

Abstrak

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI ILMU KEPERAWATAN
FAKULTAS ILMU KESEHATAN

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Trisetya Mustikawati

Pengaruh Kompres Hangat Terhadap Penurunan Skala Nyeri Pada Penderita Gout Arthritis Di Wilayah Kerja Puskesmas Pakusari

XVIII + 67 Halaman + 1 Bagan + 8 Tabel + 1 Gambar + 21 Lampiran

Abstrak

Pendahuluan : Gout arthritis merupakan penyakit radang sendi yang diakibatkan karena kadar senyawa asam urat berlebihan pada tubuh. Gout arthritis dapat menyebabkan rasa nyeri dan pembengkakan. Penatalaksanaan nonfarmakologi dengan kompres hangat. Kompres hangat dapat memberikan rasa hangat untuk mengatasi masalah kenyamanan, mengurangi rasa sakit, mencegah kejang otot dan memberikan sensasi kehangatan di daerah tertentu. Tujuan penelitian ini adalah untuk menganalisis pengaruh kompres hangat terhadap penurunan skala nyeri pada penderita gout arthritis di Wilayah Kerja Puskesmas Pakusari. **Metode :** Desain penelitian *Pre Eksperimental* dengan pendekatan *one group pre test - post test design*. Populasi penelitian ini adalah penderita gout arthritis di Wilayah Kerja Puskesmas Pakusari sedangkan sampelnya adalah penderita gout arthritis sebanyak 31 responden, pengambilan sampel menggunakan teknik *sampling probability sampling* dan instrumen penelitian yang digunakan SOP (*Standart Operational Procedure*) dan lembar observasi pengukuran skala nyeri NRS (*Numeric Rating Scale*). Analisa data penelitian menggunakan uji *Wilcoxon Signed Ranks Test*. **Hasil :** penelitian yang dilakukan di Wilayah Kerja Puskesmas Pakusari mendapatkan rata - rata pre test yaitu 5,1236 dan post test yaitu 3,7311 dengan uji statistik *Wilcoxon Signed Ranks Test* didapatkan *P value* = 0,000 dimana kurang dari batas kritis penelitian yaitu 0,05. Artinya H1 diterima yang berarti ada Pengaruh Kompres Hangat Terhadap Penurunan Skala Nyeri Pada Penderita Gout Arthritis di Wilayah Kerja Puskesmas Pakusari. **Rekomendasi :** penelitian ini dapat mengurangi skala nyeri pada penderita gout arthritis secara signifikan dan disarankan untuk masyarakat memilih kompres hangat sebagai pengobatan secara non farmakologi untuk di lakukan secara mandiri.

Kata Kunci : Kompres Hangat; Gout Arthritis; Nyeri
Daftar Pustaka : 25 (2009 – 2020)

Abstract

MUHAMMADIYAH UNIVERSITY OF JEMBER
NURSING SCIENCE STUDY PROGRAM
FACULTY OF HEALTH SCIENCES

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Trisetya Mustikawati

The Effect of Warm Compresses on Reducing Pain Scale in Patients with Gout Arthritis in the Work Area of Pakusari Health Center

XVIII + 67 Pages + 1 Chart + 8 Tables + 1 Figure + 21 Appendices

Abstract

Introduction : Gout arthritis is an inflammatory joint disease caused by excessive levels of uric acid compounds in the body. Gout arthritis can cause pain and swelling. Non-pharmacological management with warm compresses. Warm compresses can provide a warm feeling to overcome comfort problems, reduce pain, prevent muscle spasms and provide a sensation of warmth in certain areas. The purpose of this study was to analyze the effect of warm compresses on reducing pain scale in patients with gout arthritis in the Pakusari Health Center Work Area. **Methods :** Pre-experimental research design with a one-group pre-test-post-test design approach. The population of this study was patients with gout arthritis in the Pakusari Health Center Work Area, while the sample was patients with gout arthritis as many as 31 respondents. The sample was taken using probability sampling technique and the research instrument used was SOP (Standard Operational Procedure) and an observation sheet for measuring pain scales NRS (Numeric Rating). scales). Analysis of research data using the Wilcoxon Signed Ranks Test. **Results :** research conducted in the Pakusari Health Center Work Area got an average pre-test of 5.1236 and post-test of 3.7311 with the Wilcoxon Signed Ranks Test statistical test, P value = 0.000 which was less than the critical research limit of 0.05. This means that H1 is accepted, which means that there is an effect of warm compresses on reducing pain scale in patients with gout arthritis in the Pakusari Health Center Work Area. **Recommendation :** this study can significantly reduce the pain scale in gout arthritis sufferers and it is recommended that people choose warm compresses as a non-pharmacological treatment to be done independently.

Keywords : Warm Compress; Gout Arthritis; Pain
Bibliography : 25 (2009 – 2020)