

ABSTRAK

Hotma Ulina Br Sianipar (2024). *Penerapan Senam Lansia Untuk Menurunkan Nyeri Sendi Di Wilayah Kerja Puskesmas Rejosari*. Karya Tulis Ilmiah Studi Kasus, Program Studi D-III Keperawatan Pekanbaru, Jurusan Keperawatan, Politeknik Kesehatan Kemenkes Riau. Pembimbing (I) Ns. Hj. Sri Novita Yuliet, M.Kep, Sp.Kep.K, (II) Ns.Hj. Rusherina, S.Pd., S.Kep., M.Kes. Penguji (I) Ns. Erni Forwaty, S.Kep, M.Kep (II) Ns.Hj. Melly, SST, S.Kep. M,Kes.

Nyeri sendi adalah suatu peradangan sendi yang ditandai dengan pembengkakan sendi, warna kemerahan, panas, nyeri serta terjadinya gangguan gerak. Penyakit nyeri sendi pada lansia sering dirasakan karena adanya faktor pencetus seperti pola makan, kegemukan dan proses penuaan. Upaya untuk mengurangi nyeri bisa dilakukan dengan latihan fisik, salah satunya latihan fisik yang dianjurkan bagi lansia adalah Senam Lansia. Tujuan Penelitian ini untuk mengetahui penurunan skala nyeri pada Lansia sebelum dan setelah dilaksanakan Senam Lansia di Wilayah Kerja Puskesmas Rejosari. Penelitian ini merupakan deskriptif studi kasus dengan 2 subjek penelitian dan dilaksanakan pada 22-27 April 2024. Intervensi dilakukan selama 3 hari. Penelitian ini menggunakan teknik wawancara, observasi, dan pengukuran dalam pengambilan data. Pelaksanaan senam lansia dilakukan selama 10-15 menit persesi dengan melakukan pengukuran skala nyeri sebelum dilakukan senam. Hasil penelitian setelah dilakukan senam lansia, terhadap kedua subjek mengalami penurunan skala nyeri, dimana subjek 1 dari skala 5 turun menjadi skala 3, sedangkan pada subjek 2 dari skala 4 turun menjadi skala 3 . Hasil penelitian menunjukkan adanya pengaruh senam lansia untuk menurunkan nyeri sendi.

Kata kunci : Nyeri Sendi, Senam Lansia

ABSTRACT

Hotma Ulina Br Sianipar (2024). Implementation of Elderly Exercises to Reduce Joint Pain in the Rejosari Community Health Center Work Area. Case Study Scientific Writing, Pekanbaru D-III Nursing Study Program, Nursing Department, Health Polytechnic, Ministry of Health, Riau. Supervisor (I) Ns. Hj. Sri Novita Yuliet, M.Kep, Sp.Kep.K, (II) Ns.Hj. Rusherina, S.Pd., S.Kep., M.Kes. Examiner (I) Ns. Erni Forwaty, S.Kep, M.Kep (II) Ns.Hj. Melly, SST, S.Kep. M,Kes.

Joint pain is an inflammation of the joints which is characterized by joint swelling, redness, heat, pain and movement disorders. Joint pain in the elderly is often caused by triggering factors such as diet, obesity and the aging process. Efforts to reduce pain can be done with physical exercise, one of the physical exercises recommended for the elderly is Elderly Gymnastics. The aim of this research was to determine the reduction in pain scale in the elderly before and after implementing Elderly Gymnastics in the Rejosari Community Health Center Work Area. This research is a descriptive case study with 2 research subjects and was carried out on April 22-27 2024. The intervention was carried out for 3 days. This research uses interview, observation and measurement techniques in collecting data. The exercise for the elderly is carried out for 10-15 minutes per session by measuring the pain scale before doing the exercise. The results of the research after the elderly exercise was carried out, both subjects experienced a decrease in the pain scale, where subject 1 from scale 5 fell to scale 3, while subject 2 from scale 4 fell to scale 3. The results of the study show that there is an influence of exercise for the elderly to reduce joint pain.

Keywords: Joint Pain, Elderly Exercise