

ABSTRACT
**THE RELATIONSHIP BETWEEN SURGERY DURATION AND THE
OCCURRENCE OF SHIVERING AFTER SPINAL ANESTHESIA
IN THE RECOVERY ROOM AT IHC GATOEL HOSPITAL
MOJOKERTO**

Spinal anesthesia is a regional anesthesia method frequently used in various surgical procedures, particularly in lower extremity and lower abdominal surgeries. One of the common post-spinal anesthesia complications is shivering. The objective of this study was to determine the relationship between the duration of surgery and the incidence of shivering in patients following spinal anesthesia in the Recovery Room at Gatoel Hospital. The study design was a quantitative, observational, analytical study with a cross-sectional approach. The study population consisted of all patients who underwent surgery under spinal anesthesia at Gatoel Hospital in Mojoerto over a 10-day period, resulting in a total of 40 patients. A sample of 40 individuals was selected using non-probability sampling based on inclusion and exclusion criteria. Data variables were collected using medical records and the Bedside Shivering Assessment Scale (BSAS). After data collection, data processing was performed, followed by a Spearman's Rho statistical test using SPSS version 21 for Windows. The results showed $p(0.000) < \alpha(0.05)$; H_0 was rejected and H_1 accepted, indicating a significant association between surgery duration and the incidence of post-spinal anesthesia shivering in the recovery room at Gatoel Hospital ($p = 0.000$). The strength of the association was very strong, as evidenced by a correlation coefficient of 0.81. These findings indicate that the longer the duration of surgery, the higher the risk of post-spinal anesthesia shivering. For patients undergoing surgery lasting 60–120 minutes, the risk of shivering increases significantly. This is because the longer the surgery, the longer patients are exposed to the low ambient temperature of the operating room and the effects of anesthesia that disrupt body temperature regulation.

Keywords : shivering, spinal anestesi, recovery room

ABSTRAK

HUBUNGAN DURASI OPERASI DENGAN KEJADIAN *SHIVERING* POST SPINAL ANESTESI DI RUANG *RECOVERY ROOM* IHC RS GATOEL MOJOKERTO

Anestesi spinal merupakan metode anestesi regional yang sering diterapkan dalam berbagai prosedur pembedahan, khususnya pada operasi ekstremitas bawah dan abdomen inferior, salah satu komplikasi pasca-anestesi spinal yang umum terjadi adalah *shivering*. Tujuan penelitian ini adalah Mengetahui hubungan antara durasi operasi dengan kejadian *shivering* pada pasien pasca anestesi spinal di ruang *Recovery Room* RS Gatoel. Desain penelitian kuantitatif observasional analitik dengan pendekatan *cross sectional*. Populasi pada penelitian ini adalah seluruh pasien yang menjalankan operasi dengan spinal anestesi di rs gatoel mojoerto selama 10 hari didapatkan 40 populasi, didapatkan sample sebanyak 40 orang yang diambil dengan *non probability* kriteria inklusi dan kriteria eksklusi. Variable data yang diambil dengan menggunakan Rekam medis dan *Bedside Shivering Assessment Scale* (BSAS). Setelah terkumpul dilakukan pengolahan data dan dilanjutkan dengan uji statistik sperman Rho dengan bantuan SPSS versi 21 for windows. Hasil penelitian menunjukan $p (0.000) < \alpha (0.05)$, H_0 ditolak dan H_1 diterima yang menunjukan bahwa ada hubungan antara durasi operasi dengan kejadian *shivering* post spinal anestesi diruang recovery room RS Gatoel yang dimana nilai $\text{sig}=0.00)0$. tingkat keeratan sangat kuat yang dibuktikan dengan nilai correlation coefficient sebesar 0.81. hasil penelitian ini mengindikasikan bahwa semakin lama durasi operasi, semakin tinggi risiko terjadinya *shivering* pasca anestesi spinal. Pasien yang menjalani pembedahan dengan durasi 60-120 menit, risiko terjadinya *shivering* meningkat secara signifikan. Dikarenakan semakin lama durasi operasi, semakin lama pasien terpapar suhu lingkungan ruang operasi yang rendah serta efek anestesi yang mengganggu regulasi suhu tubuh.

BINA SEHAT PPNI

Kata kunci: *shivering, spinal anestesi, recovery room*