

**PENGARUH RELAKSASI GENGAM JARI DAN KOMPRES HANGAT DAUN
KELOR TERHADAP PERUBAHAN NYERI PADA PENDERITA *GOUT ARTHRITIS*
DI WILAYAH KERJA PUSKESMAS
ARUT SELATAN**



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ABSTRAK

**PENGARUH RELAKSASI GENGAM JARI DAN KOMPRES
HANGAT DAUN KELOR TERHADAP PERUBAHAN NYERI
PENDERITA *GOUT ARTHRITIS* DI WILAYAH KERJA
PUSKESMAS ARUT SELATAN**

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Latar belakang : *Gout arthritis* adalah salah satu penyakit yang cukup umum, disebabkan oleh gangguan dalam metabolisme purin. Kondisi ini ditandai dengan meningkatnya kadar asam urat dalam darah hingga melampaui batas normal. Kelebihan asam urat tersebut dapat mengendap di sendi dan organ tubuh lainnya, sehingga menimbulkan nyeri, pembengkakan, dan peradangan pada sendi.

Tujuan : Menganalisis pengaruh relaksasi genggam jari dan kompres hangat daun kelor terhadap tingkat nyeri pada penderita *gout arthritis* di Wilayah Kerja Puskesmas Arut Selatan.

Metode : Desain penelitian ini adalah *Quasy Eksperimen* dengan pendekatan *pretest-posttest with control group design*. Teknik purposive sampling, sampel pada penelitian ini berjumlah 34 responden, terbagi ke kelompok eksperimen 17 responden dan kontrol 17 responden. Pada kelompok eksperimen diberikan relaksasi genggam jari dan kompres hangat daun kelor dengan 3 kali perlakuan durasi 20 menit selama 3 hari sedangkan kelompok kontrol hanya mendapatkan perlakuan relaksasi genggam jari. Penilaian tingkat nyeri menggunakan lembar observasi VAS.

Hasil : Hasil penelitian menunjukkan tingkat nyeri pretest pada kelompok eksperimen rata-rata 5,18 dan pada kelompok kontrol 5,47. Sedangkan tingkat nyeri posttest pada kelompok eksperimen 3,24 dan kelompok kontrol 3,24 dengan $p \text{ value} = 0,000$.

Kesimpulan : Ada pengaruh Relaksasi Genggam Jari dan Kompres hangat daun kelor terhadap tingkat nyeri pada penderita *Gout arthritis*. Tidak ada perbedaan antara kelompok intervensi dan kelompok kontrol.

Kata kunci : *Gout arthritis*, Relaksasi genggam jari, Kompres hangat daun kelor, Tingkat nyeri, Terapi non farmakologis.

**THE EFFECT OF FINGER GRIP RELAXTION AND WARM MORINGA LEAF
COMPRESS ON PAIN REDUCTION IN GOUT ARTHRITIS PATIENTS IN THE
WORKING AREA OF ARUT SELATAN
PUBLIC HEALTH CENTER**

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Background: Gout arthritis is a common condition caused by purine metabolism disorders. It is characterized by elevated uric acid levels in the blood, which can lead to crystal deposition in joints and other tissues, causing pain, swelling, and joint inflammation.

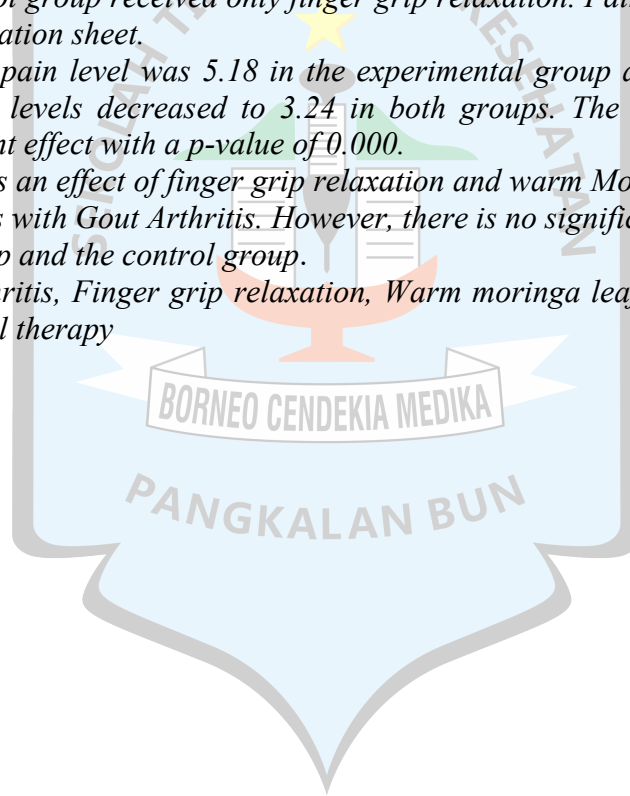
Objective: To analyze the effect of finger grip relaxation and warm moringa leaf compresses on pain levels in gout arthritis patients in the working area of Arut Selatan Health Center.

Methods: This study used a quasi-experimental design with a pretest-posttest control group approach. Using purposive sampling, 34 respondents were selected, divided into an experimental group (17) and a control group (17). The experimental group received finger grip relaxation combined with warm moringa leaf compresses for 20 minutes, three times over three days, while the control group received only finger grip relaxation. Pain levels were measured using the VAS observation sheet.

Results: The pretest pain level was 5.18 in the experimental group and 5.47 in the control group. Posttest pain levels decreased to 3.24 in both groups. The intervention showed a statistically significant effect with a p-value of 0.000.

