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Overview Of Parents' Knowledge Level About *The Tepid Water Sponge* Technique To Reduce Hyperthermia in Children in Kirana Sudirman

Sutrisno Sutrisno[1*], Widyanata.J[2]
[1-2]STIKES Kesdam IX/Udayana,Indonesia

Author Correspondence : jujukkrestyawan744@gmail.com[*]

Abstract.*Background : According to the Word Health Organization (WHO), the incidence of hyperthermia in children worldwide reaches 17 million people per year, the death rate reaches 600,000, of which 70% occurs in Asia. The incidence rate of hyperthermia in Indonesia reaches 81% per 100,000. If hyperthermia is not treated properly, shock, stophores and coma can occur. Parents have an important role to play in maintaining the health of their children. One of the compression techniques to reduce fever is tepid water sponge, which is by applying a warm compress using a cloth wiped on the forehead area which aims to reduce fever 15 minutes faster than just with antipyretic drugs. Method: This study uses a descriptive method with a quantitative approach using a measuring tool The questionnaire and sampling technique used were total sampling with a population of 55 people and a sample of 51 respondents. Thisstudy used descriptive statistical analysis regarding the level of parental knowledge about the water sponge technique. Results: The characteristics of the respondents were mostly 26-35 years old with a total of 59%, the last education with the most was high school with a total of 49% and the most occupation was private with a total of 39.2%. Most of the respondents had a low level of knowledge which amounted to 37.2%.. Conclusion: Most respondents have a low level of knowledge. It is expected that nurses will provide support and KIE related to the water sponge technique to reduce hyperthermia in children*

Keywords : *Knowledge, Parents, Hyperthermia, Tepid water sponge*

1. INTRODUCTION

Children are the human resources of a nation. Children must live prosperously in order to grow and develop optimally to carry out development tasks in the future. On the contrary, the decline in the quality of life of children will have a long-term effect on their personal life as an individual and as part of their social life. Children whose health status is often disturbed will later grow up to be a weak person (Fatimah, 2015). One of the most common problems that arise in children is hyperthermia or increased body temperature.

The incidence of hyperthermia in children according to *the Word Health Organization (WHO)* worldwide is around 17 million people per year, the death rate reaches 600,000 and 70% of them occur in Asia. The incidence of hyperthermia in Indonesia reaches 81% per 100,000 (Sariana, 2019). Fever is still an endemic disease in Indonesia. Especially for the Bali region, the incidence of hyperthermia during 2017 was 10,018 cases (Provincial Health Office. Bali, 2017). Meanwhile, data in the Kirana Neighborhood, Sudirman, as many as 51 children consisting of 23 boys and 28 girls experienced hyperthermia.

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Hyperthermia is a state of the body in a state where the body temperature is above the normal limit as an influence of an increase in the temperature regulation center in the hypothalamus. Under normal conditions, there is a balance between the production and release of body heat. In abnormal conditions, there is an imbalance between heat production and restriction so that there is an irregular increase in body temperature, which is called hyperthermia (Sodikin, 2012). The normal value of body temperature is 36.5C. A person is said to be hyperthermic when the body temperature reaches > 36.5^0C (Asmadi, 2012). If hyperthermia is not treated properly, shock, stophores and coma can occur.

According to Septi (2017), the level of knowledge of parents, especially mothers, about fever in children includes their knowledge of fever compresses as much as (46%) and using cold compresses as much as (22%). Most mothers know about the treatment of the compress from a doctor. Definitively, there are two actions to lower body temperature in children who experience hyperthermia, namely pharmacological and non-pharmacological therapy (Sulistyorini, 2016). Pharmacological therapy can be by using antipyretic drugs (heat reducer) and non-pharmacological therapy can be by placing the child in a room with good temperature and circulation, changing the child's clothes with thin clothes that absorb sweat and giving *a water sponge* compress (Sulistyorini, 2016).

Tepid water sponge if done in the right way can reduce fever 15 minutes faster than just with antipyretic drugs (Sulistyorini, 2016). The *tepid water sponge* technique has an effect on lowering body temperature because block compresses are directly carried out in several places that have large blood vessels, resulting in increased circulation and increased capillary pressure,$_{O2}$ and$_{CO2}$ pressure in the blood will increase and pH in the blood will decrease (Hamid, 2011).

Parents' knowledge and experience are needed to deal with a problem or disease in children, before a disease occurs, there are always signs and symptoms of the disease, one of which is hyperthermia (Haryani, 2016). It takes separate treatment and handling when children have a fever, because it is different when compared to adults. If fever is not treated quickly and appropriately, fever can endanger the safety of the child so that it can cause other complications (seizures and decreased consciousness) (Septi, 201). Seizures that last more than 15 minutes can result in apnea, hypoxia, hypoxemia, hypercapnea, lactic acidosis, hypotension, causing anatomical abnormalities in the brain so that epilepsy occurs and results in impaired growth and development of children (Khusumawati, 2020). According to Sulistyorini (2016), children who are susceptible to infections that eventually cause fever are children under five years

old. At the age of preschool, this is referred to as a very active period along with the development of growing muscles and increased play activity.

