

ABSTRACT

The Effect of Oleum Cajuputi oil on the degree of shivering in post section caesarea patients with spinal anesthesia at wava husada hospital. Intan Salsabila Ratu Elina (2024) Thesis, Malang Applied Nursing Undergraduate Study Program, Department of Nursing, Health Polytechnic, Miniatry of Health, Malang. Supervisor (Main) Dr. Sri Mugianti, S.Kep., M.Kep. Pembimbing (Pendamping) Supono S.Kep., NS., M.Kep., Sp.KMB.

Shivering is a form of body compensation in providing heat which can disturb the patient's comfort. The use of blankets is not effective in treating shivering, so additional interventions such as using Oleum Cajuputi oil are needed. The aim of this study was to determine the effect of Oleum Cajuputi oil on the degree of shivering in post section caesarea patients with spinal anesthesia. Quasi experimental research design with non-equivalent control group. The population is patients shivering post section caesarea with spinal anesthesia at Wava Husada Hospital. Sampling used purposive sampling technique. The sample in this study consisted of 56 respondents who were divided into an experimental group and a control group with 28 respondents each. The results and analysis showed that the degree of shivering in the control group and the experimental group consisted of almost half of the respondents (39.3%) experiencing grade 3 and 4 shivering. After the intervention, the control group consisted of almost half of the respondents (35.9%) in grade 2 while the experimental group consisting of almost the majority of respondents (46.4%) grade 1. The Wilcoxon test value was $p = 0.000$ ($p < 0.05$) which means that there was an influence of eucalyptus oil on the degree of shivering in post-caesarean section patients under spinal anesthesia at Wava Husada Hospital. Based on this research, it is hoped that we can apply the administration of eucalyptus oil in nursing services to reduce the degree of shivering in post-caesarean section patients with spinal anesthesia.

Key words: oleum cajuputi oil, shivering, section caesarea, spinal anesthesia.