Conclusion : There is an effect of finger grip relaxation and warm Moringa leaf compress on pain levels in patients with Gout Arthritis. However, there is no significant difference between the intervention group and the control group.

Keywords: Gout arthritis, Finger grip relaxation, Warm moringa leaf compress, Pain level, Non-pharmacological therapy



DAFTAR ISI

ABSTRAK	ii
ABSTRACT	iii
SURAT PERNYATAAN	Error! Bookmark not defined.
LEMBAR PERSETUJUAN	Error! Bookmark not defined.
LEMBAR PENGESAHAN	Error! Bookmark not defined.
KATA PENGANTAR.....	Error! Bookmark not defined.
DAFTAR TABEL	Error! Bookmark not defined.
DAFTAR SINGKATAN.....	Error! Bookmark not defined.
DAFTAR LAMPIRAN	Error! Bookmark not defined.
BAB I PENDAHULUAN.....	Error! Bookmark not defined.
A.Latar Belakang	Error! Bookmark not defined.
B.Rumusan Masalah	Error! Bookmark not defined.
C.Tujuan Penelitian	Error! Bookmark not defined.
D.Manfaat Penelitian	Error! Bookmark not defined.
E.Keaslian Penelitian	Error! Bookmark not defined.
BAB II TINJAUAN PUSTAKA	Error! Bookmark not defined.
A.Konsep <i>Gout Arthritis</i>	Error! Bookmark not defined.
1.Definisi <i>Gout Arthritis</i>	Error! Bookmark not defined.
2.Etiologi <i>Gout Arthritis</i>	Error! Bookmark not defined.
3.Patofisiologi <i>Gout Arthritis</i>	Error! Bookmark not defined.
4.Pathway <i>Gout Arthritis</i>	Error! Bookmark not defined.
5.Manifestasi <i>Gout Arthritis</i>	Error! Bookmark not defined.
6.Klasifikasi <i>Gout Arthritis</i>	Error! Bookmark not defined.
7.Pemeriksaan Penunjang <i>Gout Arthritis</i>	Error! Bookmark not defined.
8.Komplikasi <i>Gout Arthritis</i>	Error! Bookmark not defined.
9.Penatalaksanaan <i>Gout Arthritis</i>	Error! Bookmark not defined.
B.Konsep Nyeri.....	Error! Bookmark not defined.
1.Definisi Nyeri.....	Error! Bookmark not defined.
2.Klasifikasi Nyeri.....	Error! Bookmark not defined.
3.Faktor-Faktor yang Mempengaruhi Nyeri.....	Error! Bookmark not defined.
4.Tanda dan Gejala Nyeri.....	Error! Bookmark not defined.
5.Pengukuran intensitas Nyeri	Error! Bookmark not defined.
C.Relaksasi Genggam Jari.....	Error! Bookmark not defined.
1.Pengertian Relaksasi Genggam Jari	Error! Bookmark not defined.

2.Tujuan Relaksasi Genggam Jari	Error! Bookmark not defined.
3.Mekanisme Relaksasi Genggam Jari	Error! Bookmark not defined.
D.Konsep Daun Kelor	Error! Bookmark not defined.
1.Definisi Daun Kelor	Error! Bookmark not defined.
2.Kandungan Daun Kelor	Error! Bookmark not defined.
3. Manfaat Daun Kelor	Error! Bookmark not defined.
E.Konsep Kompres Hangat	Error! Bookmark not defined.
1.Definisi Kompres Hangat	Error! Bookmark not defined.
2.Tujuan Kompres Hangat	Error! Bookmark not defined.
3.Mekanisme Kompres Hangat Daun Kelor	Error! Bookmark not defined.
4.Indikasi Kompres Hangat	Error! Bookmark not defined.
5.Kontraindikasi Kompres Hangat	Error! Bookmark not defined.
BAB III KERANGKA KONSEPTUAL DAN HIPOTESIS	Error! Bookmark not defined.
A.Kerangka Konseptual	Error! Bookmark not defined.
B.Hipotesis	Error! Bookmark not defined.
BAB IV METODE PENELITIAN	Error! Bookmark not defined.
A.Tempat dan Waktu Penelitian	Error! Bookmark not defined.
B.Desain Penelitian	Error! Bookmark not defined.
C.Kerangka Kerja	Error! Bookmark not defined.
D.Populasi Penelitian	Error! Bookmark not defined.
E.Identifikasi dan Definisi Operasional Variabel	Error! Bookmark not defined.
F.Instrumen Penelitian	Error! Bookmark not defined.
G.Uji Validitas dan Reliabilitas	Error! Bookmark not defined.
H.Pengumpulan dan Pengolahan Data	Error! Bookmark not defined.
I.Analisa Data	Error! Bookmark not defined.
J.Etika Penelitian	Error! Bookmark not defined.
BAB V HASIL DAN PEMBAHASAN	Error! Bookmark not defined.
A. <u>Gambaran Umum Lokasi Penelitian</u>	66
B.Hasil Penelitian	67
<u>1.Data Umum</u>	<u>67</u>
<u>2.Data Khusus</u>	<u>69</u>
C.Pembahasan	71
D.Keterbatasan Penelitian	78
BAB VI PENUTUP	Error! Bookmark not defined.
A. <u>Kesimpulan</u>	79

B.Saran	79
DAFTAR PUSTAKA.....	Error! Bookmark not defined.
<u>LAMPIRAN</u>	

