

# ANALISIS ASUHAN KEPERAWATAN PENERAPAN *SWADDLE BATH* TERHADAP STABILITAS FISIOLOGIS DAN KENYAMANAN PADA BAYI PREMATUR DI RUANG PERINATOLOGI

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## Abstrak

Kelahiran prematur merupakan masalah kesehatan utama yang berdampak signifikan pada mortalitas dan morbiditas neonatus, terutama akibat imaturitas organ dan ketidakstabilan fisiologis seperti hipotermia dan fluktuasi tanda vital. Praktik perawatan rutin, seperti mandi dengan metode *conventional bath* (tradisional), sering kali meningkatkan risiko ketidakstabilan fisiologis dan respons stres pada bayi prematur. *Swaddle Bath* merupakan prosedur mandi yang dilakukan dengan membedong bayi selama kurang lebih 4–8 menit, yang dirancang untuk membatasi kehilangan panas tubuh dan menurunkan respons stres selama proses pemandian. Penelitian ini bertujuan untuk menganalisis efektivitas *swaddle bath* dalam menjaga stabilitas fisiologis dan meningkatkan kenyamanan bayi prematur di ruang perinatologi. Desain penelitian menggunakan studi kasus pada dua bayi prematur dengan intervensi *swaddle bath* dan *conventional bath* selama empat hari. Evaluasi parameter fisiologis (suhu tubuh, frekuensi nadi, pernapasan, saturasi oksigen), skor kenyamanan diukur dengan *Premature Infant Pain Profile* (PIPP), serta durasi menangis dilakukan secara berkesinambungan. Hasil menunjukkan bayi yang dimandikan dengan *swaddle bath* mempertahankan suhu tubuh lebih stabil, denyut jantung dan frekuensi napas lebih baik, saturasi oksigen tetap tinggi, skor nyeri serta durasi menangis lebih rendah dibandingkan dengan metode konvensional. Temuan ini menegaskan bahwa *swaddle bath* merupakan intervensi non farmakologis sederhana tetapi efektif untuk mendukung stabilitas fisiologis dan kenyamanan bayi prematur. Penerapan teknik ini diharapkan dapat diintegrasikan dalam praktik keperawatan neonatal sebagai bentuk inovasi berbasis *evidence-based practice*.

**Kata Kunci** : Bayi Prematur, *Swaddle Bath*, Stabilitas Fisiologis, Kenyamanan, *Evidence-Based Practice*.

# ***ANALYSIS OF NURSING CARE APPLICATION OF SWADDLE BATH ON PHYSIOLOGICAL STABILITY AND COMFORT IN PREMATURE INFANTS IN THE PERINATOLOGY ROOM***

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## ***Abstract***

*Premature birth is a major health problem that has a significant impact on neonatal mortality and morbidity, mainly due to organ immaturity and physiological instability such as hypothermia and vital sign fluctuations. Routine care practices, such as bathing using the conventional bath method, often increase the risk of physiological instability and stress responses in premature babies. Swaddle Bath is a bathing procedure performed by swaddling the infant for approximately 4–8 minutes, designed to limit body heat loss and reduce stress responses during the bathing process. This study aims to analyze the effectiveness of Swaddle Bath in maintaining physiological stability and improving the comfort of premature infants in the perinatology ward. The study design used a case study of two premature infants with Swaddle Bath and conventional bath interventions for four days. Evaluation of physiological parameters (body temperature, heart rate, respiration, oxygen saturation), comfort scores measured using the Premature Infant Pain Profile (PIPP), and crying duration were conducted continuously. The results showed that infants bathed with Swaddle Bath maintained more stable body temperature, better heart rate and respiratory rate, high oxygen saturation, lower pain scores, and shorter crying duration compared to the conventional method. These findings confirm that Swaddle Bath is a simple but effective non-pharmacological intervention to support physiological stability and comfort in premature infants. The application of this technique is expected to be integrated into neonatal nursing practice as a form of evidence-based practice innovation.*

**Keyword** :Premature Infants, Swaddle Bath, Physiological Stability, Comfort, Evidence-Based Practice.