

ABSTRACT

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION ON CHANGES IN JOINT PAIN IN GOUT ARTHRITIS PATIENTS IN THE DLANGGU PUBLIC HEALTH CENTER

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Gout arthritis is an inflammatory disease that causes joint pain, requiring effective management in addition to pharmacological therapy. Cases of gout arthritis in the working area of Dlanggu Community Health Center remain quite high, yet their management is still dominated by pharmacological therapy. Progressive muscle relaxation is a non-pharmacological intervention that has the potential to reduce pain and is easy to implement, but its effectiveness in gout arthritis patients in that area has never been studied. This study aimed to analyze the effect of progressive muscle relaxation on changes in joint pain in gout arthritis patients in the working area of Dlanggu Community Health Center, Mojokerto. This study used a pre-experimental design with a one-group pretest-posttest approach. The study population consisted of 100 patients with gout arthritis joint pain, with a sample of 83 respondents selected using purposive sampling technique. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the administration of progressive muscle relaxation. The intervention was given according to the Standard Operating Procedure for $\pm 10-15$ minutes, once a day. Data analysis used the Wilcoxon Signed Rank Test with a significance level of $\alpha = 0.05$. Before the intervention, 81 respondents (97.6%) experienced moderate pain and 2 respondents (2.4%) experienced mild pain. After the intervention, 43 respondents (51.8%) experienced mild pain and 40 respondents (48.2%) experienced moderate pain. The mean pain score decreased from 5.19 to 3.59. The Wilcoxon test results showed a Z value of -8.147 with $p = 0.000$ ($p < 0.05$), indicating a significant effect of progressive muscle relaxation on changes in gout arthritis joint pain. The results of this study can serve as a basis for community health center nurses to implement progressive muscle relaxation as a non-pharmacological intervention alongside pharmacological therapy in reducing joint pain in gout arthritis patients.

Keywords: gouty arthritis, progressive muscle relaxation, joint pain.

ABSTRAK

PENGARUH RELAKSASI OTOT PROGRESIF TERHADAP PERUBAHAN NYERI SENDI PADA PASIEN GOUT ARTHRITIS DI WILAYAH KERJA PUSKESMAS DLANGGU

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Gout arthritis merupakan penyakit inflamasi yang menyebabkan nyeri sendi sehingga memerlukan penatalaksanaan efektif selain terapi farmakologis. Kasus gout arthritis di wilayah kerja Puskesmas Dlanggu masih cukup tinggi, namun penatalaksanaannya masih didominasi terapi farmakologis. Relaksasi otot progresif merupakan salah satu intervensi non farmakologis yang berpotensi menurunkan nyeri dan mudah diterapkan, tetapi efektivitasnya pada pasien gout arthritis di wilayah tersebut belum pernah diteliti. Penelitian ini bertujuan menganalisis pengaruh relaksasi otot progresif terhadap perubahan nyeri sendi pada pasien gout arthritis di wilayah kerja Puskesmas Dlanggu Mojokerto. Penelitian ini menggunakan desain pra-eksperimental dengan pendekatan one group pretest-posttest. Populasi penelitian berjumlah 100 pasien nyeri sendi gout arthritis, dengan sampel sebanyak 83 responden yang dipilih menggunakan teknik purposive sampling. Intensitas nyeri diukur menggunakan Numeric Rating Scale (NRS) sebelum dan sesudah pemberian relaksasi otot progresif. Intervensi diberikan sesuai Standar Operasional Prosedur selama $\pm 10-15$ menit, satu kali sehari. Analisis data menggunakan uji Wilcoxon Signed Rank Test dengan tingkat signifikansi $\alpha = 0,05$. Sebelum intervensi, sebanyak 81 responden (97,6%) mengalami nyeri sedang dan 2 responden (2,4%) mengalami nyeri ringan. Setelah intervensi, 43 responden (51,8%) mengalami nyeri ringan dan 40 responden (48,2%) mengalami nyeri sedang. Rata-rata skor nyeri menurun dari 5,19 menjadi 3,59. Hasil uji Wilcoxon menunjukkan nilai $Z = -8,147$ dengan $p = 0,000$ ($p < 0,05$), yang berarti terdapat pengaruh signifikan relaksasi otot progresif terhadap perubahan nyeri sendi gout arthritis. Hasil penelitian ini dapat menjadi dasar bagi perawat puskesmas untuk menerapkan relaksasi otot progresif sebagai intervensi non farmakologis pendamping terapi farmakologis dalam menurunkan nyeri sendi pada pasien gout arthritis.

Kata Kunci : gout arthritis, relaksasi otot progresif, nyeri sendi.