

# **PENGARUH PIJAT BAYI TERHADAP PERUBAHAN KADAR BILIRUBIN PADA NEONATUS HIPERBILIRUBINEMIA : *LITERATUR REVIEW***

**Yustika Damayanti**

## **Abstrak**

Hiperbilirubinemia merupakan masalah yang paling umum terjadi ketika bayi lahir baik lahir. Komplikasi hiperbilirubinemia akan muncul pada neonatus jika tidak diatasi dengan baik. Literatur review ini bertujuan untuk menganalisis artikel penelitian tentang pengaruh pijat bayi terhadap perubahan kadar bilirubin pada neonatus hiperbilirubinemia. *Literature review* ini didapatkan melalui mesin pencari *database* seperti PubMed, Google Scholar, Willey Library, Garuda Jurnal, dan Science Direct. Setelah mendapatkan artikel akan dilakukan ekstraksi artikel berdasarkan kriteria inklusi. Didapatkan hasil pencarian artikel jurnal sebanyak 220 setelah melewati 3 tahap penyaringan yaitu judul, abstrak, isi *full-text* dan didapatkan hasil akhirnya 8 jurnal. Dari 8 jurnal ini mengatakan bahwa banyak sekali manfaat yang didapatkan pada bayi buang air besar, memberikan kenyamanan istirahat (tidur), menurunkan kadar bilirubin. Pijat bayi sangat efektif dilakukan pada neonatus hiperbilirubinemia sebagai tindakan intervensi di rumah sakit. Diharapkan pijat bayi ini dapat dilakukan sebagai intervensi keperawatan pada neonatus hiperbilirubinemia.

**Kata Kunci:** Pijat Bayi, Kadar Bilirubin, Neonatus Hiperbilirubinemia

# THE EFFECT OF BABY MASSAGE ON CHANGES IN BILIRUBIN LEVELS IN NEONATES HYPERBILIRUBINEMIA : LITERATURE REVIEW

Yustika Damayanti

## Abstract

Hyperbilirubinemia is the most common problem when a baby is born either at term or (preterm). Complications of hyperbilirubinemia will occur in neonatus if not treated properly. Literature review aims to decide the effect of giving the baby a massage to changes bilirubin levels in bbay hyperbilirubinemia. Literature review uses the method by searching journal articles using databases such as PubMed, Google Scholar, Willey Library, Garuda Journal, and Elsevier. After getting the article, the next step is filtering through various stages for it to be used as a literature review. The results of the search for journal articles are 220 after passing through 3 stages of filtering namely title, abstract, *full-text* content and the final result is obtained 8 journals. Of these 8 journals, it says that there are many benefits to the babies with hyperbilirubinemia if they given the baby a massage. Benefits such as, that it can ease defecation, provide restful sleep, and reduce bilirubin levels. Baby massage effective in neonate with hyperbilirubinemia as an intervention to do in the hospital. This baby massage is expected done a nursing intervention hyperbilirubinemia neonates.

**Keywords:** Baby Massage, Bilirubin Levels, Neonates Hyperbilirubinemia