

ABSTRAK

Pengaruh Kompres Hangat Jahe Dan Senam Rematik Terhadap Penurunan Nyeri *Osteoarthritis* Pada Lansia di Kelurahan Mojo Kota Surabaya

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Osteoarthritis (OA) merupakan penyakit sendi degeneratif yang menyebabkan nyeri, kekakuan, dan penurunan fungsi akibat kerusakan progresif pada kartilago dan struktur sendi. Di Indonesia, *osteoarthritis* banyak dialami lansia dan berdampak pada aktivitas sehari-hari serta kualitas hidup. Penatalaksanaan *osteoarthritis* dapat dilakukan secara farmakologis maupun nonfarmakologis, termasuk terapi komplementer seperti kompres hangat jahe dan senam rematik. Penelitian ini memiliki tujuan mengetahui pengaruh kompres hangat jahe dan senam rematik terhadap penurunan nyeri *osteoarthritis* pada lansia di Kelurahan Mojo Kota Surabaya. Penelitian ini merupakan penelitian kuantitatif dengan desain *pra-eksperimental two-group pretest posttest* dengan total 18 lansia yang dibagi menjadi dua kelompok, yaitu 8 lansia pada kelompok kompres jahe dan 10 lansia pada kelompok senam rematik, sampel dipilih melalui *purposive sampling*.

Intervensi pada masing-masing kelompok diberikan dua kali seminggu selama dua minggu, kemudian nyeri diukur menggunakan *Numeric Rating Scale* (NRS) dan tingkat *osteoarthritis* diukur menggunakan kuesioner WOMAC. Data kemudian dianalisis menggunakan uji *Independent Sample T-Test* dengan hasil Nilai $p = 0.039 < 0.05$, yang berarti terdapat perbedaan signifikan antara kedua kelompok. Rata-rata selisih tingkat nyeri sebelum dan sesudah diberikan intervensi kompres jahe (3.00) lebih besar dibanding kelompok senam rematik (2.00). Dari hasil penelitian tersebut didapatkan bahwa kompres hangat jahe lebih efektif menurunkan nyeri *osteoarthritis* dibandingkan senam rematik. Meskipun demikian, keduanya sama-sama efektif sebagai intervensi nonfarmakologis.

Kata Kunci: Jahe, Senam Rematik, *Osteoarthritis*

ABSTRACT

The Effect of Warm Ginger Compresses and Rheumatic Exercises on Reducing Osteoarthritis Pain in the Elderly at Mojo Village, Surabaya City

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Osteoarthritis (OA) is a degenerative joint disease that causes pain, stiffness, and reduced function due to progressive damage to cartilage and joint structures. In Indonesia, osteoarthritis is common among the elderly and impacts daily activities and quality of life. The management of osteoarthritis can be done pharmacologically or non-pharmacologically, including complementary therapies such as warm ginger compresses and rheumatic exercises. This study aims to determine the effect of warm ginger compresses and rheumatic exercises on reducing osteoarthritis pain in the elderly in Mojo Village, Surabaya City. This research is quantitative research with a two-group pre-experimental pretest-posttest design, involving a total of 18 elderly individuals divided into two groups: 8 in the ginger compress group and 10 in the rheumatic exercise group. The sample was selected thru purposive sampling.

Interventions were administered to each group twice a week for two weeks, after which pain was measured using the Numeric Rating Scale (NRS) and the level of osteoarthritis was measured using the WOMAC questionnaire. The data was then analyzed using the Independent Sample T-Test, with the result $p\text{-value} = 0.039 < 0.05$, which means there was a significant difference between the two groups. The average difference in pain levels before and after the ginger compress intervention (3.00) was greater than that of the rheumatic exercise group (2.00). From the results of the study, it was found that warm ginger compresses were more effective in reducing osteoarthritis pain compared to rheumatic exercises. Nevertheless, both are equally effective as non-pharmacological interventions.

Keywords : *Ginger, Rheumatic Exercise, Osteoarthritis*