

ABSTRAK

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EFEKTIFITAS AKUPUNKTUR TERHADAP INTENSITAS NYERI SENDI PADA WANITA MENOPAUSE DI POSYANDU KELUARGA PUSKESMAS GAYUNGAN SURABAYA

xv + 47 Halaman + 9 Tabel + 6 Gambar + 15 Lampiran

Penderita nyeri sendi pada wanita menopause usia 40-55 tahun, penyebab terbesar adalah karena faktor hormonal. Terapi non farmakologi yang dapat menurunkan keluhan nyeri sendi adalah akupunktur. Penelitian ini bertujuan menganalisis efektivitas akupunktur terhadap penurunan intensitas nyeri sendi pada wanita menopause.

Jenis penelitian ini adalah *Quasy experiment Randomized Control Group pretest posttest design*. Populasinya semua Wanita menopause yang berusia 40-55 tahun yang terdaftar di Posyandu Keluarga Puskesmas Gayungan dengan nyeri sendi di tumit, lengan dan siku. Jumlah sampel 32 responden, dengan masing-masing kelompok 16 responden untuk kelompok intervensi dan kelompok kontrol

Teknik pemilihan sampel menggunakan *cluster random sampling*. Variabel bebas adalah intervensi akupunktur sedangkan variabel terikat adalah intensitas nyeri sendi. Instrumen untuk mengukur nyeri sendi menggunakan *Numeric Rating Scale* (NRS). Analisis data menggunakan *Uji wilcoxon* dan *Mann Withney U Test*.

Setelah pemberian akupunktur, nyeri sendi pada wanita menopause mengalami penurunan intensitas nyeri (p value = 0,001), dan akupunktur juga terbukti efektif pada kelompok intervensi dalam menurunkan nyeri sendi dengan (p value = 0,001).

Berdasarkan uraian di atas, maka tindakan akupunktur ini sangat bermanfaat dalam menyembuhkan keluhan nyeri sendi pada wanita menopause. Juga bermanfaat bagi petugas kesehatan dalam memberikan terapi selain farmakologi. Saran bagi tempat pelayanan agar tenaga ditambah sehingga pelayanan lebih maksimal.

Kata kunci : Akupunktur, Nyeri Sendi, Menopause

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ABSTRACT

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THE EFFECTIVENESS OF ACUPUNCTURE ON REDUCING JOINT PAIN INTENSITY IN MENOPAUSAL WOMEN AT THE POSYANDU KELUARGA PUSKESMAS GAYUNGAN SURABAYA

xv + 47 Pages + 9 Tables + 6 Figures + 15 Appendices

Joint pain sufferers in menopausal women aged 40-55 years, the biggest cause is due to hormonal factors. Non-pharmacological therapy that can reduce complaints of joint pain is acupuncture. The purpose of this study was to analyzed the effectiveness of acupuncture on reducing the intensity of joint pain in menopausal women.

This type of research was a Quasy experiment Randomized Control Group pretest posttest design. The population was all menopausal women aged 40-55 years who are registered at Family Health Care Center Gayungan (Posyandu Gayungan) with joint pain in the heels, arms and elbows. This study involved a total of 32 participants, evenly split into two groups—16 in the treatment group receiving acupuncture and 16 in the control group. Participants were selected through a cluster random sampling method. The study examined the effect of acupuncture (independent variable) on joint pain levels (dependent variable), which were assessed using the Numeric Rating Scale (NRS). Statistical analysis was performed using the Wilcoxon Signed-Rank Test and the Mann-Whitney U Test.

After acupuncture, joint pain in menopausal women experienced a decrease in pain intensity (p value = 0.001), and acupuncture is also proven effective in the intervention group in reducing joint pain with (p value = 0.001). Based on the description above, this acupuncture action is very useful in curing complaints of joint pain in menopausal women.

Based on the explanation above, acupuncture treatment is very beneficial in relieving joint pain in menopausal women. It is also useful for healthcare providers as a non-pharmacological therapy option. It is recommended that healthcare facilities add more staff to improve the quality of service.

Keywords : Knowledge, Motivation, Breast Self-examination (BSE)

References : 42 books, journals, etc. (2016-2025)