

**KEMENTERIAN KESEHATAN REPUBLIK INDONESIA
POLITEKNIK KESEHATAN KEMENKES RIAU
JURUSAN KEPERAWATAN**

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**PENGARUH KOMPRES HANGAT TERHADAP PENURUNAN
NYERI GASTRITIS DI WILAYAH KERJA PUSKESMAS
REJOSARI PEKANBARU**

ix + 51 halaman + 8 tabel + 4 gambar + 2 skema + 18 lampiran

ABSTRAK

Gastritis atau yang biasa dikenal dengan maag merupakan gangguan pada pencernaan yang terjadi dilambung yang mengakibatkan terganggunya saluran pencernaan akibat timbulnya nyeri. tujuan penelitian ini untuk mengetahui Pengaruh Kompres Hangat Terhadap Penurunan Nyeri Gastritis Di Wilayah Kerja Puskesmas Rejosari Pekanbaru. Jenis penelitian ini kuantitatif dengan desain *pra-eksperiment* dengan rancangan *One Group Pre-Test Post-Test Design*. Sampel dalam penelitian ini adalah 15 responden dengan menggunakan teknik *purposive sampling*, yaitu didasarkan pada suatu pertimbangan tertentu oleh peneliti sendiri. Pengukuran skala nyeri menggunakan lembar observasi. Analisa data univariat menggunakan distribusi frekuensi dan analisa data bivariat menggunakan uji *Wilcoxon Signed rank test* dengan komputerisasi. Hasil uji *Wilcoxon Signed rank test* didapatkan *p-value* $0.001 < \alpha 0.05$, yang berarti ada pengaruh. Dapat disimpulkan bahwa H_0 diterima dimana ada “Pengaruh Kompres Hangat Terhadap Penurunan Nyeri Gastritis Di Wilayah Kerja Puskesmas Rejosari Pekanbaru”. Diharapkan kepada responden yang sudah terpapar dapat mengaplikasikan terapi kompres hangat ini secara mandiri dan dapat memberikan informasi kepada masyarakat sekitar tentang penanganan secara non farmakologi untuk nyeri gastritis.

Kata Kunci : Gastritis, Nyeri, Kompres Hangat
Daftar Pustaka : 33 Referensi (2010-2020)

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**THE EFFECT OF WARM COMPRESSION ON REDUCTION
THE GASTRITIS PAIN IN THE WORKING AREA OF THE
REJOSARI PUBLIC HEALTH CENTER PEKANBARU**

x + 51 pages + 8 tables + 4 picture + 2 schema + 18 attachments

ABSTRACT

Gastritis or commonly known as gastritis is a digestive disorder that occurs in the stomach which results in disruption of the digestive tract due to pain. the purpose of this study was to determine the Effect of Warm Compresses on Reducing Gastritis Pain in the Work Area of the Rejosari Public Health Center in Pekanbaru. This type of research is quantitative with *pre-experimental* design with *One Group Pre-Test Post-Test* Design. The sample in this study was 15 respondents using *purposive sampling* technique, which is based on a particular consideration by the researchers themselves. Measurement of pain scale using an observation sheet. Univariate data analysis uses frequency distribution and bivariate data analysis uses the *Wilcoxon* Signed rank test with computerization. *Wilcoxon* Signed rank test results obtained p-value $0.001 < \alpha 0.05$, which means there is influence. It can be concluded that H_a is accepted where there is "The Effect of Warm Compresses on the Reduction of Pain in Gastritis in the Work Area of Pekanbaru Rejosari Health Center". It is expected that respondents who have been exposed can apply this warm compress therapy independently and can provide information to the surrounding community about non-pharmacological treatment for gastritis pain.

Keywords : Gastritis, Pain, Warm Compress
Bibliography : 33 references (2010-2020)