

ABSTRAK

PENGARUH *STRETCHING* DAN RELAKSASI GENGGMAM JARI TERHADAP NYERI SENDI PADA LANSIA DI WILAYAH KERJA PUSKESMAS MOJO

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Latar Belakang: Nyeri sendi umumnya terjadi pada lansia. Nyeri mengurangi aktivitas, sehingga mengganggu produktivitas. Penanganan nyeri sendi nonfarmakologis yang dapat mengurangi nyeri antara lain peregangan, teknik peregangan sendi yang memperkuat sendi, dan relaksasi genggaman, yaitu stimulasi yang mengurangi tekanan stres, sehingga mengurangi nyeri. Penelitian ini bertujuan untuk menganalisis pengaruh terapi peregangan dan genggaman jari terhadap nyeri sendi pada lansia.

Metode: Penelitian ini menggunakan rancangan praeksperimen dengan rancangan one group pretest-posttest design. Populasi lansia dengan nyeri sendi berjumlah 62 orang. Sampel sebanyak 38 lansia dipilih dengan menggunakan teknik purposive sampling. Variabel terikatnya adalah nyeri sendi, dan variabel bebasnya adalah peregangan dan relaksasi genggaman jari. Intervensi dilakukan selama 2 minggu, dengan frekuensi 3 kali per minggu. Instrumen yang digunakan adalah Numerical Rating Scale (NRS). Analisis data menggunakan uji Wilcoxon signed-rank.

Hasil: Hasil penelitian menunjukkan adanya penurunan nyeri sendi setelah intervensi dengan nilai p sebesar 0,000 ($p < 0,05$). Sebelum intervensi, semua lansia mengalami nyeri sedang (4, 5, dan 6). Setelah intervensi, sebagian besar lansia mengalami nyeri ringan (1, 2), dan beberapa lansia tidak mengalami nyeri.

Kesimpulan: Stretching dan relaksasi genggaman jari efektif menurunkan tingkat nyeri sendi pada lansia. Penelitian ini diharapkan menjadi referensi dalam mengatasi masalah persendian lansia.

Kata Kunci: Nyeri sendi, Lansia, *Stretching*, Relaksasi Genggaman Jari, Tingkat Nyeri

ABSTRAK

THE EFFECT OF STRETCHING AND FINGER GRIP RELAXATION ON JOINT PAIN IN THE ELDERLY IN THE MOJO PUBLIC HEALTH CENTER WORK AREA

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Background: Joint pain commonly occurs in the elderly. Pain reduces activity, thus disrupting productivity. Non-pharmacological treatments for joint pain that can reduce pain include stretching, a joint stretching technique that strengthens the joints, and grip relaxation, a stimulation that reduces stress pressure, thereby reducing pain. This study aims to analyze the effect of stretching and finger grip therapy on joint pain in the elderly.

Methods: The study used a pre-experimental design with a one-group pretest-posttest design. The population of 62 elderly people with joint pain was 62. A sample of 38 elderly people was selected using a purposive sampling technique. The dependent variable was joint pain, and the independent variables were stretching and finger grip relaxation. The intervention was conducted for 2 weeks, with a frequency of 3 times per week. The instrument used was the Numerical Rating Scale (NRS). Data analysis used the Wilcoxon signed-rank test.

Results: The results showed a decrease in joint pain after the intervention with a p-value of 0.000 ($p < 0.05$). Before the intervention, all elderly people experienced moderate pain (4,5, and 6). After the intervention, most elderly people experienced mild pain (1,2), and some elderly people experienced no pain.

Conclusion: Stretching and Finger Grip Relaxation are effective in reducing joint pain levels in older adults. This research is expected to serve as a reference for addressing joint problems in the elderly.

Keywords: Joint pain, Elderly, Stretching, Finger Grip Relaxation, Pain level