

ABSTRACT

THE DIFFERENCE IN THE EFFECTIVENESS OF WARM COMPRESSES ON THE GROIN AND AXILLARY AREAS IN REDUCING BODY TEMPERATURE IN HYPERTHERMIC PATIENTS AT REKSA WALUYA HOSPITAL MOJOKERTO

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Hyperthermia is a condition characterized by an elevated body temperature that requires prompt and appropriate management. Warm compresses are a non-pharmacological intervention that can help reduce body temperature through peripheral vasodilation. The groin and axillary areas have vascular structures that may support heat dissipation; however, the effectiveness of these two locations may differ. This study aimed to analyze the difference in the effectiveness of warm compresses applied to the groin and axillary areas in reducing body temperature among hyperthermic patients at Reksa Waluya Hospital, Mojokerto. This study employed a quantitative method with a quasi-experimental design using a pretest-posttest two-group design. The sample consisted of 36 respondents, divided into groin and axillary groups, with 18 respondents in each group, selected using consecutive sampling. The intervention involved warm compresses at a temperature of 30–32°C for 10–15 minutes, with a digital thermometer and observation sheet used as research instruments. The mean body temperature in the groin group decreased from 39.339°C to 38.489°C, with a reduction of 0.850°C, while the axillary group decreased from 39.094°C to 38.389°C, with a reduction of 0.706°C. The Paired Samples t-Test showed $p < 0.001$ in both groups, while the Independent Samples t-Test showed $t = 2.909$, $df = 34$, and $p = 0.006$ (< 0.05), with a Mean Difference of 0.144°C. The results showed that warm compresses applied to both locations were effective in helping reduce body temperature in hyperthermic patients; however, the groin area demonstrated a greater reduction in body temperature and was more effective than the axillary area.

Keywords: warm compress, groin, axilla, hyperthermia, body temperature.

ABSTRAK

PERBEDAAN EFEKTIVITAS KOMPRES HANGAT DI AREA LIPAT PAHA DAN *AKSILA* TERHADAP PENURUNAN SUHU TUBUH PASIEN HIPERTERMIA DI RS REKSA WALUYA MOJOKERTO

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Hipertermia merupakan kondisi peningkatan suhu tubuh yang memerlukan penanganan cepat dan tepat. Kompres hangat merupakan salah satu intervensi nonfarmakologis yang dapat membantu menurunkan suhu tubuh melalui vasodilatasi pembuluh darah perifer. Area lipat paha dan aksila memiliki vaskularisasi yang dapat mendukung proses pelepasan panas, namun efektivitas kedua lokasi tersebut dapat berbeda. Penelitian ini bertujuan menganalisis perbedaan efektivitas kompres hangat di area lipat paha dan aksila terhadap penurunan suhu tubuh pasien hipertermia di RS Reksa Waluya Mojokerto. Penelitian menggunakan metode kuantitatif dengan desain *quasi experimental* dan pendekatan *pretest-posttest two group design*. Sampel berjumlah 36 responden, yang terbagi menjadi kelompok lipat paha dan aksila, masing-masing 18 responden, dengan teknik *consecutive sampling*. Intervensi berupa kompres hangat bersuhu 30–32°C selama 10–15 menit, menggunakan termometer digital dan lembar observasi sebagai instrumen penelitian. Rata-rata suhu tubuh kelompok lipat paha menurun dari 39,339°C menjadi 38,489°C, dengan penurunan sebesar 0,850°C, sedangkan kelompok aksila menurun dari 39,094°C menjadi 38,389°C, dengan penurunan sebesar 0,706°C. Hasil *Paired Samples t-Test* menunjukkan $p < 0,001$ pada kedua kelompok, sedangkan *Independent Samples t-Test* menunjukkan $t = 2,909$, $df = 34$, dan $p = 0,006$ ($< 0,05$) dengan *Mean Difference* sebesar 0,144°C. Hasil penelitian menunjukkan bahwa kedua lokasi kompres hangat efektif dalam membantu menurunkan suhu tubuh pasien hipertermia, tetapi area lipat paha menunjukkan penurunan suhu yang lebih besar dan lebih efektif dibandingkan area aksila.

Kata kunci: kompres hangat, lipat paha, aksila, hipertermia, suhu tubuh.