

ABSTRAK

Vira Julyanatien Igrisa, 2015. Pengaruh Kompres Air Hangat Terhadap Penurunan Nyeri Penderita Gout Arthritis Pada Lansia Di Wilayah Kerja Puskesmas Pilolodaa Kec. Kota Barat Kota Gorontalo. Skripsi, Jurusan Keperawatan, Universitas Negeri Gorontalo. **Pembimbing I Dra. Hj. Rany Hiola, M. Kes dan Pembimbing II Nasrun Pakaya, S. Kep, Ns, M. Kep.**

Gout Arthritis merupakan penyakit sendi disebabkan oleh tingginya asam urat di dalam darah. Kadar asam urat yang tinggi di dalam darah melebihi batas normal yang menyebabkan penumpukan asam urat di dalam persendian dan organ tubuh lainnya. Salah satu penanganan nyeri secara non farmakologi yang dapat dilakukan yaitu kompres hangat. Tujuan penelitian ini untuk menganalisis perbedaan dan pengaruh kompres hangat terhadap penurunan nyeri penderita *gout arthritis* pada lansia. Jenis penelitian pra eksperimental dengan rancangan *one group pretest-posttest*. Populasinya adalah seluruh lansia yang menderita *gout arthritis* di Wilayah Kerja Puskesmas Pilolodaa sebanyak 136 orang dengan jumlah sampel 15 orang dengan menggunakan *accidental sampling*. Analisis data menggunakan *Paired T-Test*.

Hasil penelitian menunjukkan adanya pengaruh kompres air hangat terhadap penurunan nyeri *gout arthritis* pada lansia di Wilayah Kerja Puskesmas Pilolodaa Kec. Kota Barat dengan nilai $p = 0,000 < \alpha = 0,05$. Diharapkan lansia dapat melakukan kompres air hangat secara mandiri atau dengan bantuan petugas sehingga dapat membantu mengatasi masalah nyeri *gout arthritis*.

Kata Kunci : Gout Arthritis, Nyeri, Kompres Air Hangat
Daftar Pustaka : 33 buah (2000 - 2015)

ABSTRACT

Vira Julyanatie Igrisa, 2015. The Effect of Compress using Warm Water toward The Decrease of Paint of Gout Arthritis Patient on Elderly at Working Area of Puskesmas (Public Health Center) Pilolodaa, Sub-District of Kota Barat, Gorontalo City. **The principal supervisor was Dra. Hj. Rany Hiola, M.Kes and the co-supervisor was Nasrun Pakaya, S.Kep, Ns, M.Kep.**

Gout Arthritis is joint pain caused by the high level of uric acid in blood. The high level of uric acid in blood which exceeds the normal limit causes the uric acid accumulation in joint and other organs. One of non pharmacology pain healers which can be done is compress using warm water. This research aimed at analyzing the difference and effect of compress using warm water toward the decrease of paint of *gout arthritis* on elderly. This research was pre experimental research using one group pretest-posttest design. The population of this research were all elderly who suffered the *gout arthritis* at working area of Puskesmas Pilolodaa amounted to 136 people. The samples were 15 people gained by accidental sampling. The data analysis was using Paired T-Test.

The research result showed that there was effect of compress using warm water toward the decrease of paint of *gout arthritis* on elderly at working area of Puskesmas Pilolodaa, sub-district of Kota Barat with $p \text{ value} = 0,000 < \alpha = 0,05$. It is suggested that elderly should do compressing using warm water independently or by support of the official, thus, it can help to overcome the *gout arthritis* pain problem.

Keywords: *Gout Arthritis*, Pain, Compress using Warm Water

References: 33 (2000-2015)

