

## ABSTRAK

# PENGARUH PENGGUNAAN SELIMUT *COZY AURA* (COZORA) TERHADAP PERUBAHAN SUHU TUBUH PADA BAYI DENGAN HIPOTERMIA DI RUANG PERINATOLOGI

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**Latar Belakang:** Hipotermia neonatal masih menjadi permasalahan klinis di ruang perinatologi. Meskipun perawatan termal konvensional telah diterapkan sesuai standar, kejadian *hipotermia* masih ditemukan, sehingga diperlukan inovasi intervensi keperawatan yang aman, praktis, dan efektif. Selimut Cozora dikembangkan sebagai inovasi perawatan termal *non-farmakologis* untuk membantu menstabilkan suhu tubuh bayi dengan hipotermia.

**Tujuan Penelitian:** Meneliti pengaruh penggunaan Selimut Cozora terhadap perubahan suhu tubuh bayi dengan hipotermia di ruang perinatologi.

**Metode Penelitian:** Penelitian ini dilaksanakan dalam dua tahap. Tahap pertama menggunakan metode *Research and Development (R&D)* dengan model ADDIE untuk mengembangkan, menilai validitas, dan kelayakan selimut Cozora. Tahap kedua menggunakan desain *quasi experiment pretest-posttest with control group design*. Sampel penelitian melibatkan 46 bayi baru lahir sebagai kelompok intervensi dan 46 bayi baru lahir sebagai kelompok kontrol dan diambil secara *consecutive sampling*. Kelompok intervensi diberikan selimut COZORA selama 1 jam, sedangkan kelompok kontrol diberikan perawatan standar. Pengukuran suhu badan dengan thermometer digital dan dicatat dalam lembar observasi. Data dianalisis menggunakan uji *Wilcoxon* and *U Mann-Whitney*.

**Hasil:** Selimut Cozora telah dikembangkan dan dinyatakan valid oleh pakar. Hasil penelitian menemukan tidak menemukan perbedaan suhu badan sebelum diberikan intervensi pada kedua kelompok ( $p=0,393$ ). Terdapat perbedaan suhu badan sebelum dan setelah penggunaan selimut Cozora pada kelompok intervensi ( $p=0,001$ ). Terdapat perbedaan suhu sebelum dan setelah perawatan standar pada kelompok kontrol ( $p=0,001$ ). Terdapat perbedaan suhu badan setelah diberikan perlakuan pada kedua kelompok ( $p=0,001$ ).

**Kesimpulan:** Terdapat perbedaan suhu badan setelah penggunaan selimut Cozora dibandingkan dengan perawatan standar. Untuk itu, selimut Cozora dapat digunakan untuk mengatasi hipotermi pada bayi baru lahir.

**Kata Kunci:** Neonatus, penurunan, perawatan, suhu, termal,

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## ABSTRACT

### **THE EFFECT OF USING COZY AURA BLANKETS (COZORA) ON BODY TEMPERATURE IN NEONATES WITH HYPOTHERMIA IN THE PERINATOLOGY ROOM**

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**Background:** Neonatal hypothermia remains a clinical problem in perinatology wards. Although conventional thermal care has been implemented according to standards, hypothermia still occurs, necessitating innovative nursing interventions that are safe, practical, and effective. The Cozora blanket was developed as a non-pharmacological thermal care innovation to help stabilize infants' body temperature during hypothermia.

**Research aim:** to examine the effect of the COZORA blanket on body temperature changes in infants with hypothermia in the perinatology ward.

**Research Methods:** This study was conducted in two stages. The first stage used the Research and Development (R&D) method with the ADDIE model to develop and assess the validity and feasibility of the Cozora blanket. The second stage used a quasi-experimental pretest–posttest design with a control group design. The study sample comprised 46 newborns in the intervention group and 46 in the control group, selected by consecutive sampling. The intervention group received thermal care using the Cozora blanket for 1 hour, while the control group received standard care. Body temperature was measured with a digital thermometer and recorded on an observation sheet. Data were analyzed using the Wilcoxon test and the Mann-Whitney U test.

**Results:** The Cozora blanket was developed and declared valid by experts. The results showed no difference in the body temperature before the intervention between the two groups ( $p=0.393$ ). There was a difference in body temperature before and after using the Cozora blanket in the intervention group ( $p < 0.001$ ). There was a difference in temperature between the pre- and post-standard care periods in the control group ( $p < 0.001$ ). There was a difference in body temperature after treatment in both groups ( $p < 0.001$ ).

**Conclusion:** Body temperature differed after using the Cozora blanket compared with standard care. Therefore, the Cozora blanket is valid and can be used to treat hypothermia in newborns.

**Keywords:** Care, decrease, neonate, body-temperature, thermal.

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