

Abstrak
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Pengaruh Terapi Bekam Terhadap Skala Nyeri Pada Lanjut Usia Yang Mengalami Nyeri Sendi Di Bangsalsari Jember

xv + 52 halaman + 1 bagan + 10 tabel + 10 gambar + 17 lampiran

Abstrak

Latar belakang: nyeri sendi merupakan peradangan sendi yang ditandai nyeri yang menyebabkan lansia mengalami kesulitan dalam melaksanakan aktivitas yang bersifat membebani sendi terutama sendi penopang tubuh. Terapi bekam merupakan terapi komplementer yang memiliki prinsip kerja vakumisasi, perlukaan dan penyedotan darah di area tertentu sehingga dapat menyembuhkan penyakit. **Tujuan penelitian:** penelitian ini untuk mengidentifikasi pengaruh terapi bekam terhadap skala nyeri pada lanjut usia yang mengalami nyeri sendi di Bangsalsari Jember. **Metode:** penelitian ini menggunakan desain *Quasy Experimental Design* dengan *Pretest-Posttest with Control Group Design*. Sampel dalam penelitian ini sebanyak 30 lansia kemudian dibagi menjadi dua kelompok yaitu 15 lansia pada kelompok terapi bekam dan 15 kelompok kompres hangat. Teknik pengambilan sampel dalam penelitian ini menggunakan *Purposive Sampling*. **Hasil:** Rata-rata skala nyeri sebelum terapi bekam 7.47 dan setelah terapi bekam 5.53. Sedangkan rata-rata skala nyeri sebelum kompres hangat 7.00 dan setelah kompres hangat 5.73. Hasil uji *Wilcoxon* terapi bekam diperoleh *p value* 0.001 artinya ada perbedaan bermakna sebelum dan setelah dilakukan terapi bekam. Sedangkan hasil uji *Wilcoxon* kompres hangat diperoleh *p value* 0.001 artinya ada perbedaan bermakna sebelum dan setelah kompres hangat. Hasil uji *Mann Whitney* diperoleh *p value* 0.383 artinya tidak ada perbedaan pengaruh bermakna antara kelompok perlakuan dan kelompok kontrol. **Kesimpulan:** ada pengaruh terapi bekam terhadap skala nyeri. **Saran:** lansia dapat menggunakan terapi bekam sebagai pengobatan alternatif untuk menurunkan skala nyeri sendi.

Kata kunci: Nyeri Sendi, Terapi Bekam
Daftar pustaka 30 (2007-2016)

Abstrack
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The Effect Of Wet Cupping Therapy On Pain Intensity In Elderly with Athralgia
In Bangsalsari Jember

xv + 52 pages + 1 chart + 10 tables + 10 picture + 17 appendices

Abstrack

Introduction: *athralgia is a joint inflammation characterized by swelling of the joints, redness, heat, pain and movement disorders. Athralgia causes the elderly to have difficulty in carry out activities that are burdening the joints of the body. Wet cupping therapy is a complementary therapy that has a working principle of vacuumization, injury and blood sucking in certain areas so it can cure the diase.*

Research Purpose: *this study was to identify the effect of cupping therapy on pain intensity in elderly patients with athralgia in Bangsalsari Jember.*

Method: *this is a Quasy Experiment Research with Pretest-Posttest with Control Group Approach. The sample in this study were 30 elderly then divided into two groups ie 15 elderly in the wet cupping therapy group and 15 elderly in the warm compress group. It used Purposive Sampling.*

Result: *the average pain intensity before wet cupping therapy was 7.47 and after wet cupping therapy 5.53. While the average pain intensity before warm compress was 7.00 and after warm compress 5.73. Wilcoxon test result wet cupping therapy obtained P value 0.001 means there are significant differences before and after the wet cupping therapy. While Wilcoxon test result warm compress obtained P value 0.001 means there are significant differences before and after the warm compress. Mann Whitney test result obtained P value 0.383 means there is no significant difference of effect between treatment group and control group.*

Conclusion: *there is an effect of cupping therapy and warm compress on pain intensity.*

Suggestion: *elderly can use wet cupping therapy as an alternative treatment to decrease joint pain intensity athralgia.*

Keywords: Athralgia; Wet Cupping Therapy
Bibliography 30 (2007-2016)