

“PENGARUH PEMBERIAN *THERMAL BLANKET* TERHADAP  
KEJADIAN *SHIVERING* PERIANESTESI *SECTIO CAESAREA*  
MENGUNAKAN SPINAL ANESTESI DI RSUD KELET  
JEPARA PROVINSI JAWA TENGAH”

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**ABSTRAK**

**Latar Belakang:** *Shivering* yang terjadi sering menyebabkan ketidaknyaman pasien perioperatif serta gangguan dalam penatalaksanaan pembedahan *sectio caesarea*, durasi perioperasi panjang, *shivering* menyebabkan vasokonstriksi perifer, peningkatan kebutuhan oksigen, peningkatan produksi karbon dioksida, menurunkan oksigen saturasi arteri, metabolisme obat menurun, mengganggu terbentuknya faktor pembekuan, menurunnya respon imun, gangguan penyembuhan luka, meningkatnya pemecahan protein dan iskemik otot jantung. Salah satu penatalaksanaan untuk menangani pemberian *thermal blanket* terhadap kejadian *shivering* perianestesi *sectio caesarea* menggunakan spinal anestesi di RSUD Kelet Jepara Provinsi Jawa Tengah

**Tujuan:** Mengetahui pengaruh pemberian *thermal blanket* terhadap kejadian *shivering* perianestesi *sectio caesarea* menggunakan spinal anestesi di RSUD Kelet Jepara Provinsi Jawa Tengah

**Metode:** Desain penelitian yang digunakan dalam penelitian ini adalah *quasi eksperiment* dengan rancangan *post test wiht control group*. Pengambilan sampel dilakukan di Kamar Bedah RSUD Kelet Jepara. Teknik pengambilan sampel menggunakan purposive sampling dengan jumlah sampel keseluruhan 60 orang, dibagi menjadi 2 kelompok dimana 30 orang diberikan intervensi penggunaan *thermal blanket* dan 30 intervensi memberikan *blood warmer / fluid warmer*. Uji Analisis Univariat dan Bivariat data menggunakan uji *Mann-Whitney*.

**Hasil:** Kesimpulan bahwa terdapat pengaruh pemberian *thermal blanket* terhadap kejadian *shivering* perianestesi *sectio caesarea* dengan spinal anestesi. kelompok intervensi dan kelompok kontrol diperoleh nilai Asymp.Sig (2-tailed) atau sering disebut p value sebesar 0.000. Syarat hipotesis akan diterima jika nilai ( $p < 0.05$ ). Hasil tersebut dapat ditarik kesimpulan bahwa terdapat pengaruh pemberian *thermal blanket* terhadap kejadian *shivering*

**Kesimpulan:** Terdapat pengaruh pemberian *thermal blanket* terhadap kejadian *shivering* perianestesi *sectio caesarea* dengan spinal anestesi

**Kata kunci :** Pengaruh, *thermal blanket*, Kejadian *shivering*, perianestesi, Spinal anestesi

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"INFLUENCE OF THERMAL BLANKET GIVING ON THE EVENT OF  
*SHIVERING* PERIANESTHESIA SECTION CAESAR USING  
SPINAL ANESTHESIA IN RSUD KELETJEPARA,  
CENTRAL JAVA PROVINCE"

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**ABSTRACT**

**Background:** *Shivering* that occurs often causes perioperative patient discomfort and disruption in the management of *sectio caesarea* surgery, long perioperative duration, *Shivering* causes peripheral vasoconstriction, increased oxygen demand, increased carbon dioxide production, decreased arterial oxygen saturation, decreased drug metabolism, interfered with the formation of clotting factors. , decreased immune response, impaired wound healing, increased protein breakdown and cardiac muscle ischemia. One of the managements to handle the provision of a *thermal blanket* to the incidence of *shivering* perianesthesia sectio caesarea using spinal anesthesia in RSUD Kelet Jepara Provinsi Jawa Tengah

**Objective:** To determine the effect of giving a *thermal blanket* on the incidence of *shivering* perianesthesia sectio caesarea using spinal anesthesia in RSUD Kelet Jepara Provinsi Jawa Tengah

**Methods:** The research design used in this study was a *quasi-experimental design with a post-test design with a control group*. Sampling was carried out in the operating room of RSUD Kelet Jepara. The sampling technique used *purposive sampling* with a total sample of 60 people, divided into 2 groups where 30 people were given an intervention using a *thermal blanket* and 30 an intervention gave a *blood warmer / fluid warmer*. Univariate and Bivariate analysis of data used the Mann-Whitney test.

**Results:** The conclusion that there is an effect of giving a *thermal blanket* on the incidence of *shivering* perianesthesia *sectio caesarea* with spinal anesthesia. the intervention group and the control group obtained the Asymp.Sig (2-tailed) value or often called the p value of 0.000. The condition of the hypothesis will be accepted if the value ( $p < 0.05$ ). From these results it can be concluded that there is an effect of giving a *thermal blanket* on the incidence of *shivering*

**Conclusion:** There is an effect of giving a thermal blanket on the incidence of *shivering* perianesthesia *sectio caesarea* with spinal anesthesia

**Keywords:** Effect, thermal blanket, *shivering* incidence, perianesthesia, spinal anesthesia

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