

ABSTRAK

Arthritis rheumatoid merupakan penyakit inflamasi sistemik kronik pada sendi tubuh dan sering terjadi pada lansia. Nyeri menjadi gejala yang sering dikeluhkan oleh penderitanya. Nyeri tersebut dapat menyebabkan ketidaknyamanan dan keterbatasan aktivitas. Salah satu penatalaksanaan non-farmakologi yaitu menggunakan kompres hangat rebusan air serai wangi. Penelitian ini bertujuan untuk mengetahui apakah ada pengaruh kompres hangat rebusan air serai wangi terhadap skala nyeri *arthritis rheumatoid* pada lansia di PSRLU Ciparay.

Penelitian ini menggunakan design *pre-eksperimental* dengan rancangan *one group pretest-posttest*. Populasi yaitu semua lansia yang mengalami *arthritis rheumatoid* di PSRLU Ciparay sebanyak 30 orang. Teknik pengambilan sampel menggunakan *purposive sampling* dengan kriteria yang ditentukan sehingga diperoleh 18 responden. Instrumen yang digunakan adalah SOP (Standar Operasional Prosedur) kompres hangat rebusan air serai dan lembar observasi *Numeric Rating Scale* (NRS). Analisis data dilakukan secara univariat dan bivariat menggunakan *Paired T-test*.

Hasil penelitian menunjukkan bahwa rata-rata skala nyeri *arthritis rheumatoid* sebelum diberikan kompres hangat rebusan air serai wangi 4,27 kemudian rata-rata skala nyeri sesudah diberikan kompres menjadi 2,55. Berdasarkan uji bivariat didapatkan *p-value* $0,000 < 0,05$ artinya ada pengaruh kompres hangat rebusan air serai wangi terhadap skala nyeri *arthritis rheumatoid* pada lansia di PSRLU Ciparay.

Dilakukannya pemberian kompres hangat rebusan air serai wangi dapat berpengaruh terhadap penurunan nyeri *arthritis rheumatoid* pada skala nyeri ringan hingga sedang. Tanaman serai mengandung minyak atsiri yang memiliki sifat kimiawi dan efek farmakologi yaitu rasa pedas sebagai anti radang dan menghilangkan rasa nyeri yang bersifat analgesik serta melancarkan sirkulasi darah.

Kata Kunci: *Arthritis Rheumatoid*, Kompres Hangat, Serai Wangi, Lansia.

Sumber : 25 buku (2012 – 2021)

7 Jurnal (2017 – 2021)

ABSTRACT

Rheumatoid arthritis is a chronic systemic inflammatory disease in the joints of the body and often occurs in the elderly. Pain is a symptom that sufferers often complain about. The pain can cause discomfort and limitation of activity. One of the non-pharmacological treatments is using warm compresses boiled with citronella water. This study aims to determine whether there is an effect of warm compresses boiled with citronella water on the rheumatoid arthritis in the elderly at PSRLU Ciparay.

This study used a pre-experimental design with a one group pretest-posttest design. The population is all the elderly who experience rheumatoid arthritis in PSRLU Ciparay as many as 30 people. sampling technique used purposive sampling with the specified criteria in order to obtain 18 respondents. The instruments used were SOP (Standard Operating Procedure) warm compresses boiled with lemongrass water and the Numeric Rating Scale (NRS) observation sheet. Data analysis was carried out univariate and bivariate using Paired T-test.

The results showed that the average rheumatoid arthritis before being given a warm compress of lemongrass boiled water was 4.27 then the average pain scale after being given a compress was 2.55. Based on the bivariate test, the p-value was $0.000 < 0.05$, meaning that there was an effect of warm compresses boiled with lemongrass water on the rheumatoid arthritis in the elderly at PSRLU Ciparay.

Giving warm compresses boiled with citronella water can have an effect on reducing rheumatoid arthritis on a mild to moderate pain scale. Lemongrass plants contain essential oils that have chemical properties and pharmacological effects, namely a spicy taste as an anti-inflammatory and pain relief that is analgesic and improves blood circulation.

Keywords : Rheumatoid Arthritis, Warm Compress, Fragrant Lemongrass, Elderly.

Source : 25 books (2012 – 2021)

7 journals (2017 – 2021)