

THE EFFECT OF WATER *TEPID SPONGE* THERAPY ON REDUCING BODY TEMPERATURE IN TODDLERS EXPERIENCING HYPERTHERMIA AT TJITROWARDOJO HOSPITAL, PURWOREJO

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ABSTRACT

Background: Hyperthermia is a condition where body temperature increases $\geq 37^{\circ}\text{C}$ due to an increase in the thermoregulatory center in the hypothalamus. If the internal heat level exceeds 38.5°C , the patient begins to feel restless, blood flow accumulates, blood flow to the brain, heart, and lungs increases, blood flow to organs decreases, and hands become cold. Fever with a temperature above 41°C is at risk of seizures. Non-pharmacological techniques that can be used to reduce the increase in body temperature in patients with fever are *Water Tepid Sponge* therapy or warm compresses.

Research Objective: To determine the effect of *Water Tepid Sponge* therapy on reducing the temperature of toddlers experiencing hyperthermia at Tjitrowardojo Purworejo Regional Hospital.

Research Method: This study is a quasi-experimental study with a pre-post test with control group design. The research sample consisted of 66 respondents, each group consisting of 33 respondents. The experimental group was given water sponge therapy intervention and the control group was given warm compress intervention. Sampling was done using proportional random sampling. The tests used were the Wilcoxon test and the Mann Whitney test.

Research Results: The results of data analysis using the Wilcoxon test showed with $p = 0.000$ ($p < 0.05$) and the results of the analysis with the Mann Whitney test showed $p = 0.000$ ($p < 0.05$)

Conclusion: There is an effect of *Water Tepid Sponge* therapy on reducing the body temperature of toddlers experiencing hyperthermia at Tjitrowardojo Purworejo Regional Hospital

Keywords: *Water Tepid Sponge* Therapy, Warm Compress, Hyperthermia, Toddlers

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**PENGARUH TERAPI WATER TEPID SPONGE TERHADAP
PENURUNAN SUHU TUBUH ANAK BALITA YANG MENGALAMI
HIPERTERMI DI RSUD TJITROWARDOJO PURWOREJO**

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ABSTRAK

Latar Belakang: Hipertermi adalah kondisi dimana suhu tubuh meningkat $\geq 37^{\circ}\text{C}$ akibat peningkatan pusat termoregulasi di hipotalamus. Jika tingkat panas dalam melebihi $38,5^{\circ}\text{C}$, pasien mulai merasa gelisah, aliran darah menumpuk, aliran darah ke otak, jantung, dan paru-paru meningkat, aliran darah ke organ berkurang, dan tangan menjadi dingin. Demam dengan suhu di atas 41°C beresiko mengalami kejang. Teknik non-farmakologi yang dapat digunakan untuk mengurangi kenaikan suhu tubuh pada pasien demam adalah pemberian terapi *Water Tepid Sponge* atau kompres hangat.

Tujuan Penelitian: Diketahui pengaruh terapi *Water Tepid Sponge* terhadap penurunan suhu anak balita yang mengalami hipertermi di RSUD Tjitrowardojo Purworejo.

Metode Penelitian: Penelitian ini merupakan penelitian *quasy eksperiment* dengan *prepost test with control group design*. Sampel penelitian berjumlah 66 responden yang masing-masing kelompok ada 33 responden. Kelompok eksperimen diberikan intervensi terapi water sponge dan kelompok kontrol diberikan intervensi kompres hangat. Pengambilan sampel dengan *proportional random sampling*. Uji yang digunakan yaitu uji *Wilcoxon* dan uji *Mann Whitney*.

Hasil Penelitian: Hasil analisis data menggunakan uji *Wilcoxon* dengan hasil $p = 0,000$ ($p < 0,05$) dan hasil analisa dengan uji *Mann Whitney* dengan $p = 0,000$ ($p < 0,05$)

Kesimpulan: Ada pengaruh terapi *Water Tepid Sponge* terhadap penurunan suhu tubuh anak balita yang mengalami hipertermi di RSUD Tjitrowardojo Purworejo

Kata Kunci: *Terapi Water Tepid Sponge*, Kompres Hangat, Hipertermi, Balita

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