Research conducted by Irfankhan (2016) with the title Effectiveness of Warm Compresses and Cold Compresses Conducted at Dr. Sardjito Hospital Yogyakarta. Ahmad Irfankhan stated that warm compresses are more effective than cold compresses because the application of warm compresses to the body area will give a signal to the hypothalamus through the spinal cord. When heat-sensitive receptors in the hypothalamus are stimulated, the effector system emits a signal that initiates sweating and peripheral vasodilation, while a cold compress is to cool the local area by using a cloth dipped in plain water or ice water so as to have a cooling effect on the area.

Based on a preliminary study conducted by researchers on November 10, 2020 on the Head of the Kirana Neighborhood, Sudirman, Denpasar, data was obtained, namely based on interviews conducted by researchers to parents using 5 questions related to *tepid water sponge,* as many as 5 out of ten parents knew the *tepid water sponge* technique while the rest said they did not know about *tepid water sponge*.

Based on the description above, the researcher is interested in raising a research issue on "Overview of Parents' Knowledge Level about *the Tepid Water Sponge* Technique to Reduce Hyperthermia in Children in the Kirana Environment, Sudirman"

2. METHOD

The design used in the preparation of scientific papers is descriptive, which is a type of research design that is widely carried out in various fields (Notoatmodjo, 2010) This study describes the level of parental knowledge about *the water sponge technique* to reduce hyperthermia in children

The research was carried out in the Kirana Environment, Sudirman, Denpasar This research was carried out from January to February 2021

The population in this study is parents with children who have experienced hyperthermia totaling 55 people consisting of mothers or fathers of children who meet the inclusion and exclusion criteria The sampling technique used in this study is *total sampling.*

In this study, the type of prime data is used. Primary data is data obtained directly from research respondents using measuring tools or data collection (Nursalam, 2013). The method of this research method uses a questionnaire sheet that contains a statement that covers the level of knowledge of parents

After the data was collected, the researcher conducted data analysis In this study, the researcher used descriptive statistical analysis using SPSS to make conclusions about the level of knowledge in parents. The variables in this study are ordinal data scale, so that the data presentation is in the form of a frequency distribution table. The variable knowledge level is grouped into 2, namely "yes" with code (1) and "no" (0)

Research Ethics

According to Notoatmodjo (2010) research ethics consists of:

1. *Informed consent*

It is a form of agreement between the researcher and the research respondent by providing an approval sheet. The informed consent is given before the research is carried out by providing a consent sheet by becoming a respondent. The purpose of *informed consent* is for the subject to understand the purpose and purpose of the research, to know the impact. If the subject is willing, then they must sign the consent form. If the respondents are not willing, then the research must respect the rights of the respondents.

2. *Anonymity* (without name)

Providing assurance in the research subject by not giving or including the respondent's name on the measuring tool sheet and only writing the code on the data collection sheet or research results to be presented.

3. *Confidentiality*

The results of the research, both information and other problems. All information that has been collected is guaranteed confidentiality by the researcher, only certain groups of data will be reported on the research results.

3. RESULT

The results of the research are displayed in the following table :

1. Age

The age assessment is divided into 2 categories according to the Ministry of Health of the Republic of Indonesia (2009), namely age;

Table 1. Characteristics of respondents by age

Age Category	Frequency	Percentage
17-25	21	41
26-35	30	59
Total	51	100

From table 1. data was found that as many as 30 respondents (59%) were in the range of 26-35 years and as many as 21 respondents (41%) were in the range of 17-35 years.

2. Education

Data regarding the distribution of parents' education levels are explained in the table below;

Table 2. Characteristics of respondents based on education

Education	Frequency	Percentage
No School	3	1,9
SD	4	7,8
JUNIOR	6	11,7
SMA	25	49
College	13	29,6
Total	51	100

From table 2, data was found that as many as 25 people (49%) respondents studied until high school, as many as 13 people or (29.6%) respondents studied until college, as many as 6 people (11.7%) respondents graduated from junior high school and as many as 3 people or (1.9%) respondents did not go to school.

3. Employment

Based on the assessment of the work, the data were obtained as follows;

Table 3. Characteristics of respondents by occupation

Work	Sum	Percentage
Private	20	39,2
Entrepreneurial	18	35,2
Civil Servants/Army	13	25,6
Total	51	100

In table 3. data was found that as many as 20 people (39.2%) respondents worked in the private sector, as many as 18 people (35.2%) worked as entrepreneurs and a total of 13 people (25.6%) worked as civil servants/soldiers.

