

**HUBUNGAN USIA DAN LAMA OPERASI DENGAN KEJADIAN
SHIVERING PADA INTRA OPERASI DENGAN ANESTESI SPINAL
DI RUANG IBS RSD GUNUNG JATI KOTA CIREBON**

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ABSTRAK

Anestesi spinal paling banyak digunakan pada pembedahan ekstremitas bawah. Jenis anestesi ini dapat menyebabkan beberapa komplikasi seperti *shivering* atau mengigil. Komplikasi *shivering* dapat terjadi pada intra operasi yang dapat dipengaruhi oleh beberapa faktor, salah satunya adalah usia serta lama operasi. Tujuan dari penelitian ini untuk mengetahui hubungan usia dan lama operasi dengan kejadian *shivering* pada intra operasi dengan anestesi spinal di Ruang IBS RSD Gunung Jati Kota Cirebon. Penelitian ini dilakukan dengan metode kuantitatif dengan desain penelitian observasional analitik serta dengan pendekatan studi potong-lintang (*cross sectional*). Teknik sampling yang digunakan yaitu teknik purposive sampling dengan sampel sebanyak 53 responden yang dipilih dengan kriteria inklusi. Instrumen penelitian ini menggunakan lembar observasi untuk mengetahui kejadian *shivering*, *stopwatch* untuk mengetahui lama operasi dan kartu anestesi untuk mengetahui karakteristik responden. Analisis data pada penelitian ini menggunakan uji *chi square* untuk mengetahui hubungan antar variabel. Lebih dari setengah responden berusia lansia awal-manula (46-≥65 tahun) sebanyak 30 responden (56,6%), sedangkan lama operasi lebih dari setengahnya dengan durasi operasi sedang sebanyak 28 responden (52,8%) dan kejadian *shivering* lebih dari setengah responden mengalami *shivering* yaitu sebanyak 34 responden (64,2%). Berdasarkan hasil analisis uji *chi square* diperoleh adanya hubungan yang signifikan antara usia ($p = 0,002$) dan lama operasi ($p = 0,001$) dengan kejadian *shivering* intra operasi. Penelitian ini diharapkan bisa menjadi bahan pertimbangan dalam meningkatkan kualitas layanan anestesi khususnya dalam memprediksi, mencegah, dan menangani kejadian *shivering* pada intra operasi.

Kata Kunci : Anestesi spinal, Lama operasi, *Shivering*, Usia

**THE RELATIONSHIP BETWEEN AGE AND DURATION OF SURGERY
WITH THE INCIDENCE *OF SHIVERING* IN INTRA SURGERY WITH
SPINAL ANESTHESIA
IN THE IBS ROOM OF GUNUNG JATI HOSPITAL CIREBON CITY**

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ABSTRACT

Spinal anesthesia is most commonly used in lower extremity surgery. This type of anesthesia can cause several complications such as shivering. Shivering complications can occur intraoperatively which can be influenced by several factors, one of which is age and duration of surgery. The purpose of this study was to determine the relationship between age and duration of surgery with the incidence of shivering in intraoperatively with spinal anesthesia in the IBS Room of Gunung Jati Hospital, Cirebon City. This study was conducted using a quantitative method with an analytical observational research design and a cross-sectional study approach. The sampling technique used was a purposive sampling technique with a sample of 53 respondents selected with inclusion criteria. This research instrument used an observation sheet to determine the incidence of shivering, a stopwatch to determine the duration of surgery and anesthesia cards to determine the characteristics of the respondents. Data analysis in this study used the chi square test to determine the relationship between variables. More than half of the respondents were in the early elderly age (46- $\geq$ 65 years) as many as 30 respondents (56.6%), while the duration of surgery was more than half with a moderate duration of surgery as many as 28 respondents (52.8%) and the incidence of shivering more than half of the respondents experienced shivering as many as 34 respondents (64.2%). Based on the results of the chi square test analysis, a significant relationship was obtained between age ($p = 0.002$) and duration of surgery ($p = 0.001$) with the incidence of intraoperative shivering. This study is expected to be a consideration in improving the quality of anesthesia services, especially in predicting, preventing, and handling the incidence of shivering during intraoperatively.

Keywords: *Spinal anesthesia, Length of operation, Shivering, Age*