

EFEKTIVITAS PEMBERIAN *WATER TEPID SPONGE* TERHADAP PENURUNAN SUHU TUBUH PADA ANAK DI RSUD SLEMAN

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INTISARI

Latar Belakang: anak-anak berada pada tahap pertumbuhan yang menentukan kualitas hidup di masa depan, namun rentan terhadap masalah kesehatan seperti demam yang sering disebabkan oleh infeksi dan dapat ditangani dengan pendekatan farmakologi maupun non-farmakologi, salah satunya *water tepid sponge*, yaitu teknik kompres hangat yang terbukti efektif menurunkan suhu tubuh pada anak dengan hipertermi.

Tujuan: untuk mengetahui efektivitas *water tepid sponge* pada asuhan keperawatan anak dengan masalah demam di RSUD Sleman.

Metode: penelitian ini menggunakan metode studi kasus dengan observasi partisipatif, yakni metode kualitatif di mana peneliti terlibat langsung dalam tindakan keperawatan serta mengamati perilaku dan interaksi responden

Hasil: hasil menunjukkan pemberian kompres *water tepid sponge* (WTS) menurunkan suhu anak dengan hipertermi sebesar 0,8°C–0,9°C

Kesimpulan: pemberian kompres *water tepid sponge* (WTS) efektif dalam menurunkan suhu tubuh pada anak dengan hipertermia.

Kata Kunci : anak, *water tepid sponge*, hipertermia,

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THE EFFECTIVENESS OF WATER TEPID SPONGE APPLICATION IN REDUCING BODY TEMPERATURE IN CHILDREN AT RSUD SLEMAN

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ABSTRAK

Background: *Children are in a crucial stage of growth that determines their future quality of life, yet they are vulnerable to health issues such as fever, often caused by infections. Fever can be managed through pharmacological and non-pharmacological approaches, one of which is the water tepid sponge technique, a warm compress method proven effective in lowering body temperature in children with hyperthermia.*

Objective: *To determine the effectiveness of water tepid sponge in pediatric nursing care for children experiencing fever or febrile conditions at RSUD Sleman.*

Method: *This study employed a case study method with participatory observation, a qualitative approach where researchers directly engage in nursing actions while observing respondents' behavior and interactions.*

Results: *Findings indicate that the application of water tepid sponge (WTS) successfully reduced body temperature in children with hyperthermia by 0.8°C–0.9°C.*

Conclusion: *The water tepid sponge (WTS) method is effective in lowering body temperature in children with hyperthermia.*

Keywords: *Children, water tepid sponge, hyperthermia*

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