

ABSTRAK

Gejala yang paling sering timbul saat anak sakit adalah peningkatan suhu tubuh. Penanganan penurunan suhu tubuh dapat dilakukan dengan cara non farmakologis salah satunya yaitu pemberian kompres *tepid sponge bath* (TSB), dan kompres plester. Tujuan penelitian untuk mengetahui perbandingan pemberian *tepid sponge bath* dengan kompres plester terhadap suhu tubuh pada pasien anak di RSUD Kabupaten Subang.

Metode penelitian menggunakan *quasi-eksperimental* dengan *two group pre-post test design*. Populasi penelitian anak yang mengalami demam di ruang anak RSUD Kabupaten Subang bulan Mei sebanyak 79 orang, sampel sebanyak 44 orang, teknik *purposive sampling*. Pengumpulan data dengan cara primer. Analisis data menggunakan *uji independent t-test*.

Hasil penelitian diperoleh pada kelompok kompres TSB diperoleh nilai *p-value* (0.000) < 0,05 yang menandakan H_a diterima artinya terdapat perbedaan sesudah pemberian TSB terhadap perubahan suhu. Pada kelompok kompres plester diperoleh nilai *p-value* (0.000) < 0,05 yang menandakan H_a diterima artinya terdapat perbedaan sesudah pemberian kompres plester terhadap perubahan suhu. Hasil uji *independent t-test* diperoleh hasil nilai *p-value* (0.002) < 0,05 yang menandakan H_a diterima artinya terdapat perbedaan antara pemberian *tepid sponge bath* dengan kompres plester terhadap suhu tubuh pada pasien anak di RSUD Kabupaten Subang.

Simpulan hasil penelitian menunjukkan kompres TSB lebih efektif menurunkan suhu tubuh pasien anak. Disarankan agar pemberian kompres TSB diberikan kepada anak sebagai asuhan keperawatan penunjang dalam upaya untuk membantu menurunkan suhu tubuh anak agar suhu tubuh lebih cepat normal dan untuk mencegah terjadinya komplikasi akibat suhu tubuh yang tinggi.

Kata Kunci : Kompres Plester, Suhu Tubuh, *Tepid Sponge Bath* (TSB)

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ABSTRACT

The most common symptom when a child is sick is an increase in body temperature. Handling of decreasing body temperature can be done by non-pharmacological means, one of which is the provision of tepid sponge bath (TSB) compresses, and plaster compresses. The purpose of the study was to determine the comparison of giving tepid sponge bath with plaster compresses to body temperature in pediatric patients at Subang Regency Hospital.

The research method used quasi-experimental with two groups pre-post test design. The study population of children who had fever in the children's room of Subang District Hospital in May was 79 people, the sample was 44 people, purposive sampling techniques. Data collection in a primary way. Data analysis using independent t-test.

The results of the study obtained in the TSB compress group obtained a p-value $(0.000) < 0.05$ which indicates that H_a is accepted, meaning that there is a difference after giving TSB to temperature changes. In the plaster compress group, a p-value $(0.000) < 0.05$ was obtained, which indicates that H_a is accepted, meaning that there is a difference after applying plaster compresses to temperature changes. The results of the independent t-test obtained p-value $(0.002) < 0.05$ which indicates H_a is accepted, meaning that there is a difference between giving lip sponge bath with plaster compresses to body temperature in pediatric patients at Subang Regency Hospital.

The conclusion of the results showed that TSB compresses were more effective in reducing the body temperature of pediatric patients. It is recommended that TSB compresses be given to children as supporting nursing care in an effort to help lower the child's body temperature so that the body temperature normalizes faster and to prevent complications due to high body temperature.

Keywords : Body Temperature, Compress Plaster, Tepid Sponge Bath (TSB)
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