

## **ABSTRACT**

### **EFFECTIVENESS OF WARM WATER SOAKING IN REDUCING THE SCALE OF PAIN IN ELDERLY WITH RHEUMATISM**

**By: Dedy Yanuar Isbandi**

*Rheumatic disease generally occurs in the elderly and causes activity limitations. This can trigger immobilization, decreased movement and muscle strength. Rheumatism can also cause disabilities such as paralysis, organ failure, and even death. In addition, sufferers often experience pain, fatigue easily, changes in self-image, and risk of injury. This disease can attack young adults to the elderly, and as you get older, the risk of rheumatism increases. Rheumatoid arthritis sufferers experience pain that causes stress and fear in carrying out daily activities. This study aims to analyze the effectiveness of warm water immersion in reducing the pain scale in elderly people with rheumatism. This research design is pre-experiment, one group, pre-test, post-test. The population in this study were all 45 arthritic elderly in Rojing Keleyan Socah Hamlet with a sample of 37 elderly. The independent variable is soaking in warm water and the dependent variable is rheumatic pain. The instrument uses a numerical pain scale observation sheet. Analysis uses the Wilcoxon test. The results of the research showed that the pain scale in elderly people with rheumatism before being given a warm water soak mostly showed moderate pain at 19 (51.4%). After being given a warm water soak, the majority showed mild pain, 22 (59.5%). Wilcoxon test results with a p value of  $0.000 < \alpha 0.05$ . Shows the effectiveness of warm water immersion in reducing the scale of pain in elderly people with rheumatism in Rojing Keleyan Socah Hamlet. Warm water immersion therapy can be done at home for 10-15 minutes as directed by a health worker, because it is effective in reducing rheumatic pain. For those with low education, it is important to increase knowledge about pain management through health workers or educational materials.*

**Keywords: Warm Water Soak, Pain Scale, Elderly, Rheumatism**

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### **EFEKTIFITAS RENDAM AIR HANGAT TERHADAP PENURUNAN SKALA NYERI PADA LANSIA DENGAN REMATIK**

**Oleh: Dedy Yanuar Isbandi**

Penyakit rematik umumnya terjadi pada lansia dan menyebabkan keterbatasan aktivitas. Hal ini dapat memicu imobilisasi, penurunan gerak, dan kekuatan otot. Rematik juga bisa menimbulkan kecacatan seperti kelumpuhan, kegagalan organ, hingga kematian. Selain itu, penderita sering mengalami nyeri, mudah lelah, perubahan citra diri, dan risiko cedera. Penyakit ini dapat menyerang usia dewasa muda hingga lansia, dan semakin bertambah usia, risiko rematik semakin tinggi. Penderita rheumatoid arthritis mengalami nyeri yang menyebabkan stres dan ketakutan dalam menjalankan aktivitas sehari-hari. Penelitian ini bertujuan untuk menganalisis efektifitas rendam air hangat terhadap penurunan skala nyeri pada lansia dengan rematik. Desain penelitian ini pre eksperimen one grup pre test post test. Populasi dalam penelitian ini adalah seluruh lansia rematik di Dusun Rojing Keleyan Socah sejumlah 45 dengan sampel 37 lansia. Variabel independen rendam air hangat dan variabel dependen nyeri rematik. Instrumen menggunakan lembar observasi skala nyeri numeric. Analisa menggunakan wilcoxon test. Hasil penelitian didapatkan skala nyeri pada lansia dengan rematik sebelum diberikan rendam air hangat sebagian besar menunjukkan nyeri sedang sejumlah 19 (51.4%). sesudah diberikan rendam air hangat sebagian besar menunjukkan nyeri ringan sejumlah 22 (59.5%). Hasil uji Wilcoxon dengan nilai p value sebesar  $0,000 < \alpha 0,05$ . Menunjukkan terdapat efektifitas rendam air hangat terhadap penurunan skala nyeri pada lansia dengan rematik di Dusun Rojing Keleyan Socah. Terapi rendam air hangat dapat dilakukan di rumah selama 10-15 menit sesuai arahan tenaga kesehatan, karena efektif mengurangi nyeri rematik. Bagi yang berpendidikan rendah, penting untuk meningkatkan pengetahuan tentang manajemen nyeri melalui tenaga kesehatan atau materi edukasi.

**Kata Kunci: Rendam Air Hangat, Skala Nyeri, Lansia, Rematik**