

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI PROFESI NERS
FAKULTAS ILMU KESEHATAN

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Ratna Annisa Nur Aulia Alfitri, S.Kep

Tindakan Tepid Sponge Pada Anak Dengan Hipertermi Di Ruang Aster Rumah
Sakit Daerah Dr. Soebandi Jember

xvii + 97 hal + 2 tabel + 7 gambar + 9 lampiran

Abstrak

Hipertermi merupakan kondisi peningkatan suhu tubuh di atas batas normal yang sering terjadi pada anak akibat sistem termoregulasi yang belum optimal, terutama karena infeksi. Kondisi ini berisiko menimbulkan komplikasi seperti dehidrasi, peningkatan metabolisme, hingga kejang demam. Oleh karena itu, diperlukan intervensi keperawatan yang efektif untuk menurunkan suhu tubuh. Salah satu tindakan nonfarmakologis yang dapat dilakukan adalah tepid sponge, yaitu kompres hangat menggunakan air suam-suam kuku untuk membantu pengeluaran panas melalui mekanisme konduksi dan evaporasi. **Penelitian ini bertujuan** untuk mengetahui efektivitas tindakan tepid sponge pada anak dengan hipertermi di Ruang Aster RSUD dr. Soebandi Jember. **Metode penelitian** yang digunakan adalah pendekatan kuantitatif dengan desain pre-eksperimental melalui pengukuran suhu sebelum dan sesudah intervensi. **Hasil penelitian** menunjukkan bahwa tindakan tepid sponge dilakukan selama 3 hari berturut-turut dengan durasi ± 15 menit sesuai prosedur standar keperawatan. Sebelum tindakan, seluruh klien mengalami hipertermi dengan suhu tubuh di atas normal dan bersifat fluktuatif. Setelah dilakukan tindakan, terjadi penurunan suhu tubuh pada seluruh klien. **Kesimpulan** hal ini menunjukkan bahwa tepid sponge efektif dalam membantu menurunkan suhu tubuh pada anak dengan hipertermi.

Kata kunci: hipertermi, anak, tepid sponge, keperawatan

Daftar Pustaka 38 (2020 – 2026)

ABSTRACT

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Ratna Annisa Nur Aulia Alfitri, S.Kep

Tepid Sponge Intervention in Children with Hyperthermia in the Aster Ward of dr. Soebandi Regional Hospital, Jember

xvii + 97 pages + 2 tables + 7 picture + 9 appendices

Abstract

*Hyperthermia is a condition characterized by an increase in body temperature above normal limits, which commonly occurs in children due to an immature thermoregulation system, especially as a result of infection. This condition poses risks of complications such as dehydration, increased metabolism, and febrile seizures. Therefore, effective nursing interventions are required to reduce body temperature. One of the non-pharmacological interventions that can be applied is the tepid sponge, a warm compress technique using lukewarm water to facilitate heat loss through conduction and evaporation mechanisms. **This study was conducted** to determine the effectiveness of the tepid sponge intervention in children with hyperthermia in the Aster Ward of dr. Soebandi Regional General Hospital, Jember. **The research method** used was a quantitative approach with a pre-experimental design through temperature measurements before and after the intervention. **The results** showed that the tepid sponge intervention was carried out for three consecutive days with a duration of approximately 15 minutes in accordance with standard nursing procedures. Before the intervention, all clients experienced hyperthermia with body temperatures above normal and fluctuating. After the intervention was administered, a decrease in body temperature was observed in all clients. **It can be concluded** that the tepid sponge is effective in helping reduce body temperature in children with hyperthermia.*

Keywords: *hyperthermia, children, tepid sponge, nursing care*

References: 38 (2020–2026)