost) from 2020-2026. The keywords used were: "Kangaroo Mother Care" OR "KMC" OR "skin-to-skin contact" AND "low birth weight infant" OR "LBW" OR "preterm infant" AND "body temperature" OR "thermoregulation" OR "hypothermia" OR "temperature stability". From 336 initial articles, 8 final articles met the inclusion criteria and were analyzed using narrative synthesis. Of the 8 articles analyzed, 6 articles were from Indonesia and 2 from abroad (Ethiopia and India). The studies showed that KMC effectively increased LBW infants' body temperature significantly with an increase range of 0.294°C to 1.38°C ($p < 0.05$ to $p = 0.000$). Longer KMC duration (≥ 8 hours/day) provided better effects in preventing hypothermia. Innovations such as Metka infant sling, KMC backpack, and BEMPU bracelet improved compliance and effectiveness of KMC. Factors influencing KMC success included contact duration, frequency, birth weight, and parental participation. Kangaroo Mother Care (KMC) has been proven effective in stabilizing body temperature in LBW infants. Longer KMC duration and assistive device innovations can enhance intervention effectiveness. KMC is recommended as a routine intervention in LBW infant care, especially in healthcare facilities with limited access to incubators.

Keywords: Kangaroo Mother Care, KMC, Low Birth Weight, LBW, Body Temperature, Thermoregulation, Hypothermia