

ABSTRAK

Demam adalah kondisi meningkatnya suhu tubuh diluar batas normal. Demam dapat menyebabkan kerusakan pada sistem saraf dan menyebabkan kejang demam (febris convulsion) saat tubuh diatas 40°C, sehingga sangat penting dilakukan penindakan yang tepat dan segera. Mengurangi derajat panas anak yang mengalami demam bisa secara fisik (non farmakologi) melalui metode evaporasi dan konduksi dalam penerapan energi panas. Bawang merah (*Allium cepa* varietas *ascalonicium*) merupakan obat tradisional penurun demam pada bayi dan balita. Tujuan penelitian ini ialah untuk mengetahui efektivitas kompres bawang merah (*Allin esensial oil*) terhadap penurunan suhu tubuh di Wilayah Posyandu Bawal Lingkungan XIX Belawan Bahagia tahun 2023. Penelitian ini menggunakan desain penelitian quasy eksperimen dengan one-group pra-post test desain. Populasi pada penelitian ini berjumlah 30 responden. Metode pengambilan sampel yang digunakan adalah nonprobability sampling dengan jenis total sampling yang berjumlah 30 responden. Metode pengumpulan data penelitian yaitu menggunakan lembar observasi untuk suhu tubuh responden. Suhu tubuh responden diukur menggunakan thermometer, sesuai lembar SOP. Berdasarkan hasil uji analisis statistik dengan uji paired sample T Test meunjukkan nilai $p\text{-value} = 0,000 < 0,05$ Ho ditolak dan Ha diterima dimana sebelum dilakukan pemberian kompres bawang merah mayoritas suhu tubuh berada pada suhu 37,5°C sebanyak 6 orang (20%) dan setelah dilakukan pemberian kompres bawang merah mayoritas suhu tubuh berada pada suhu 36,5°C sebanyak 8 orang (24,7%), sehingga didapatkan kesimpulan bahwa terdapat efektivitas kompres bawang merah terhadap penurunan suhu tubuh pada bayi demam usia 6-12 bulan Wilayah Posyandu Bawal Lingkungan XIX Belawan Bahagia.

Kata Kunci : Kompres Bawang Merah; Suhu Tubuh; Bayi Demam

ABSTRACT

Fever is a condition of increasing body temperature beyond normal limits. Fever can cause damage to the nervous system and cause febrile seizures when the body is above 40°C, so it is very important to take proper and immediate action. Reducing the degree of heat of children who have fever can be physically (non-pharmacological) through evaporation and conduction methods in the application of heat energy. Shallots (*Allium cepa ascalonicium* variety) is a traditional fever-reducing medicine in infants and toddlers. The purpose of this study was to determine the effectiveness of onion compress (Allin essential oil) on reducing body temperature in the Posyandu Bawal Area of Environment XIX Belawan Bahagia in 2023. This study used an experimental quasy research design with a one-group pre-post test design. The population in this study amounted to 30 respondents. The sampling method used is nonprobability sampling with a total sampling type of 30 respondents. The method of collecting research data is using observation sheets for respondents' body temperature. The respondent's body temperature was measured using a thermometer, according to the SOP sheet. Based on the results of statistical analysis tests with paired sample tests, the T Test showed $p\text{-value} = 0.000 < 0.05$ H_0 was rejected and H_a was accepted where before giving onion compresses the majority of body temperature was at 37.5 ° C as many as 6 people (20%) and after giving onion compresses the majority of body temperature was at temperature 36.5°C as many as 8 people (24.7%), so it was concluded that there was an effectiveness of onion compresses on reducing body temperature in febrile infants aged 6-12 months Area of Posyandu Bawal Environment XIX Belawan Bahagia.

Keywords: Compress Shallots; body temperature; Baby Fever