

## ABSTRAK

**Muhammad Rifki Said.** 2015. *Hubungan Nyeri Osteoarthritis dengan Respon Psikologis Stres pada Lansia di Panti Tresna Werdha Provinsi Gorontalo*. Skripsi, Jurusan Program Studi Ilmu Keperawatan, Fakultas Ilmu-Ilmu Kesehatan dan Keolahragaan, Universitas Negeri Gorontalo. Pembimbing I Suwarly Mobiliu S. Kp, M. Kep., dan Pembimbing II dr. Sri Ibrahim M.Kes.

Rematik lansia disebut juga osteoarthritis, yakni kerusakan tulang rawan sendi disebabkan proses degenerasi sendi. Tingginya kejadian osteoarthritis yang identik dengan nyeri kronis menyebabkan kecenderungan lansia mengalami stres demikian halnya dengan stres dapat memperberat terjadinya nyeri. Tujuan penelitian mengetahui hubungan timbal balik nyeri osteoarthritis dengan respon psikologis stres pada lansia di Panti Sosial Tresna Werdha Provinsi Gorontalo.

Desain penelitian analitik dengan pendekatan “*Cross Sectional*”. Populasi penelitian berjumlah 40 lansia dan sampel berjumlah 33 lansia dengan teknik total sampling. Data dikumpul melalui wawancara menggunakan kuesioner *Chronic Pain Grade Scale* dan *Kessler Psychological Distress*. Dianalisis dengan uji *somers'd*.

Disimpulkan sebagian besar lansia mengalami nyeri kronik derajat 2 (42,4%) dan gangguan mental berat (42,4%). Hasil statistik didapatkan signifikansi 0,007 pada kedua arah korelasi. Kekuatan korelasi ( $r$ ) respon psikologis stres sebagai variabel dependen sebesar 0,401 menunjukkan korelasi sedang dan kekuatan korelasi nyeri osteoarthritis sebagai variabel dependen sebesar 0,378 menunjukkan korelasi lemah. Disarankan agar pihak panti melakukan edukasi penanganan nyeri berupa kompres hangat, dan latihan *Range of Motion*. Selanjutnya pengembangan kesehatan mental lansia secara berkala seperti mendengarkan musik.

**Kata Kunci** : Nyeri Osteoarthritis, Respon Psikologis Stres, Lansia  
**Daftar pustaka** : 96 referensi (2000-2015)

## ABSTRACT

**Muhammad Rifki Said.** 2015. The Relation Between Osteoarthritis Pain and Stress Psychological Response of Elderly at Panti Sosial Tresna Werdha of Gorontalo Province. Skripsi. Department of Nursing Sciences. Faculty of Health Sciences and Sports. State University of Gorontalo. The Principal Supervisor was Suwarly Mobiliu, S.Kp, M.Kep and the co-supervisor was dr. Sri Ibrahim M.Kes.

Rheumatic in elderly is also known as osteoarthritis that is the broken of the joint caused by joint degeneration process. The level of osteoarthritis incident that identically followed by chronic pain causes the tendency of elderly experience stress, and vice versa; stress makes pain worse. The research aimed at investigating the relation between osteoarthritis and elderly stress psychological response at Panti Sosial Tresna Werdha of Gorontalo Province.

The research applied analytical design with cross sectional approach. The population of this research were 40 elderly and the samples were 33 elderly. The data were gained through interview by using questionnaire of Chronic Pain Grade Scale and Kessler Psychological Distress. The data were analyzed by using somers'd test.

It can be concluded that most of elderly experience level 2 chronic pain (42.4%) and severe mental disorder (42.4%). The statistical result gained significance 0,007 at the two correlation ways. The strength level of correlation (r) of stress psychological response as dependent variable was 0.401 that showed mild correlation and osteoarthritis pain as dependent variable was 0.378 showed weak correlation. It is suggested to house party to educate the elderly of some ways to handle pain such as warm compress and range of motion exercise. Besides, there should be elderly mental health development regularly such as listening music.

**Keyword : Osteoarthritis pain, Stress psychological response, Elderly**  
**Reference : 96 references (2000-2015)**