Assessment of Parents' Knowledge Level of Knowledge about *the Tepid Water Sponge* Technique

Based on the results of the questionnaire distributed to 51 respondents, the results of the questionnaire scoring were obtained as follows:

Table 4. Results of Knowledge Level Questionnaire

Level of Knowledge	Frequency	Percentage
Low	19	37,2
Keep	18	35,2
Tall	14	27,6
Total	51	100

Based on table 5.4, as many as 19 people (37.2%) respondents had a low level of knowledge, as many as 18 people (35.2%) respondents had a moderate level of knowledge and as many as 14 people (27.6%) respondents had a high level of knowledge

4. DISCUSSION

Characteristics of Respondents

1. Age

Based on the age percentage mentioned above, out of 51 respondents, data was obtained that most of the respondents were at the age of 26-35 years with a percentage of 59%. This result is in line with the journal from Rosmalinda (2012) which explained that the majority of respondents were included in early adulthood, which was 72.8%. Physiologically, a person's growth and development is described in terms of age. A person's critical thinking skills will also continue to improve regularly during adulthood. The results of this study are supported by Dharmawati (2016) explaining that most of the respondents who are parents are in the age range of 25-35 years, which amounts to 58.8% where the results obtained are that the more mature a person is, the more mature the level and strength of a person will be in thinking and working. According to Oktarisa (2016) age affects the development of a person's grasp and mindset, the older a person is, the better the mental development processes, but at a certain age, the increase in this mental development process is not as fast as when they were teenagers. Increasing a person's age can affect the increase in knowledge he has acquired. Age affects the level of knowledge a person has, so that the higher a person's age, generally they will have a better level of knowledge than younger ones.

2. Education

The data above shows that of the 51 respondents, most of them took high school education, which is 39.2%. This result is in line with research from Wicaksono (2013) which

shows that as many as 50% of respondents took high school education because in the past most people only took education up to high school due to inadequate economic factors. Education can develop personality and intellectual ability. Education is the result of deliberate effort so that it is seen in the behavior of adults who are responsible in all things, able to make choices that all reflect some of the characteristics of a person's maturity.

Education affects the level of knowledge possessed by a person where this is the result of the synthesis of knowledge and experience obtained from the field of knowledge pursued (Retno, 2017). A person's level of education will affect the level of acceptance and understanding of an object or material that is manifested in the form of knowledge. The higher the level of a person's education, the more it will affect the level of mastery of the material that must be mastered in accordance with the goals and objectives (Wicaksono, 2013).

The higher a person's level of education, the better the level of knowledge he has, especially about *tepid water sponge* because it is in line with the knowledge and academic experience that a person carried out when he was young.

3. Jobs

Based on the results obtained from 51 respondents, most of them are private workers with a total of 39.2%. This is because most of the respondents are children of TNI members who prefer to work in offices in the Jalan Sudirman area, Denpasar. According to a journal from Ginting (2019), data was obtained that some of the respondents worked in the private sector with a total of 49%, then respondents who were civil servants as many as 16 people or 41% and finally respondents with self-employed jobs as many as 4 people or 10%.

Work is an activity to earn income to meet the needs of daily life. Work is not a source of pleasure, but more of a boring, repetitive and challenging way of making a living. Meanwhile, working is generally a time-consuming activity. Working for parents will have an influence on family life (Cahyaningrum, 2018).

The type of work related to literacy or the office generally has a better level of knowledge and has a higher awareness to carry out health behaviors because they are usually exposed to information.

4. Overview of Parents' Knowledge Level about *the Tepid Water Sponge* Technique

In table 4, data was obtained that most of the respondents had a low level of knowledge with a total of 37.2%. This research is in line with Ganesh's (2014) research on the relationship between parents' level of knowledge about degenerative diseases which states that most

respondents have a lack of knowledge (42.5%). These results are comparable to Derman's (2011) study in Illinois, United States, where as many as 144 respondents (40%) had a lack of knowledge about child health maintenance. This result is supported by a study conducted by Nungki (2015) on the level of knowledge about hyperthermia that as many as 55 respondents (55%) have less knowledge and the remaining only 46 respondents (46%) have good knowledge.

Many mass media such as the internet, television, and newspapers provide knowledge, that information will have an influence on a person's knowledge related to their behavior in life. Another theory also states that health problems and disease problems do not solely stem from individual negligence, family negligence, group or community negligence because most diseases suffered by individuals and diseases in the community in general stem from ignorance and misunderstanding of various health information received. Health communication includes the use of communication services to convey messages and influence the decision-making process related to efforts to improve and manage health by individuals and communities. In addition, health communication also includes activities to disseminate information about health to the public in order to achieve healthy living behaviors, create awareness, change attitudes and motivate individuals to adopt healthy behaviors that are recommended as the main goal of health communication (Rahmadiana, 2012).

It is hoped that health workers at the nearest health facilities will increase the provision of information and knowledge about family health problems such as counseling on the water *sponge* technique to parents who have just had children because they have minimal experience in caring for children so that the child can get good health services in the initial scope, namely the family.

5. CONCLUSION

Based on the results of the above research, it can be concluded that:

The characteristics of most respondents are 26-35 years old with a total of 59%, the last education with the most is high school with a total of 49% and the most jobs are private with a total of 39.2%. Most of the respondents had a low level of knowledge which amounted to 37.2%, this was related to the distribution of information media that was quite evenly distributed and well distributed about *the water sponge technique*

SUGGESTION

1. It is expected that future researchers can develop research related to the level of parental knowledge about *the water sponge technique* to use other methods or use other research designs so as to obtain more varied research results.
2. It is expected that the nearest health facility staff will provide regular health counseling related to handling problems in children, especially hyperthermia

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