

**PENGARUH PEMBERIAN TEKNIK TEPID SPONGE DALAM
MENURUNKAN SUHU TUBUH PADA BALITA DEMAM DI
WILAYAH KERJA PUSKESMAS PASAR IKAN KOTA BENGKULU
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ABSTRACT

Fever occurs because the heat dissipation mechanism is unable to maintain the speed of release of excess heat production, which results in an increase in abnormal body temperature. To reduce heat can be given technical therapy Tepid Sponge. This study aims to determine the effect of tepid sponge technique in reducing body temperature in febrile toddler in the working area of Public Health Center Pasar Ikan Bengkulu city in 2018. This research is a quasi-experimental study with pre-post t-test design. The population in this study is all febrile toddlers with a body temperature of 37.50C to 400C and aged 3-5 years in the working area of Public Health Center Pasar Ikan Bengkulu city with a sample of 25 toddlers. Data analysis used is a computer consisting of univariate analysis, normality test, bivariate analysis. The results of the research showed that the average body temperature before is 37,952 ° C and the average body temperature after being given Tepid Sponge technique is 37,0120C. There is an effect of giving Tepid Sponge technique to reduce the body temperature of a febrile toddler with $p = 0,000$ smaller than 0.05, which means that there is a difference in body temperature of a toddler before and after being given tepid sponge. The conclusion was that the average body temperature of a febrile toddler was 37,952°C and after being given tepid sponge technique the average body temperature of a toddler was 37,012°C which meant that there was an effect of tepid sponge technique in reducing body temperature in febrile toddler. Suggestions from this research to Public Health Center Pasar Ikan Bengkulu city is to provide information to mothers of toddlers about the effect of Tepid Sponge technique in reducing body temperature in febrile toddlers.

Keywords: Tepid Sponge Technique, Body Temperature