

PENGARUH SELIMUT HANGAT ALUMINIUM *FOIL* TERHADAP  
PENCEGAHAN HIPOTERMI PADA BAYI BARU LAHIR DENGAN  
*SECTIO CAESAREA* SAAT INISIASI MENYUSU DINI

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**ABSTRAK**

**Latar Belakang:** Inisiasi Menyusu Dini (IMD) pada persalinan dengan SC (*Sectio Caesarea*) meningkatkan resiko hipotermi karena suhu ruang operasi yang dingin dan suhu tubuh ibu yang subnormal. Metode pemanasan saat IMD bayi SC akan mencegah penurunan suhu bayi.

**Tujuan:** Diketuinya pengaruh selimut hangat aluminium *foil* terhadap pencegahan hipotermi BBL dengan SC saat inisiasi menyusu dini.

**Metode:** Penelitian menggunakan desain *True Eksperimen Pretest Posttest Control Group Design*. Dengan teknik *consecutive sampling* dan alokasi kelompok penelitian dengan randomisasi, diperoleh sampel sebanyak 25 bayi SC di- IMD dengan selimut hangat aluminium *foil* pada kelompok eksperimen dan 25 bayi SC di-IMD dengan selimut hangat pada kelompok kontrol yang diberikan perlakuan selama 30 menit di ruang pemulihan, diukur suhunya dengan termometer digital aksila kemudian dibandingkan. Analisis data menggunakan uji *Mann Whitney U test*.

**Hasil:** Rerata suhu tubuh bayi pada kelompok eksperimen dan kontrol mengalami peningkatan dari hipotermi sedang (35,75°C dan 35,8°C) menjadi hipotermi ringan (36,34°C dan 36,12°C). Uji *Mann Whitney U test* menunjukkan terdapat perbedaan rerata suhu tubuh bayi baru lahir antara kelompok eksperimen dan kelompok kontrol.

**Kesimpulan:** Pengaruh selimut hangat aluminium *foil* lebih baik daripada selimut hangat dalam meningkatkan suhu BBL SC saat IMD di ruang pemulihan dengan *p value*<0.05

**Kata Kunci:** Selimut aluminium *foil*, Inisiasi Menyusu Dini, Suhu, *sectio caesarea*

THE EFFECT OF WARM ALUMINUM FOIL BLANKETS ON THE  
PREVENTION OF HYPOTHERMIA IN NEW BORN INFANTS WITH  
SECTIO CAESAREA DURING EARLY BREASTFEEDING INITIATION

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ABSTRACT

**Background:** Early Initiation of Breastfeeding (EIBF) in labor with SC (Sectio Caesarea) increased the risk of hypothermia due to the cold operating room temperature and subnormal maternal body temperature. The heating method during EIBF after caesarean delivery prevented the baby's temperature from dropping.

**Objective:** To determine the effect of warm aluminum foil blankets on the prevention of hypothermia in newborns with SC during early initiation of breastfeeding.

**Methods:** The study used the True Experiment Pretest Posttest Control Group Design. Used consecutive sampling and randomization techniques in the study group allocation, 25 babies covered with warm aluminum foil blankets in the experimental group and 25 babies with warm blankets in the control group, done EIBF for 30 minutes in the recovery room, their temperatures were measured and compared. Data analysis used the Mann Whitney U Test.

**Results:** The mean body temperature of infants in the experimental and control groups increased from moderate hypothermia (35.75°C and 35.8°C) to mild hypothermia (36.34°C and 36.12°C). The Mann Whitney U Test showed that there was a difference in the average body temperature of newborns between the experimental group and the control group.

**Conclusion:** The effect of a warm blanket of aluminum foil was better than a warm blanket in increasing the temperature of newborn with SC during EIBF in the recovery room with p value < 0.05.

**Keywords:** Aluminum foil blanket, Early Initiation Breastfeeding, Temperature, sectio caesarea