

## THE ROLE OF KANGAROO MOTHER CARE ON POST PARTUM DEPRESSION SCORE

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**Background:** Kangaroo Mother Care (KMC) is a skin to skin contact method between a mother and her infant that might reduce the post partum depression score, especially among mothers with low birth weight (LBW) infants. This method maximizes the mental health condition of mother, and can stimulate maternal oxytocin and prolactin release. Both hormones stimulate the release of endorphin, which has the effect of constant drugging, drain affection throughout her life, changes the mother's feelings of anxiety or depression into a sense of calmness and confidence, thus reducing post-partum depression scores.

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**Objective:** To determine the role of KMC in the post partum depression scores

**Method:** Study used a quasi-experimental design (One Group-Posttest Only Design or Post-test Only Non-Equivalent Control Group Design). Subjects were post partum mothers (spontaneous and medical intervention) with healthy and stable LBW infants. The study was conducted in Sardjito, Yogyakarta Municipaly, and Sleman District Hospitals. Inclusion criteria were the post partum mothers with healthy LBW infants, were able to read, write, speak Indonesian, and willing to participate in this research for 6 weeks. Exclusion criteria were post partum mothers with mental disorder and those with sick, or unstable or having major congenital anomaly. T-test and multivariate linier regression analysis were used to determine the relationship between KMC and post partum depression score.

**Result:** Depression score of mothers who receive KMC intervention was  $8.5 \pm 4.06$ , and without KMC intervention was  $11.54 \pm 4.42$ . After adjusting the confounders, the depression score in KMC intervention was 3.17 (95%-CI: 1.92-4.3) lower than without KMC intervention.

**Conclusion:** KMC reduces the postpartum depression score.

**Key words:** KMC, LBW infants, mother, post postpartum depression

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