

**HUBUNGAN SUHU TUBUH DENGAN WAKTU PULIH SADAR PASCA  
GENERAL ANESTESI PASIEN ANAK DI RUANG PEMULIHAN RSUD  
DR. MOHAMAD SOEWANDHIE SURABAYA**

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**INTISARI**

**Latar belakang :** Proses pulih sadar yang tertunda merupakan salah satu kejadian yang tidak diharapkan dalam anestesi. Komplikasi nonfarmakologi yang dapat memperlambat waktu pulih sadar pasca anestesi adalah hipotermi. Anak-anak mengalami penurunan suhu tubuh lebih cepat dibandingkan orang dewasa karena sistem anatomi dan fisiologis yang belum sempurna. Dampak buruk yang dapat terjadi adalah keterlambatan waktu pulih sadar, iritabilitas jantung, depresi pernapasan, peningkatan resistensi pembuluh darah paru, menghambat metabolisme agen anestesi dan yang terburuk berpotensi berujung pada kematian. Metabolisme agen anestesi yang terhambat akibat hipotermi dapat memperpanjang waktu pulih sadar.

**Tujuan :** Mengetahui hubungan suhu tubuh dengan waktu pulih sadar pasca *general* anestesi pasien anak.

**Metode Penelitian :** Observasional analitik dengan pendekatan *crosssectional*. Pengambilan sampel penelitian secara *purposive sampling* menggunakan rumus *Slovin* yang terdiri dari 57 sampel pasien anak dengan tindakan *general* anestesi, analisis menggunakan uji *chi square*.

**Hasil :** Penelitian menunjukkan responden sebagian besar mengalami hipotermi pasca anestesi (58%). Kejadian waktu pulih sadar lambat akibat hipotermi sebesar (40%) dari keseluruhan responden. Hasil uji didapat hasil nilai  $\chi^2$  sebesar 24,47 dengan signifikansi (p) 0,000 dan nilai kontingensi 0,000. Hasil uji statistik menunjukkan bahwa *p value* 0,000 lebih kecil dari 0,05 ( $0,000 < 0,05$ ), terdapat hubungan suhu tubuh dengan waktu pulih sadar pasca *general* anestesi, sedangkan nilai kontingensi 0,000 mendekati 0, maka keeratan hubungan suhu tubuh dengan waktu pulih sadar pasca *general* anestesi adalah erat.

**Kesimpulan :** Ada hubungan suhu tubuh dengan waktu pulih sadar pasca *general* anestesi.

**Kata kunci :** *waktu pulih sadar, hipotermi, general anestesi*

**THE CORRELATION OF BODY TEMPERATURE WITH RECOVERY TIME POST GENERAL ANESTHESIA IN CHILDHOOD PATIENTS IN THE RECOVERY ROOM OF DR. MOHAMAD SOEWANDHIE SURABAYA**

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**ABSTRACT**

**Background:** Delayed recovery process is one of the unexpected events in anesthesia. A non-pharmacological complication that can slow down the recovery time after anesthesia is hypothermia. Children experience a decrease in body temperature more quickly than adults because their anatomical and physiological systems are not yet perfect. The bad effects that can occur are delay in recovery time, cardiac irritability, respiratory depression, increased pulmonary vascular resistance, inhibiting the metabolism of anesthetic agents and worst of all, potentially leading to death. Inhibited metabolism of anesthetic agents due to hypothermia can prolong the time to recover consciousness.

**Objective:** To determine the relationship between changes in body temperature and time to recover consciousness after general anesthesia in pediatric patients.

**Method:** Analytical observational with a cross-sectional approach. The research sample was taken by purposive sampling using the Slovin formula consisting of 57 samples of pediatric patients with general anesthesia, analysis using the chi square test.

**Results:** Research shows that most respondents experienced post-anesthesia hypothermia (58%). The incidence of slow recovery time due to hypothermia was (40%) of all respondents. The test results obtained an  $\chi^2$  value of 24.47 with a significance (p) of 0.000 and a contingency value of 0.000. The results of statistical tests show that the p value of 0.000 is smaller than 0.05 ( $0.000 < 0.05$ ), there is a relationship between changes in body temperature and time to recover consciousness after general anesthesia, while the contingency value of 0.000 is close to 0, so there is a close relationship between changes in body temperature and time. recovering consciousness after general anesthesia is close.

**Conclusion:** There is a relationship between changes in body temperature and time to recover consciousness after general anesthesia.

**Key words:** time to recover consciousness, hypothermia, general anesthesia