

HUBUNGAN DURASI OPERASI TERHADAP TINGKAT TERJADINYA SHIVERING PADA PASIEN POST SPINAL ANESTESI DI RECOVERY ROOM RSUD KANJURUHAN

Azis Iqbal Al Bukhari

Prof. Dr. Suprajitno S.Kp.,M.Kep.,M.Kes

ABSTRAK

Pendahuluan : Lama durasi jalannya operasi pada post spinal anestesi menjadi salah satu faktor terjadinya shivering yang merupakan risiko terjadinya hipotermi. Operasi yang berjalan lama berefek pada pemberian anestesi yang semakin lama. Penelitian ini bertujuan untuk mengetahui hubungan durasi operasi dengan tingkat terjadinya shivering pada pasien post spinal anestesi

Metode : Penelitian ini menggunakan desain korelasional dan menerapkan metode cross sectional. Responden berjumlah 61 yang dilakukan dengan teknik *Purposive Sampling*. Variabel *independent* pada penelitian ini yaitu durasi operasi dan variabel *dependent* yaitu tingkat derajat shivering. Penelitian ini menggunakan uji *Spearman rank* untuk mengetahui hubungan durasi operasi dengan tingkat terjadinya shivering pada pasien spinal anestesi disertai koefisien korelasi.

Hasil : Dari hasil penelitian ditemukan sebagian besar responden merupakan kelompok operasi sedang (60-120 menit) sebanyak 38 responden (62.3%). Mayoritas responden mengalami derajat *shivering* ke-2 sebanyak 23 responden (37,3%). Hasil uji statistik menggunakan *spearman' rho* dengan level signifikansi ($\alpha = 0,05$) diperoleh hasil *p-value* ($0,001 \leq 0,05$) maka H_a diterima.

Kesimpulan : Terdapat hubungan antara durasi operasi dan derajat shivering pada pasien post operasi spinal anestesi. Dari hasil yang ditemukan, semakin tinggi atau lama durasi operasi maka semakin tinggi derajat *shivering* dan semakin rendah durasi operasi maka semakin rendah derajat *shivering*.

Kata Kunci: Durasi Operasi, *Shivering*, Post Spinal Anestesi

**THE RELATIONSHIP BETWEEN DURATION OF SURGERY AND THE
INCIDENCE OF SHIVERING IN POST SPINAL ANESTHESIA PATIENTS
IN THE RECOVERY ROOM AT RSUD KANJURUHAN**

Azis Iqbal Al Bukhari

Prof. Dr. Suprajitno S.Kp.,M.Kep.,M.Kes

ABSTRACT

Introduction : The duration of surgery under post-spinal anesthesia is one of the contributing factors to the occurrence of shivering, which poses a risk of hypothermia. Prolonged surgical procedures lead to extended exposure to anesthesia. This study aims to determine the relationship between the duration of surgery and the incidence of shivering in patients undergoing post-spinal anesthesia.

Methods : This study employed a correlational design using a cross-sectional approach. A total of 61 respondents were selected using purposive sampling. The independent variable was the duration of surgery, and the dependent variable was the degree of shivering. The Spearman rank correlation test was used to assess the relationship between the duration of surgery and the degree of shivering in patients who received spinal anesthesia, including calculation of the correlation coefficient.

Results : The findings showed that the majority of respondents underwent moderately lengthy surgical procedures (60–120 minutes), accounting for 38 individuals (62.3%). Most respondents experienced grade 2 shivering, totaling 23 individuals (37.3%). The statistical analysis using Spearman's rho at a significance level of $\alpha = 0.05$ yielded a p-value of 0.001 (≤ 0.05), indicating that the alternative hypothesis (H_a) was accepted.

Discussion : There is a significant relationship between the duration of surgery and the degree of shivering in patients following spinal anesthesia. The results indicate that longer surgical durations are associated with higher degrees of shivering, whereas shorter durations correspond to lower degrees of shivering.

Keywords: Duration of Surgery, Shivering, Post-Spinal Anesthesia