

## ABSTRAK

Hipotermia bisa terjadi setelah operasi, dampak yang terjadi apabila mengalami hipotermia diantaranya gangguan pernafasan, masalah jantung, penurunan tekanan darah dan gangguan sistem saraf. Penanganan hipotermia salah satunya dengan pemberian kompres hangat.

Tujuan penelitian ini yaitu untuk mengetahui pengaruh kompres hangat pada bagian dada terhadap suhu tubuh pasien yang mengalami hipotermia di ruang pemulihan RSUD Majalaya Kabupaten Bandung.

Desain penelitian berupa *pre eksprimment* karena dalam penelitian ini tidak melibatkan kelompok kontrol. Rancangan yang digunakan adalah *one group pre test and post test*. Populasi sebanyak 80 orang, sampel didapatkan sebanyak 45 orang dengan teknik pengambilan sampel yaitu *purposive sampling*. Pengumpulan data dilakukan dengan cara observasi langsung terhadap responden berupa mengukur suhu tubuh sebelum dan setelah intervensi kompres hangat pada bagian dada sesuai dengan operasional prosedur. Analisis data menggunakan analisis univariat berupa distribusi frekuensi dan hasil uji normalitas didapatkan data berdistribusi tidak normal sehingga untuk analisis bivariat menggunakan uji Wilcoxon.

Hasil penelitian menunjukkan bahwa suhu tubuh pasien sebelum diberikan kompres hangat yang mengalami hipotermia seluruhnya 45 orang (100%), suhu tubuh pasien setelah diberikan kompres hangat hampir seluruhnya dengan suhu tubuh normal 41 orang (91,1%). Hasil uji pengaruh didapatkan p-value sebesar  $0,000 < 0,05$ , maka dapat dikatakan ada pengaruh kompres hangat pada bagian dada terhadap pasien yang mengalami hipotermia.

Saran bagi rumah sakit dengan adanya penelitian ini bisa menjadikan intervensi kompres hangat sebagai operasional prosedur dalam menangani hipotermia pasien pasca operasi.

Kata kunci : Hipotermia, Kompres Hangat bagian Dada, Suhu Tubuh  
Sumber : 19 Buku (tahun 2014-2018)  
8 Jurnal (tahun 2015-2019)

## ABSTRACT

*Hypothermia can occur after surgery, the effects that occur when experiencing hypothermia include respiratory problems, heart problems, decreased blood pressure and nervous system disorders. One of the handling of hypothermia is by giving warm compresses.*

*The purpose of this study was to determine the effect of warm compresses on the chest on the body temperature of patients with hypothermia in the recovery room at Majalaya Hospital, Bandung Regency.*

*The research design was in the form of pre-experimentation because in this study it did not involve a control group. The design used was one group pre test and post test. The population was 80 people, the sample was obtained as many as 45 people with the sampling technique, namely purposive sampling. Data was collected by direct observation of respondents in the form of measuring body temperature before and after the warm compress intervention on the chest in accordance with operational procedures. The data analysis used univariate analysis in the form of frequency distribution and the results of the normality test showed that the data was not normally distributed so that the bivariate analysis used the Wilcoxon test.*

*The results showed that the body temperature of the patients before being given warm compresses who were hypothermic were all 45 people (100%), almost all of the patients' body temperatures after being given warm compresses were with normal body temperatures of 41 people (91.1%). The results of the effect test obtained a p-value of  $0.000 < 0.05$ , it can be said that there is an effect of a warm warm compress on the chest on patients who experience hypothermia.*

*Suggestions for hospitals with this research can make warm compress interventions as an operational procedure in dealing with postoperative hypothermic patients.*

*Keywords : Hypothermia, Body Temperature, Warm Chest Compress*

*Source : 19 Books (2014-2018)*

*8 Journals (2015-2019)*