

HUBUNGAN INDEKS MASSA TUBUH (IMT) DENGAN KEJADIAN *SHIVERING* PADA PASIEN PASCA SPINAL ANESTESI DI RUANG PEMULIHAN RSD GUNUNG JATI KOTA CIREBON

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ABSTRAK

Spinal anestesi adalah prosedur anestesi regional yang dilakukan dalam keadaan sadar tetapi dapat menimbulkan komplikasi seperti *shivering* (menggigil), yang dapat meningkatkan konsumsi oksigen, beban kerja jantung, dan ketidaknyamanan pasien. Salah satu faktor yang memengaruhi kejadian *shivering* adalah Indeks Massa Tubuh (IMT), karena berperan dalam termoregulasi suhu tubuh. Penelitian ini bertujuan mengetahui hubungan antara IMT dan kejadian *shivering* pada pasien pasca spinal anestesi di ruang pemulihan RSD Gunung Jati Kota Cirebon. Penelitian ini menggunakan desain analitik korelasional dengan pendekatan *cross-sectional*, melibatkan 89 responden yang dipilih secara *purposive sampling*. Data dikumpulkan menggunakan lembar observasi saat pasien masuk ruang pemulihan. IMT dikategorikan menurut klasifikasi WHO, dan derajat *shivering* dinilai menggunakan skala Crossley and Mahajan. Analisis data pada penelitian ini menggunakan uji *Chi-Square*, dan telah dinyatakan layak etik No.050/LAIKETIK/KEPPKRSJGJ/IV/2025. Hasil penelitian menunjukkan bahwa (73,0%) pasien mengalami *shivering* derajat 3, (14,6%) derajat 2, (4,5%) derajat 1, (4,5%) derajat 4, dan (3,4%) tidak mengalami *shivering*, dengan rata-rata suhu tubuh $<36^{\circ}\text{C}$. Sebanyak (53,9%) pasien dengan IMT *underweight* mengalami *shivering* derajat 3. Analisis statistik menunjukkan adanya hubungan yang signifikan antara IMT dan kejadian *shivering*. Hasil ini menunjukkan pentingnya mempertimbangkan IMT dalam pencegahan dan penanganan *shivering* pada pasien pasca spinal anestesi.

Kata kunci : Indeks Massa Tubuh, *shivering*, spinal anestesi, ruang pemulihan

THE RELATIONSHIP BETWEEN BODY MASS INDEX (BMI) AND THE INCIDENCE OF SHIVERING IN POST-SPINAL ANESTHESIA PATIENTS IN THE RECOVERY ROOM OF RSD GUNUNG JATI, CIREBON CITY

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ABSTRACT

Spinal anesthesia is a regional anesthetic procedure performed while the patient remains conscious, but it may lead to complications such as shivering, which can increase oxygen consumption, cardiac workload, and patient discomfort. One factor that affects the incidence of shivering is Body Mass Index (BMI), as it plays a role in the body's thermoregulation. This study aimed to determine the relationship between BMI and the incidence of shivering in post-spinal anesthesia patients in the recovery room of RSD Gunung Jati, Cirebon City. This research used a correlational analytic design with a cross-sectional approach, involving 89 respondents selected through purposive sampling. Data were collected using observation sheets when patients entered the recovery room. BMI was categorized according to WHO classification, and the degree of shivering was assessed using the Crossley and Mahajan scale. Data analysis was conducted using the Chi-Square test, and has been declared ethically worthy No.050/LAIKETIK/KEPPKRSJ/IV/2025. The results showed that (73.0%) of patients experienced grade 3 shivering, (14.6%) grade 2, (4.5%) grade 1, (4.5%) grade 4, and (3.4%) did not experience shivering, with an average body temperature of $<36^{\circ}\text{C}$. A total of (53.9%) of underweight patients experienced grade 3 shivering. Statistical analysis showed a significant relationship between BMI and the incidence of shivering. These findings highlight the importance of considering BMI in the prevention and management of shivering in post-spinal anesthesia patients.

Keywords: *Body Mass Index, shivering, spinal anesthesia, recovery room*