

ABSTRAK

Lansia dengan masalah penurunan fungsi organ tubuh berupa penurunan fungsi tulang dan sendi yaitu mengalami nyeri akibat *rheumatoid arthritis* yang bisa berdampak terhadap penurunan kualitas hidup lansia. Nyeri masih terus dirasakan walaupun sudah diberikan terapi farmakologi. Peneliti melakukan intervensi kompres hangat serai untuk mengurangi keluhan nyeri. Tujuan penelitian ini yaitu mengetahui pengaruh kompres hangat serai terhadap tingkat nyeri *Rheumatoid Arthritis* pada lansia di Desa Bantarsari wilayah kerja Puskesmas Tanjungwangi Kabupaten Subang.

Desain penelitian berupa *pre ekspriment*. Rancangan yang digunakan adalah *one group pre test and posttest design*. Populasi sebanyak 162 orang, sampel yang digunakan sebanyak 15 orang dengan teknik pengambilan sampel *purposive sampling*. Pengumpulan data dilakukan dengan cara penggunaan lembar observasi tingkat nyeri deskriptif 0-10. Analisis data menggunakan analisis univariat berupa distribusi frekuensi dan analisis bivariat berupa uji Wilcoxon.

Hasil penelitian didapatkan sebelum dilakukan kompres hangat serai di lebih dari setengahnya dengan nyeri berat terkontrol sebanyak 11 orang (73,3%), setelah dilakukan kompres hangat serai d lebih dari setengahnya dengan nyeri ringan sebanyak 8 orang (53,4%), ada pengaruh kompres hangat serai terhadap tingkat nyeri *Rheumatoid Arthritis* pada lansia ($p\text{-value } 0,002 < 0,05$). Kompres hangat serai mengatasi nyeri karena adanya rasa hangat yang berfungsi untuk pelunakan jaringan fibrosa, membuat otot tubuh rileks, menurunkan rasa nyeri dan memperlancar pasokan aliran darah serta memberikan ketenangan pada klien.

Simpulan didapatkan bahwa kompres hangat serai berpengaruh terhadap tingkat nyeri *Rhematoid Arthritis*. Saran bagi puskesmas bisa menginformasikan kepada lansia yang mengalami *Rheumatoid Arthritis* untuk mengonsumsi obat analgetik secara rutin dan melakukan kompres hangat serai sebagai terapi pendamping menurunkan nyeri.

Kata kunci : Kompres Hangat Serai, Nyeri, *Rheumatoid Arthritis*
Sumber : 30 Buku (tahun 2016-2019)
9 Jurnal (tahun 2016-2020)

ABSTRACT

Elderly with problems with decreased organ function in the form of decreased bone and joint function, namely experiencing pain due to rheumatoid arthritis which can have an impact on decreasing the quality of life of the elderly. Pain is still felt even though pharmacological therapy has been given. Researchers intervened with lemongrass warm compresses to reduce pain complaints. The purpose of this study was to determine the effect of lemongrass warm compresses on the level of Rheumatoid Arthritis pain in the elderly in Bantarsari Village, Tanjungwangi Health Center, Subang Regency.

The research design was in the form of a pre-experiment. The design used is one group pre test and posttest design. The population is 162 people, the sample used is 15 people with a sampling technique that is purposive sampling. Data was collected by using a descriptive pain level observation sheet 0-10. Data analysis used univariate analysis in the form of frequency distribution and bivariate analysis in the form of Wilcoxon test.

The results of the study were obtained before the lemongrass warm compress was carried out in more than half with controlled severe pain as many as 11 people (73.3%), after the lemongrass warm compress was carried out more than half with mild pain as many as 8 people (53.4%), there was an effect Lemongrass warm compress on the level of Rheumatoid Arthritis pain in the elderly ($p\text{-value } 0.002 < 0.05$). Lemongrass warm compresses overcome pain due to the warm feeling that serves to soften fibrous tissue, relax the body's muscles, reduce pain and facilitate blood flow supply and provide calm to the client.

The conclusion is that lemongrass warm compresses affect the pain level of Rheumatoid Arthritis. Suggestions for health centers can inform the elderly who experience Rheumatoid Arthritis to take analgesic drugs regularly and do warm lemongrass compresses as a complementary therapy to reduce pain.

Keywords : Lemongrass Warm Compress, Pain, Rheumatoid Arthritis

Bibliography : 30 Books (2016-2019)

9 Journals (2016-2020)